

The Alliance Update

www.alliancechiroandwellness.com

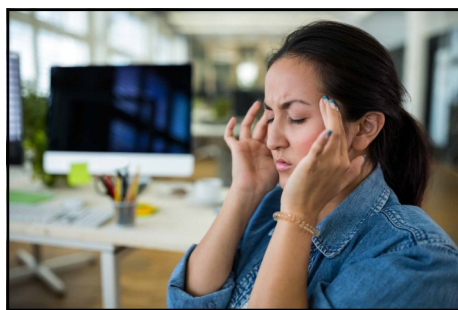
Summer 2026 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Migraine Awareness: Understanding Headaches & How Chiropractic Care Can Help

Source: [Canadian Chiropractic Association](#); [Statistics Canada Canadian Community Health Survey](#); [Journal of International Medical Research \(2022\)](#)



An estimated 2.7 million Canadians have been diagnosed with migraine, with the highest prevalence occurring in adults between 30 and 50 years of age. Migraines are more common in women but can affect men, children, and teens as well.

Not all headaches are the same. Understanding the type of headache you are experiencing is an important first step towards effective treatment.

Common Types of Headaches

Migraine is more than just a severe headache: it often causes throbbing or pulsating pain, usually on one side of the head, and may be accompanied by nausea, vomiting, and sensitivity to light, sound, or smells. Many people also report neck pain before or during a migraine.

Tension headaches are the most common type of headache. They typically produce a dull, aching pain or a feeling of pressure around the head, and are often associated with muscle tension, stress, or poor posture.

Cervicogenic headaches originate from problems in the joints, muscles, or nerves of the neck. Pain is referred from the cervical spine to the head and is commonly associated with prolonged sedentary activity such as sitting, desk work, or excessive screen time.

How Chiropractic Care Can Help

Research supports chiropractic care as an effective treatment option for people with tension-type and cervicogenic headaches. Studies also suggest that chiropractic care may also help reduce the frequency and intensity of migraines for some individuals. More than 75% of people with migraines report associated neck pain, making assessment of the neck and spine an important part of care.

Chiropractors are trained to assess the muscles, joints, and nervous system to help identify whether a headache may be related to dysfunction in the cervical spine or surrounding soft tissues. Treatment may include:

- Spinal manipulation or joint mobilization to improve neck movement
- Soft tissue therapy to reduce muscle tension
- Postural assessment and ergonomic advice
- Stretching and strengthening exercises for the neck and upper back
- Lifestyle recommendations to help identify and manage headache triggers

Chiropractic care offers a drug-free, non-invasive approach that can be used on its own or alongside medical management as part of a comprehensive treatment plan.

If your headaches are becoming more frequent, changing in pattern or severity, or you find yourself relying on pain medication more often, it's important to seek a professional assessment. Identifying the cause of your headaches early can help improve your quality of life and get you back to enjoying your daily activities.

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Move Like It Matters: Physical Activity Guidelines & Your Health

Sources: Statistics [Canada Canadian Health Measures Survey \(2022–2024\)](#); [Canadian 24-Hour Movement Guidelines](#); [ParticipACTION](#); [Canadian Chiropractic Association](#).



Regular movement is one of the most important things you can do for your health. Physical activity supports a healthy heart, strong muscles and bones, better balance, improved brain function, better mental well-being, and a healthier spine. It also helps reduce the risk of chronic diseases and improves quality of life at every age.

Unfortunately, many Canadians are not getting enough exercise. According to *Statistics Canada*, only 46% of Canadian adults meet the recommended physical activity guidelines, with adults spending an average of 9.3 hours each day being sedentary. Physical inactivity is also recognized as one of the leading risk factors for premature death worldwide.

What Are the Canadian Physical Activity Guidelines?

The *Canadian 24-Hour Movement Guidelines* recommend that adults:

- Accumulate at least 150 minutes of moderate-to-vigorous physical activity each week
- Include muscle-strengthening activities at least twice per week
- Limit sedentary time and break up long periods of sitting whenever possible
- Aim for 7–9 hours of good-quality sleep each night to support recovery and overall health.

You don't have to be or become an athlete to benefit. Activities such as brisk walking, cycling, swimming, gardening, dancing, or recreational sports all contribute toward your weekly goal. Even small increases in daily movement can improve your health and help reduce the effects of prolonged sitting.

How Chiropractic Care Can Help

Pain, stiffness, or reduced mobility can make it difficult to stay active. Chiropractors assess, diagnose, and treat conditions affecting the muscles, joints, and spine that may interfere with movement and exercise.

Treatment plans may include spinal and/or extremity adjustments, soft tissue therapy, rehabilitation exercises, and individualized movement recommendations to restore mobility and improve function. Chiropractors can also provide guidance on posture, injury prevention, ergonomics, and safe return to activity after an injury.

Many clinics (such as ours!) offer additional health services such as massage therapy, custom foot orthotics, and sport-specific injury prevention and rehabilitation programs to help support your overall health and fitness goals.

Whether you're starting a new exercise routine, returning to activity after an injury, or simply looking to move more comfortably, chiropractic care can help you stay active and enjoy the activities you love. Every step, stretch, and workout

Laughter Is The Best Medicine

1. Did you hear about the first restaurant to open on the moon?
It had great food, but no atmosphere.
2. Why don't scientists trust atoms?
Because they make up everything!
3. What do dentists call their X-rays?
Tooth pics!
4. What's the difference between a hippo and a zippo?
One is really heavy, and the other's a little lighter.

Screen Time & Your Health: What to Watch for This Summer

Sources: [Centre for Healthy Screen Use \(Canadian Paediatric Society\)](#); [Statistics Canada Canadian Health Measures Survey \(2022–2024\)](#); [Statistics Canada Health Reports](#); [Canadian Centre for Occupational Health and Safety](#).



Summer often means more free time, and that could mean more time spent on phones, tablets, computers, and TVs. Whether it's streaming shows, scrolling social media, gaming, or working remotely, Canadians are spending more time on screens than ever before. Research shows that only **57% of Canadian adults** meet the recommendation of limiting recreational screen time to **3 hours or less per day**, while children and teens are also exceeding healthy limits.

Too much screen time doesn't just affect your eyes, it can also impact your physical and mental health.

Signs Your Screen Time May Be Affecting You

Prolonged device use may contribute to:

- Neck pain and stiffness
- Headaches
- Shoulder and upper back tension
- Poor posture ("tech neck" or forward head posture)
- Wrist and hand discomfort from repetitive use
- Eye strain and fatigue
- Reduced physical activity and increased sedentary time
- Poor sleep quality and increased stress or anxiety

Looking down at a phone or tablet places significant stress on the neck. At a 45–60° head tilt, the cervical spine may experience forces of up to **60 pounds**, similar to having a small child hanging off your neck for hours each day. Over time, this can lead to postural strain, and left untreated, can contribute to reduced mobility, muscle imbalance, disc irritation, and degenerative changes.

How Chiropractic Care Can Help

Chiropractic care focuses on restoring healthy movement and reducing stress on the spine and surrounding muscles. Treatment may include:

- Chiropractic adjustments to improve joint mobility and reduce pressure on the cervical spine
- Soft tissue therapy to relieve tight, overworked muscles
- Postural assessment and ergonomic advice for work, school, and home
- Exercises such as chin tucks and chest-opening stretches to improve posture and support long-term recovery

Addressing postural problems early can help maintain movement, reduce discomfort, and keep you active.

Healthy Screen Habits

Small changes can make a big difference:

- Follow the **20-20-20 rule**: every 20 minutes, look 20 feet away for 20 seconds
- Take movement breaks every 30–60 minutes
- Raise your screen to eye level instead of looking down
- Keep shoulders relaxed and avoid slouching
- Set device-free times during meals and before bedtime.

Balance screen time with outdoor play, walking, cycling, hiking, or other physical activities. Summer is the perfect time to build healthier habits for the whole family. If you're experiencing persistent neck pain, headaches, poor posture, or muscle tension related to screen use, speak with your chiropractor. Early assessment and treatment can help restore movement, improve posture, and prevent minor issues from becoming long-term problems.

Be Water Ready: Drowning Prevention & Water Safety this Summer

Sources: [Lifesaving Society Canada \(National Drowning Prevention Week & National Drowning Report\)](#); [Transport Canada](#).



Summer is the perfect time to enjoy swimming, boating, paddling, and other water activities, but it's also important to stay safe. *National Drowning Prevention Week* (July 19–25) encourages Canadians to "Prepare to be water smart!" by planning ahead, building water safety skills, and making smart choices around the water.

Drowning is fast, often silent, and largely preventable. More than 450 Canadians die in preventable water-related incidents every year, and about 160 of those deaths occur in Ontario. Most drownings happen in lakes, rivers, and other natural bodies of water, while only about 1% occur in lifeguard-supervised settings. These statistics highlight the importance of preparation, supervision, and safe decision-making.

Water Safety Starts Before You Get in the Water

Whether you're swimming, kayaking, paddleboarding, or spending the day at the cottage, remember to:

- Wear a properly fitted life jacket or personal flotation device when boating or paddling
- Actively supervise children and stay within arm's reach of young or inexperienced swimmers
- Never swim or boat while impaired by alcohol or drugs
- Check weather and water conditions before heading out
- Learn to swim and encourage family members to participate in swimming and water safety lessons
- Swim with a buddy whenever possible, especially in open water.

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
9. Kinesiology Services

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	

Clinic Hours

Please note:

1. Massage therapy is available outside core office hours.

Announcements

- All appointment requests should be made by calling the clinic at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. Please note we need to know what you are being seen for to book the appropriate duration of time.
- Dr. Morphet will be away from the office the first week of September, returning Tuesday Sept 8th.
- Check us out on [Facebook](#) and [Instagram](#) for the latest in health news, research, updates, and announcements.
- If you want to see a topic covered in an upcoming newsletter, blog, or social media post, email info@alliancechiroandwellness.com
- Did you know we publish a weekly [blog](#)? We source trends and tips to help our patients make informed decisions about their health. Find it on our website!