

The Alliance Update

www.alliancechiroandwellness.com

Fall 2020 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Do Joint and Muscle Aches Get Worse In the Cold?

Source: Andrew Lavender Curtin University; December 5, 2019



The winter chill is often associated with an increase in aches and pains for many older people, particularly in the joints, but also in the muscles. Some recent studies have shown an increase in general aches and pain in older men and women, and in particular a correlation between joint pain and weather conditions in patients with rheumatoid arthritis or osteoarthritis.

For those without these conditions, any experience of pain with cold or wet weather may be related to changes in physical activity and diet.

There are some things that can help reduce pain during the colder months.

Exercise: joint pain is often associated with excess weight, so a weight-loss exercise program may help to take the pressure off the joints. Exercise also helps to improve metabolism and blood flow through muscles and joints, which can reduce inflammation, stiffness, and pain.

Many people tend to be more active in the warmer months when the weather is pleasant and it is comfortable to be outside. It is important to continue exercise into winter as a reduction in physical activity in winter for more than two weeks results in loss of muscle strength and mass as well as reduced bone density. Being inactive for long periods can lead to a gain in fat mass and overall body weight which puts excess pressure on joints and can lead to injury.

Movements that include large muscles of the legs, arms, and torso such as squats, planks, and push-ups can be done in a fairly small space, and are ideal inside during winter. Resistance exercise of this type is important for muscle and bone strength. Like muscles, bones adapt to the stimulus of repeated load bearing making them stronger and less prone to injury. This is particularly important for older individuals.

This does not mean you need to go to a gym and lift heavy weights, although you may consider joining a gym for individual or group exercise sessions. You can get enough stimulation for maintenance of muscle and bone strength through daily tasks and home workouts.

Vitamin D: exercising regularly can help to reduce symptoms in the long term, and getting outdoors for longer periods more often provides vitamin D for healthier bones and joints.

When daylight hours are limited, vitamin D supplements are a good way to continue to get the benefits of this vitamin, which has an important role in bone mineralisation, muscle function, and nerve growth. Studies have found daily supplementation with vitamin D reduces the risk of bone fracture and improves muscle strength for older people.

The best foods for vitamin D include fatty fish like sardines, mackerel and herring, milk, and vitamin D-fortified soy drinks. But it is important to remember dietary sources alone are not sufficient to provide enough vitamin D. Sunlight is an important source and supplementation should be considered for those who have limited exposure to the sun in winter.

Glucosamine and chondroitin: glucosamine and chondroitin sulphate help to provide nourishment to cartilage to improve joint function. They make movement of the joint smoother by reducing the friction produced between the articulating surfaces of the bones. Crustaceans provide a good source of glucosamine, while chondroitin sulphate can be obtained from cartilage of animal bones. Supplementation of these is prescribed for patients with osteoarthritis to help restore cartilage.

Heat therapy: heat therapy can help greatly when you do have pain. Warm baths or showers, particularly in the morning can make a big difference to the level of pain and stiffness. Warming the body increases elasticity of the tissue and improves blood flow making movement easier. It also activates neural pathways that reduce the brain's perception of pain.

<i>Inside This Issue:</i>	<i>Pg</i>
Do Joint and Muscle Aches Get Worse In The Cold?	1
5 Tips for Coping with Sciatica	2
Association Between Screen Time Use, Diet, and Other Health Factors	3
Working from Home (Correctly)	3
Exposure to a Motor Vehicle Collision and the Risk of Future Neck Pain	4
Announcements	4
Alliance Chiropractic Services	4

5 Tips for Coping with Sciatica

Source: <https://www.health.harvard.edu>



Sciatica is a sensation that can manifest itself as a moderate to severe pain in your back, buttocks, and legs. You may also feel weakness or numbness in these areas. Sciatica is one of the most common yet misunderstood, types of pain. As many as 40% of people will get it during their life, and it becomes more frequent as you age. Sciatica tends to get lumped in with regular back pain but it is different. The pain originates with the sciatic nerves. Your sciatic nerve begins at your spinal cord, runs through your hips and buttocks, and then branches down each leg. The sciatic nerve is your body's longest nerve, and has a direct effect on your ability to control and feel your legs. When this nerve is irritated, you may experience sciatica. Sciatica is a symptom caused by an underlying injury to your sciatic nerve. This injury can be caused by damage to structures in your lower back such as vertebral disc injury, or pinching from muscles the nerve passes under such as the piriformis muscle. For some people, symptoms go away on their own within a few days. However, some attacks can come and go for several weeks or even months. Fortunately, there is a lot you can do to prevent sciatica.

Increase exercise

Exercise is a key way to prevent or help relieve sciatica. Consider these types:

- Aerobic exercise: walking, jogging, swimming, cycling, dancing, and other activities that increase your heart rate without causing more pain if you already have sciatica.
- Strength training: exercises using free weights or weight machines, or isometric exercises, which involve contracting muscles without obvious movement.
- Flexibility training: yoga, tai chi, Pilates, and similar activities that increase both flexibility and strength.

Really, any exercise that you can enjoy and do regularly is going to help. So try something new, go back to an old favorite, or both.

Strengthen your core

It might not seem obvious that a stronger core could improve your spinal health but your core is not just your abdominal muscles, even though they are key contributors to the stability of your spine. Muscles in the back, sides, pelvis, and buttocks are also part of your core. Strengthening all of these muscles helps to support your spine. Many types of exercise, including yoga and Pilates, can strengthen the core muscles. For example, planks and bridges are movements that target the core.

Avoid sitting for long periods

Prolonged periods of sitting put pressure on the discs and ligaments in the low back. If you have a job that requires a lot of sitting, take frequent breaks, or try a sit/stand desk so you can alternate position frequently through the day. Less sitting is better.

Manage your weight

Being overweight or obese can increase your risk for sciatica. People who have sciatica and are overweight tend to heal more slowly. Why? The increased weight puts pressure on your spine and can lead to herniated discs. Even minor weight loss will reduce inflammation and pressure on the spine.

Practice good posture

Mom was right—slouching is not good for you. But you do not have to walk around the room with a book on your head to practice good posture. Follow these tips:

- Pay attention to your body's position when you are standing or sitting.
- The key to good posture is the position of your spine. Your spine has three natural curves - at your neck, mid back, and low back. Correct posture should maintain these curves, but not increase them. Your head should be above your shoulders, and the top of your shoulder should be over the hips.

Association Between Screen Time Use, Diet and Other Health Factors

Source: BMC Public Health, 2020; 20 (1) DOI: 10.1186/s12889-020-09410-0



In a study recently published in BMC Public Health, one of the largest open access public health journals in the world, Wharton found that heavy users of screens — defined as those who use screens an average of 17.5 hours per day — reported the least healthful dietary patterns and the poorest health-related characteristics compared with moderate and light users, who averaged roughly 11.3 and 7 hours of screen use per day, respectively.

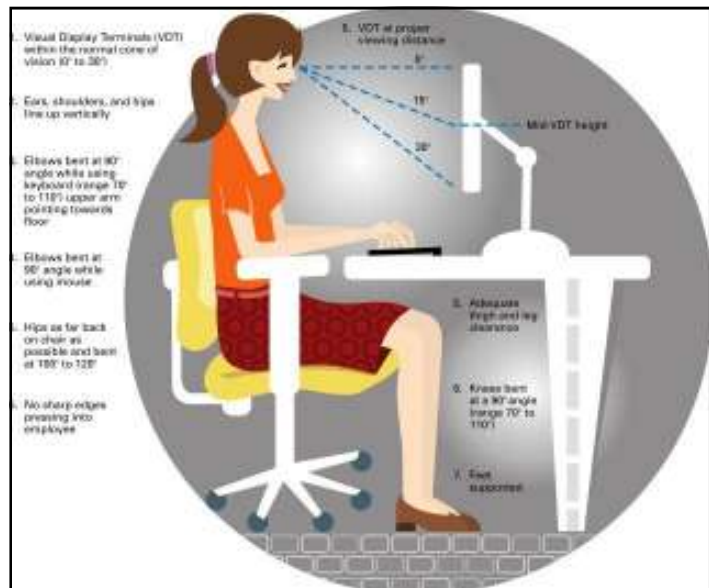
For the study, more than 900 adults across the U.S. who owned a television and at least one other device with a screen were asked to complete a survey to assess screen time use across multiple devices, dietary habits, sleep duration and quality, perceived stress, self-rated health, physical activity, and body mass index.

Among the findings, unique dietary habits were associated with different types of screen use such that heavy users of TV and smartphones displayed the least healthful dietary patterns compared with heavy users of laptops and tablets.

Additionally, heavy users of smartphones reported the lowest quality of sleep. One of the simplest things people can do for their health when it comes to screens — which is probably one of the hardest things to do because of the convenience and their addictive nature — is putting all those devices down, in particular your smartphone, two hours before bedtime.

Working from Home (Correctly)

Source: <https://www.massagetherapycanada.com/working-from-home-correctly/>



Here are some tips to help patients improve their workspace to be ergonomically sound:

Get a good chair

As often as possible, it is important to avoid sitting in bed or on a soft couch. If you have to sit in a dining room chair, that is okay – as long as there is a pillow supporting the back. Sitting up straight, as well as using armrests are important, since they allow correct placement of the arms instead of tightening the shoulders while patients are trying to hold them up to type. Arms should be at your side with elbows at 90-degree angles, and wrists straight when typing.

Adjust the computer to be at eye level

The top line of type on your monitor should be at eye level or slightly below. This will put the least amount of stress on your neck and shoulder muscles. If you use a lap top, it is impossible to get a good ergonomic position. If you use the computer for several hours a day, it is worth investing in a

separate mouse and keyboard for your laptop. This way you can put the laptop monitor at eye height, and the keyboard and mouse in a position that keeps your arms at your sides.

Stretch daily

When sitting at a desk all day, muscles are not able to move as often and blood does not flow as much as it should. You can fix this by taking 15 minutes in the middle of the work day to stand up and stretch your legs, arms, neck and back. This will keep a better blood flow and nutrient supply to the muscles to prevent discomfort and fatigue. Also take mini breaks every 40 minutes to get up and move around for a few minutes.

Immune system support

Now more than ever, it is important to take care of your body and provide the support that it needs. Eating whole foods, staying active, managing stress, and getting quality sleep are all pillars of good health, helping the body systems function properly, including the immune system.

Exposure to a Motor Vehicle Collision and the Risk of Future Neck Pain

Source: PM&R 2019 Nov;11(11):1228-1239. doi: 10.1002/pmrj.12173. Epub 2019 Jun 12.



The objective of this study was to summarize the literature that has examined the association between a motor vehicle collision (MVC) related neck injury and future neck pain (NP) in comparison with the population that has not been exposed to neck injury from an MVC.

A survey of the studies indicates neck injury resulting from an MVC is associated with a high rate of chronicity. Prognosis studies indicate 50% of injured people continue to experience NP a year after the collision.

The study authors performed a systematic review of the literature, searching for risk studies on exposure to a MVC and future NP published from 1998 to 2018. The outcome of interest was future NP. Eight articles were identified of which seven were of lower risk

of bias. Six studies reported a positive association between a neck injury in an MVC and future NP compared to those without a neck injury in a MVC. Pooled analysis of the six studies indicated that 57% of the people with neck pain due to a MVC, will have future long term neck pain. In two studies where exposed participants were either not injured or injury status was unknown, there was no increased risk of future NP.

Conclusions: There was a consistent positive association among studies that have examined the association between MVC-related neck injury and future NP. These findings are of potential interest to clinicians, insurers, patients, governmental agencies, and the courts.

Announcements

- Check out our WEBSITE at www.alliancechiroandwellness.com. You can find archived issues of our newsletter as well as other clinic information. Please note appointment requests should be made by calling the office at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. These should be done by calling the office directly.
- Just a reminder to use the hand sanitizer when you enter the office, and face masks are mandatory. Thank-you!
- We will be doing our **Toy Drive** for the **Good Sheppard** again this year. Toys can be dropped off at the office between Nov 16 and Dec 18.
- Like us on *Facebook!* To see the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic

Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy¹
7. Naturopathic Medicine
8. Acupuncture

Clinic Hours

Please note:

1. Massage therapy is available outside core office hours.

Monday	8:00am— 12:00pm	3:30pm - 7:30pm
Tuesday	8:00am— 12:00pm	
Wednesday	8:00am— 12:00pm	3:30pm –7:30pm
Thursday		3:30pm –7:30pm
Friday	8:00am – 12:00pm	

At this time, we look forward to seeing all of our patients and not just those requiring acute or emergency care. Face masks are now mandatory, and please use the hand sanitizer available.

Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd. Ancaster ON L9K 1H9
Tel: 905-648-0661 Fax: 905-648-1268
www.alliancechiroandwellness.com