

PROACTIVE SPINE

DECEMBER 2019 CHRISTMAS NEWSLETTER

LOCAL CHRISTMAS EVENTS

- **Carols in the Park:** Saturday 14 December. Join St John's Camden for a fun night for the whole family including a jumping castle, lots of kid's activities, barbecue, glow sticks, and other activities. Kids activities will run from 6pm and Carols set to begin at 7pm. (Macarthur Park, Menangle Road, Camden)
- **Family Fun Day:** Narellan Hotel (Narellan Hotel, 279 Camden Valley Way, Narellan) is hosting their annual family funday to celebrate Christmas! There is something for the whole family and the perfect catch-up with family & friends. A series of FREE activities from 12pm - 4pm will be taking place on the lawn including:
 - Roving photographer for Santa Pics
 - Petting Zoo
 - Christmas arts & crafts & face painting
- **Magic of Christmas:** A family Christmas event on the lawn at Gledswood Homestead & Winery. (900 Camden Valley Way, Gledswood Hills)
 - Christmas carols 6pm-7.30pm
 - Live music
 - Food trucks
 - Outdoor garden bar
 - Santa performance



instagram.com/
proactive.spine



facebook.com/
proactive.spine.
sports.medicine

Christmas Trading Hours

- We will be CLOSED from the 23rd of December. normal trading hours resume Monday 6th of January 2020
- Closed Australia Day 27th of January



MOVEMBER

Thank you to everyone that donated!
We raised \$310 !!!

HOLIDAY READY? PROACTIVE'S TOP 3 TIPS

1. INVEST IN A TRAVEL PILLOW

The travel version of the Complete Sleeprrr Pillow is a half width version that is designed to be easily transported with your travels to enable you to get the benefit of good support even on holidays.



In stock - \$30

2. LUMBAR SUPPORT

if you're planning to drive to your holiday destination a lumbar support will take the pressure off your lower back. Place it between your lower back and the seat to support the contour of the inward curve in your lower back

In stock - \$59



3. SPIKEY BALL

Long flight? Sitting in repetitive postures on a plane for extended periods of time tightens our muscles. A Spikey ball is a great way to get some muscle release in.

In stock - \$20



Starting with your feet, roll the plantar fascia (the tissue connecting your heel to your toes) and the arches. From there, focus on your calves, making sure to work the ball from the heel up toward the knee. (Working them in that direction assists venous return of blood to the heart, which can be slowed down during periods of extended sitting.)

Next stop is the hamstrings: Place one of the balls underneath the center of your leg, right around where the seat ends (just above the knee). Using the weight of the leg to provide some downward pressure, work from the end of the seat up toward your hip, rocking your leg slowly from side to side on the ball while maintaining downward pressure. Once you've made your way up your upper leg, place the ball in the side of your glute and change your leg position, resting the ankle of the leg you're working on top of your opposite knee. Lean slightly into the side where the ball is and rock forward and backward slowly in your seat. Lastly, move to the erectors (the muscles on either side of your spine). You can access both sides simultaneously by placing a ball on either side of your spine starting just above the sacrum and traveling up toward the head. Work one spinal segment at a time both longitudinally and across the fibers in more of a back-and-forth motion until you reach your neck.

7 Tips to Alleviate Back Pain on Your Road Trips

Get comfortable

Take the time to make sure you're comfortable from the moment you set off on your trip. The smallest irritant in the beginning of your trip can turn into raging pain later. **Don't have your wallet, cell phone, or anything else in your back pocket, as that may throw your spine out of alignment.** Reduce reaching for the steering wheel, which places more stress on the lumbar spine, neck, shoulder, and wrists. Instead, **sit as close to the steering wheel as possible without compromising your safety.**

Sit up straight with your knees slightly higher than your hips, and keep your chin pulled in so that your head sits straight on top of your spine.

Make sure that your **back is aligned against the back of your seat.** For most people, this means adding extra support to the car seat. You can purchase one of our Lumbar supports and place it between your lower back and the seat to support the contour of the inward curve in your lower back

Make your ride as smooth as possible

For many, the worst part of the ride is the bumps in the road that jar your spine. If this is the case for you, consider these options: Replacing worn shocks on the car can limit the bounce in the car similarly, replacing worn tires can be helpful. Some people find that a slight reduction in the tire pressure can also smooth out the ride. Consider sitting on a pillow made for a chair seat, such as a coccyx pillow, or a car seat cushion, to provide a bit of extra cushioning between you and the road

Get out and move around

Your spine is designed to move. Sitting in one position in a car will stiffen up your back muscles and can lead to achiness and possibly muscle spasm. If possible, plan ahead for to schedule stops—ideally every 30 minutes—and get out of the car so you can move around and stretch. Movement stimulates blood circulation, which brings nutrients and oxygen to your lower back. In between exercise stops, try to move a little in your seat. Even 10 seconds of movement and stretching is better than sitting still. At a minimum adjust your seat and change your position slightly every 15 to 20 minutes. Pump your ankles to keep the blood flowing and provide a slight stretch in your hamstring muscles. Any movement that is safe to do in the car will help you out.

Stop, Revive, Survive



- **Take a break.** Pull over and take a break if you notice any signs of driver fatigue, including yawning, poor concentration, tired eyes and restlessness. Did you know that during a 4 second microsleep a car travelling at 100 km/h will travel 111 metres while completely out of the driver's control. Seriously scary. So if you start to see any of these warning signs make sure you pull over as soon as it's safe to.
- **Driver Reviver** sites operate during holiday periods. Check out the Geared Driver Reviver page for more information. If there are no Driver Reviver sites listed along the roads you are travelling on you can use petrol stations or rest areas to take a break.
- To help you out, the Centre for Road Safety has information on driver fatigue including **rest area locations, travel times and tips for avoiding fatigue.**
- Sharing is caring. Mix up the drive by **swapping drivers after taking a break.** Make sure the people sharing the drive hold either a P1, P2 or full licence and not a Learner licence.
- **Distraction.** Make sure you don't let friends, family, or your phone distract you from driving. Your best bet is to turn your phone off while you drive. Stay alert and try not to let things divert your attention away from driving.
- Most importantly **stick to the speed limit** and have a safe trip.



We'd like to take a moment to wish our patients a very Merry Christmas & a Happy New Year. As we reflect on the past year, we couldn't be happier to be your Chiropractic provider we are looking forward to a very healthy and happy 2020!

The team is looking forward to a well deserved break and will be ready and refreshed next year.

Stay safe and enjoy the Holidays,
Danny, James, and the team at Proactive