

# PROACTIVE SPINE

JUNE/JULY 2020 NEWSLETTER

## IS YOUR HANDBAG HARMING *your spine?*

The bag you casually throw over one shoulder could be hurting your spine, altering your gait, and causing back, neck and shoulder pain. For many of you this may have been a lifelong habit, and perhaps one that you haven't given much thought to, but it can lead to serious issues for your body. As fashion collides with convenience, large handbags come ready to carry numerous items, from laptops and phones to cosmetics and drink bottles. Each item adds additional weight, creating imbalance and strain on your body. When you carry your bag on one side of your body, it immediately creates an imbalance; even a light bag can create a problem. In order to stop the bag from slipping off, one of your shoulders tilts higher than the other one. Over time, this imbalance can create a distortion in your upper back, shoulders and neck, as well as postural alterations throughout your spine. A heavy bag can result in muscle contraction on the side opposite to the bag, and your spine can curve incorrectly to stop you from toppling over.

Choosing a suitable bag is an important first step. Consider switching your handbag for a small backpack, as these evenly distribute the load on both shoulders. There are plenty of chic choices. Opt for equal load distribution, comfortable straps and cushioning between it and your spine.

If you really must have a handbag, carry it in your hand and exchange sides regularly. If, at times you must use your shoulder, try alternating sides. Keep the weight as light as possible and regularly unpack unnecessary items. While it is amazing what you can fit, sometimes it can be months before you realise that you are carrying around half your house in your bag!

It may seem like such a small thing but correcting this habit can help protect your spine and body from unnecessary stress and pain. So, take the challenge and note over the next few days how you are carrying your handbag. You may be surprised! For a start, avoid hanging it on your shoulder, before too long you will have broken the habit, and be carrying your bag in a healthier way. Chiropractors play a crucial role with their focus on the health of the spine and correcting postural distortions. They can assess the weight of your bag and evaluate your posture to detect any areas of concern, provide advice, and if necessary, appropriate spinal care.

**We would like to take this opportunity to say thank you to everyone for the continuous support during the last few months. We will Continue to provide the highest level of cleanliness and hygiene.**

**Danny & James**

**New!**

**goli**  
*ACV Gummies!*

**APPLE CIDER VINEGAR \$35**

Goli Gummies contains the benefits of ACV, which assist with the following:

- ✓ Digestion.
- ✓ Complexion.
- ✓ Weight Reduction.
- ✓ Body Detoxification.
- ✓ Heart Health.
- ✓ Energy Levels.



## LIFTING CORRECTLY?

**Follow these tips to avoid injuring your spine or straining your lower back when lifting.**

- Place your feet shoulder-width apart, one foot slightly ahead of the other.
- Squat down carefully by bending at the hips and knees- avoided bending your back.
- If additional support is needed, put one knee on the floor and the other in front of you, bent at a right angle in an almost kneeling position.
- Lift slowly by straightening your hips and knees- don't use your back or twist your body.
- Keep your back straight, your chest outward and your shoulders back as you lift.
- Look straight ahead- this helps keep your upper back straight while having a slight arch in your lower back.
- Keep the item at belly button level, and as close to your body as possible.
- Change direction with your feet and keep your shoulders in line with your hips as you move forward.
- Squat with your hips and knees only as you put the object down, to avoid bending your back.



## HEADS UP...TEXTING IS LITERALLY A PAIN IN THE NECK

Text Neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, Tablet or other wireless devices too frequently and for too long.

### SYMPTOMS

- Neck and Upper back pain - ranging from a dull ache, muscle tightness to sharp severe pain.
- Headaches
- If the Nerve in the neck becomes irritated, it can cause numbness, tingling, and pins and needles in the arm or hands.

### PREVENTION

- Take a break from your phone. Walk around every 20 to 30 mins
- Hold your cell phone/device at eye level as much as possible. This way you won't have to tilt your head forward and strain your neck.
- Stretch your neck from time to time. Changing positions can help alleviate stress on the neck and spine.



## WHY FOAM ROLLERS ARE MORE IMPORTANT THAN YOU THINK.

When you start a brand new fitness routine, it's not uncommon to be hit with a case of DOMS. It sounds scary, but it actually means Delayed Onset Muscle Soreness! If you haven't been terribly active for a while, or are trying a new workout style that uses some muscles you have forgotten about, a foam roller is about to be your new best friend!

- Foam rolling can help reduce pain and muscle soreness. Massaging the muscles increases blood flow and oxygen to the tissue, helping the natural healing process.
- It helps with flexibility. Foam rolling, together with stretching and rehabilitation, can help lengthen your muscles.
- It helps you to manage stress. Stress-related tight spots can lead to discomfort, which can impact on your sleep. Once the tension is reduced, you might find yourself sleeping a whole lot better!
- It can help you to have an increased range of motion. Foam rolling helps to stretch and lengthen muscles, so you have a better range of movement.



**Foam rollers  
in stock now  
\$30**

*High quality premium EVA Foam Rollers rated as the best on the market due to their consistency, hardness and texture*

## What is a herniated disc?

One of the most often misunderstood conditions, and a frequently asked health question is "what is a herniated disc?" It's a common condition which commonly occurs in the lower part of the spine and is often referred to as a "slipped disc". Between each vertebra in the spine lies a spinal disc. These spinal discs have three main functions. They;

- Act as ligaments to help hold the vertebrae together.
- Provide slight mobility in the spine.
- Act as shock absorbers for the daily stresses the body is put under.

Each spinal disc has a semi-liquid or jellylike centre surrounded by cartilage. This cartilage is arranged in rings, similar to the inside of a tree when you cut it in half. When a disc is herniated, the "jelly" in the centre breaks through the cartilage rings and forms a "bulge" or "herniation" on the outside of the disc. This herniation can cause major health issues by putting pressure on the adjacent spinal nerves, causing pain and possible dysfunction of the organs that the nerves control. Disc herniation is usually caused by an injury of some sort such as a car accident, overuse as a result of repetitive movement over time, or even just by lifting incorrectly. There are several risk factors that can increase the likelihood of someone having a herniated spinal disc. These include smoking, lack of exercise, sitting for long periods, and being overweight. Spinal discs can also lose some of their water as a person ages, which makes the discs less supple and more prone to cracking.

Symptoms related to a herniated disc vary. Some people can experience slight localised pain, while others experience severe shooting pain into the arms or legs. Organ dysfunction can also occur in some individuals, as a result of pressure on the nerves that control the organ. Appropriate treatment of a disc herniation will only be recommended after an examination. Your chiropractor is trained and qualified to provide professional health advice on suitable treatment options. Although damage to the disc may heal, often the disc does not return to its full original strength. As a result, many people experience recurring back injuries even while lifting a light object or simply bending over. It can often end in a more serious herniation as a result. Many things can be done to avoid disc herniation or prevent a recurrence of an existing herniation. Core strength and flexibility are at the top of this list. Yoga, strengthening exercises, swimming, and walking all help maintain good core strength and flexibility. It's also very important to maintain correct posture when carrying out daily tasks. An active lifestyle and a healthy diet can directly impact the health of your spine and decrease the chance of a disc herniation occurring. Seek advice from your chiropractor about concerns or symptoms you have that might be related.

Help us reach 1000 followers on facebook and Instagram by liking and following our page

 [instagram.com/proactive.spine](https://www.instagram.com/proactive.spine)

 [facebook.com/proactive.spine.sports.medicine](https://www.facebook.com/proactive.spine.sports.medicine)

## Golf & Back Pain



Golf is a very popular sport for people of all ages, but it's also one that can cause many players back pain if a few precautions aren't taken. There are some key areas that can help prevent injury.

**Warming up** A proper warmup before starting your round of golf can dramatically decrease the chance of back injury. Start by walking for ten minutes to warm the muscles and joints of the body. Then perform a light stretching routine specifically targeting the hamstrings, lower back and shoulders. After stretching, a few minutes of light swinging with a club (not full golf swings), will prepare the joints and muscles for twisting. And finally, some practice shots on the driving range. Start with some easy pitch shots, then small irons before progressing to larger woods. Muscles that have been stretched gradually are much less prone to injury.

### Your swing

Golf is a unilateral sport; most players swing either right or left handed. This can cause an imbalance in the muscles, ligaments, and tendons that protect the spine. These imbalances can lead to muscle tightness, muscle spasm, and even chronic pain. A simple tip to help avoid these imbalances is to take several swings with your opposite hand during your warm up and at least every other hole during the round. Good balance, even weight distribution, and developing a correct technique for the swing can reduce stress to your lower back. When you first start to play golf it is advisable to take lessons or advice from a sport professional to help you achieve the correct posture.

### Strength training

Strength training is sometimes overlooked by many golfers, or not considered very important, but it should be performed by all golfers. Be sure to focus on core strengthening exercises. Planks, cat-cow yoga poses, push-ups, and body weight squats are all simple, effective ways to start a core strengthening routine with no weights or gym membership needed. Of course a good weightlifting and/or yoga routine can help take your core fitness (and golf swing) to a new level.

If your technique has you missing rounds of golf due to nagging back pain, consult your chiropractor. Take care of your body and your golf handicap might just benefit as well!



**THE PURPOSE OF CHIROPRACTIC  
TREATMENT  
IS TO HELP THE BODY TO HEAL  
ITSELF  
WITHOUT SURGERY OR DRUGS.**