

November 2009



DowntownSeattleChiropractic.com
(206) 623-2225

Health Food Store Tour

November 28th 2009 1:00pm to 3:00pm

Have you ever been petrified when shopping for "healthy food". With all of the selections, how does anyone know which foods are best?

Demystify the Health food store experience and know what you are shopping for. Join Holistic Health Counselor Patrick Martin Jr. for a glimpse into a local Seattle health-food store. You will gain a new appreciation for the health food shopping experience.

TOPICS INCLUDED DURING THE TOUR:

- Organic vs. conventional
- Saving money while eating healthy
- Eating with the seasons
- The nutritional benefits of various foods
- Selecting produce
- Buying in bulk
- Shopping for beans, whole grains, and breads
- Understanding a nutrition label
- Healthy and not-so-healthy snacks
- Nutritiously-alternative flours and sweeteners
- Alternatives to pasta and refined carbohydrates
- The pros and cons of dairy and animal products
- Cooking with fats and oils
- The importance of natural home and beauty products
- Teas and supplements
- And so much more!

After the Health Food Store Tour we will visit a neighboring Super food Nutrition Bar to soothe your palate with your choice of hot or cold super-food infusions.

\$20.00 per person

Each Attendee will receive two reusable shopping bags.

Location: Central District, Seattle, Washington.

Contact: Patrick Martin, Jr. for more details.

253.831.1226

Preventing Running Injuries

Sixty percent of runners experience an injury severe enough to sideline them. Because the best way to avoid injury is to prevent it and running shoes are the only protective equipment runners have to safeguard themselves from injury, choosing the correct running shoe is important. The wrong shoe can aggravate existing problems, causing pain in your feet, legs, knees or hips. I suggest buying running and walking shoes only at a specialty running shop where you can be fitted with the right model for your feet and running style. Make sure that your shoes aren't worn out, as wearing shoes that have lost their cushioning may also lead to injury. Shoes should be replaced every 300-500 miles.

Sound Sports – Downtown Seattle's running store offers friendly and knowledgeable advice as well as footwear, fitness apparel & accessories, race information and registration.

Stop by our office to pick up a 10 % discount coupon off any purchase (except sale items).

Repetitive Stress Injuries (RSI's)

If you've developed shooting pains and weakness in your hands after spending weeks glued to the computer or a burning, aching pain in your elbow after playing too many rounds of golf, or pain in your neck and shoulder after playing a musical instrument you likely have a repetitive stress injury.

In working with hundreds of patients who have suffered RSIs, I have noticed a common trait. They all believed "the pain would go away". Musicians attempt to play their instrument even though their arms, elbows, shoulders, or neck are bothering them. Dancers ignore foot pain. Athletes feel that pain is just a part of the game. Without effective treatment, the pain won't go away. Instead, many dancers, musicians, and professional athletes have had to temporarily stop or permanently end their careers after developing a repetitive strain injury. Don't let this happen to you!

Repetitive stress injuries are caused by repeating the same motions for hours on end over extended periods of time and by bad posture. Damage occurs to muscles and tendons as well as the nerves that run through them. When muscles are used, tiny tears occur in the muscle tissue. The area becomes inflamed as the body attempts to repair the damage. Scar tissue forms over the torn muscle tissue which may cause localized pain. Repeated use causes the scar tissue and pain increase.

The earlier that an RSI is diagnosed and treated, the better the outcome can be. Typically, the chiropractic treatment for RSI includes manipulation of the affected wrist, elbow or other body part affected, as well as manipulation of the upper spine and massage therapy. I may advise you to rest the affected area, apply cold to reduce inflammation, and perform appropriate exercises. This weekend I will be taking advanced courses in the Graston technique, a cutting-edge technology that is being used to break up adhesions and scar tissue that form in response to repetitive stress.

Preventing Computer-Related Injuries:

- Make sure the top of your computer screen is aligned with your forehead.
- Sit up straight with your back touching the back of your seat. Chairs that provide extra support, especially lumbar (lower back) support are helpful. Avoid slouching over your keyboard or tensing your shoulders, which can place unnecessary stress on your neck, back, and spine.
- Let your legs rest comfortably with your feet flat on the floor or on a footrest. If you place a pencil on your knee, the pencil should roll toward your waist, not off of your knee.
- Use a light touch when typing. Place the keyboard close to you so that you don't have to reach for it.
- Fingers and wrists should remain level while typing. Use a wrist rest for extra support. Your wrists and forearms should be at a 90-degree angle to the upper part of your arms. Elbows should be placed close to the side of the body to prevent bending the wrists side to side.
- Be sure to take breaks (to stretch or walk around) about every 30 minutes — even if you don't feel tired or feel any pain. Use a timer to remind yourself to take a break.
- Try an ergonomic keyboard that has a curved design, and use a trackball instead of a mouse.

Preventing Sports-Related Injuries

- Always warm up and cool down with appropriate stretching exercises before and after playing.
- Wear the proper clothing and equipment for your sport. Ask for professional help to make sure all equipment is sized properly for you. I have found Super Jock and Jill to be very knowledgeable in fitting running shoes and Greg's Cycle does a great job fitting bicycles. Don't be afraid to ask for the "fit expert" when you visit REI or other retailer. Stores hire extra help during the holidays and not every associate will be equally qualified to assist you in selecting proper gear.
- Drink plenty of water before, during, and after your workouts.
- Listen to your body and rest when you feel tired.
- Vary your routine. Alternate distance running with bicycling or swimming, for example.
- If you are experiencing symptoms such as pain, swelling, numbness, or stiffness while playing your sport, stop playing right away and come in for an adjustment as soon as possible.

Tips for Musicians

- Practice **good posture**. Find postures that keep joints in the middle of their range of motion, use larger muscle groups when possible, and reduce body usage that involves fixed, tensed positions.
- Make sure your **instrument is properly sized** for your body.
- **Stretch** before and after playing and **warm up properly**.
- Ask Dr. Devine or Dr. Moore for **specific exercises to strengthen your arms**, wrist and hands. Pilates, Tai Chi, yoga, stretching or dance classes all may be helpful.
- **Take adequate breaks** to stretch or walk around - even if you don't feel tired or feel any pain. Emerging research on athletes reveals that overtraining actually decreases performance. Try two or more shorter rehearsals in a day rather than one long, intense session, and limit total time on your instrument.
- Consider **switching to an ergonomic instrument**. Clever engineers and designers have adjusted traditional instruments to provide the same sound while making them easier to play.
- **Stop playing when you are hurt**. "No Pain, No Gain" is a disastrous policy for a musician. Is it worse to have to not play for a few months or to risk a permanent injury, disability, pain, and never play again?