

Frackson Health Care

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Tips for Shoveling!

You might not want to hear this, but there is a chance that at some point this winter we may get snow. If that happens, here are some back saving tips for shoveling.

1. Dress warm (don't shovel in your pajamas). It's important to keep your kidney and lower back area warm and avoid a chill.
2. Loosen up your shoulders with arm circles before heading outside.
3. Do a few good squats to warm up and also to ensure that when you get shoveling you are lifting with your legs and not your back.
4. Wear footwear with a good grip to avoid falls.
5. Don't overload the shovel, especially if it is heavy wet snow.
6. If you have a large area of snow to clear, be sure to take breaks in between to give your body a rest.
7. Should you find your back is sore after shoveling (even though you followed these handy tips) give our office a call to book a chiropractic adjustment.

Getting to the Core of Good Health

Your core – the muscles around your abdomen and pelvis – is a pivotal area of the body to keep in shape. Why? Because the core is a key player in whole-body health, pure and simple.

Most physical activities depend on stable core muscles, which, in turn, promote balance and stability. Without a stable core, your low back, hips, pelvis and abdomen are more prone to dysfunction and injury.

Fortunately, training the core is easy; so easy, in fact, that you don't need a gym membership, fancy equipment or anything else except your own body and a little space. (You can also perform a variety of core exercises using light dumbbells, a stability ball, an exercise band, a kettlebell, etc.) In our office we have some great rehab equipment that can help us to train you on how you can strengthen your core at home and improve your overall health in no time. When you are ready to get started on these core exercises give our office a call and book a training appointment with one of our chiropractors. The doctors will spend some time one on one with you in our rehab area. They will recommend a comprehensive exercise program suitable to your needs and make sure you're on the right track when it comes to performing the exercises correctly.

Reference: <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1490>



Our Annual Mustard Seed Food Drive started on Monday November 14th. Many thanks to those of you who have already brought in donations. If you forget your non-perishable item remember you can always give us cash or Cheque that we will forward on your behalf. The draw date for the basket is Thursday December 15th ☺

We have a new Adeeva product that I am testing on myself to see if it is a beneficial product for us to carry in office. I'll keep you posted as to my success. Thanks, Krista
Dr. Meschino's Clinical Weight Loss Program "A Complete Coaching System" You can read more about it on the Adeeva website: http://adeeva.com/products/clinical_wgtloss

Our office will be closed for Christmas holidays on:
Monday December 26th, Tuesday December 27th and Monday January 2nd.

Best wishes for a very Merry Christmas and a Happy New Year from all of us at Frackson Health Care.