

Fall River Chiropractic

Chiropractic Care Today For A Healthy Tomorrow

Sleep Positions that Help Relieve Back Pain:

You've got to be comfortable to get a good night's sleep. We suggest making a few simple modifications to your regular sleep position to help take a load off your back:

If you're a **back sleeper**: Put a pillow under your knees to allow your spine to maintain its natural curve.

If you're a **stomach sleeper**: Put a pillow under your lower abdomen and pelvis to ease back strain.

If you're a **side sleeper**: Draw your legs up slightly toward your chest and sleep with a pillow between your knees. A full body pillow is a comfortable option for this as well.



Tips For Safe Snow Removal

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway – on average, several hundred pounds! Shoveling snow can be a pain in more ways than one. These tips will help keep your back in top shape:

Don't let the snow pile up: If the weather report calls for several days of snow, frequent shoveling will allow you to move smaller amounts of snow at once. It's far less strenuous in the long run.

Pick the right shovel: Use a lightweight pusher-type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.

Push, don't throw: Always push the snow to the side rather than throw it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.

Bend your knees: As with any heavy object, you need to use your knees, and leg and arm muscles to do the pushing and lifting, while keeping your back straight.

Take a break: If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shoveling immediately if you feel chest pain or back pain.

Delicious Protein Bark

Ingredients:

- 2 cups vegan chocolate chips
- 1/3 cup raw almonds, crushed into smaller bits
- 1/4 cup raw sunflower seeds
- 1/4 cup raw pepita seeds
- 1/4 cup organic shredded coconut, divided
- 1/4 organic goji berries

Directions:

- Line a baking sheet with parchment paper and set aside.
- Using a double boiler to melt the chocolate chips until smooth.
- Remove from heat and mix in the almonds, sunflower seed, pepita seeds, goji berries and 2/3 of the coconut.
- Spread mix onto the prepared baking sheet and sprinkle with the remaining 1/3 of coconut.
- Place in the freezer to chill until solid.
- Break into smaller pieces to serve.



Stay Pain Free In All Your Winter Activities

Always warm up! Start by stretching your muscles at home. Focus on the lower back and leg muscles, such as hamstrings and calf muscles. When you arrive at your sporting destination, warm up again. Our Chiropractors can advise you on the best stretches for your favourite sports, but here are some examples:



Skating:

Do some lunges. Take a good-sized forward step with your right foot, and let your left knee sink toward the floor. Keep your shoulders aligned over your hips. Repeat 5 to 10 times, and then do it all over again with the left foot.

Skiing:

Do 10 to 15 squats once you're at the ski hill. Place your legs shoulder-width apart, align your knees above your feet and lower your buttocks slowly. Straighten up slowly and repeat.

Tobogganing

Do some knee-to-chest stretches while sitting or lying on your back. Pull your knees to your chest and hold for 30 seconds. This helps your spine be as flexible as possible as you bounce through the snow.

Use Your Safety Equipment

This means helmets, face guards, and protective clothing. Make sure that your equipment is in good condition, and fits properly. Shop at a reputable outdoor or sporting goods store, and have a professional adjust and fit your equipment to



Three Simple Steps To Stay Energized Over

1. **'Early to bed, early to rise'**. Adequate rest actually gives you more energy, naturally.
2. **Eat healthy** - the more often you eat, the more sustained energy you have for the day. Cut down on fat and sweets; instead, graze on lean proteins and complex carbs like fruit and vegetables.
3. **Exercise more** - your body gets used to working hard, and recovering quickly. It may be tiring at first, but maintain a routine for at least a month before expecting more energy.