

BACK TO WORK & BACK TO SCHOOL

This can be a hectic time of year; sitting at a desk all day, reading, homework, and massive deadlines have you stressed out. Then add after school activities, sports, and chores can add up to muscle and joint strain, tension and possibly other spine strains and injuries.

Other common injuries at this time of the year can occur from slip and falls on icy roads and sidewalks, raking leaves, football, hockey, other recreational sports, and shoveling snow

HARVEST TIME

This can be a very dangerous time of the year, where the rush to get harvest completed can be overwhelming. The most common reason people hurt themselves is lack of sleep. This seriously effects concentration especially when working with large and dangerous machinery. Please ask for help! And finally, the stress of getting things done can also take its toll, leaving the spine and nervous system at risk.

***“It isn’t that they can’t see the solution,
it’s that they can’t see the problem.”***

-G.K. Chesterton

Chiropractic care is an excellent way to maintain your nervous system and spine throughout the year but especially during times of increase stress.



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TIPS TO STAY INJURY & STRESS

- Do 20-30 seconds of gentle stretching before any new activity to ready your joints and muscles.
- Good posture (ergonomics) while sitting at a desk or reading will help remove strain from your neck.
- Do a 5 minute walk every hour, get up and get moving.
- Make sure equipment / backpack fits properly.
- If you are prone to falls, special anti-slip shoes may be helpful, especially in the winter.
- Switch hands every once in a while when raking and shoveling.
- Try to get adequate rest every night.