

# Healthy Living

Brought to you by Maple Meadows Chiropractic

SPRING 2011

## Chiropractic Comedy

The stories we hear can be quite hilarious. There was the time one of my 200lb muscular guys was tripped-up by his 20 lb pooch while out walking! Even sillier was the lady who was at the barn and literally fell in a pile of poop. I think her pride hurt more than her back!

Another lady once stepped off her front stairs sideways instead of forward, and ended up in a heap in the flower bed. Then there was a dear patient who hurt himself while swatting at a passing bee... he hit the side of his head with the clippers he was holding!

Other long-time favourites include the elderly gentleman who went to his doctor complaining that he was getting senile, then panicked when the doctor reached into a drawer and pulled out a test for him to do before he would be allowed to drive home. He had been retired for 10 years, and didn't even know what the date was! Talk about stressful. My other personal favourite was from the runner who 'somehow didn't see' the giant, bright-yellow post at the start of the trail, and ran right into it full-speed!

One of my hockey players last week pulled off a chiropractic hat-trick... 3 injuries in 3 weeks. He started off with a concussion, then the next week needed stitches for a high-stick to the chin. Finally, he came in with the most agony ever – after his hairdresser messed up and instead of giving him a Mohawk, she shaved the back of his hair right off. So he ended up with a 'Motop' instead. I expect his 4<sup>th</sup> injury will happen when he gets to his next practice... he'll never live it down!

Last, but not least, are the 'things that go bump in the night'. Why does it seem that things always get worse at night? Every week I get

someone telling me that they hurt themselves by 'sleeping wrong'. This should be hard to do! Isn't sleeping supposed to be restful?

I used to tell people it was impossible, "you can't injure yourself in your sleep!" I assured them that they must be feeling the delayed result from something that happened 24-48 hours before. The pain just shows up in the morning when the lactic acid and muscle tightness sets in.

Experience is a great teacher. The first time I had someone truly hurt herself at night, I dismissed as a bizarre random event. It wasn't until I had a 2<sup>nd</sup> case of a really crazy case where someone literally 'went bump in the night', that I started to take it more seriously. One lady rolled one turn too far and fell between her bed and the nightstand, tweaking her neck on the way down. What a way to wake up!

The other person was in a deep sleep when she got startled by a loud noise. Apparently she moved suddenly and her head was flung against a nearby table. She gave herself a concussion! She didn't even know what happened until she woke up later and her husband was holding ice against her forehead. Imagine having to explain that black eye at work the next day!

So remember, we can't stop all the weird things from happening, but what we can do is make sure your spine is prepared. An injury to a healthy spine is way easier to mend than an injury to a spine that already has problems. Keep up with your regular checkups so that you can handle whatever is coming your way!

### Win a Prize!!!

Guess which of these stories was really about Dr. Crystal! How about Dr.

Matt? Stop by the office to enter.



MONDAY 2:30 pm - 7:30 pm  
 TUESDAY 7:30 am - 7:30 pm  
 WEDNESDAY 7:30 am - 7:30 pm  
 THURSDAY 7:30 am - 7:30 pm  
 FRIDAY 7:30 am - 12 noon

Our clinic prides itself on thorough care, effective communication, and excellent results. The goal of our clinic is to support each individual in achieving his or her optimum health. This is accomplished by educating our practice members and having them take a more active role in their health.

Dr. Matt Boser and Dr. Crystal Boser

New Families Welcome!

- wellness care
- back or leg pain
- neck pain / headaches
- shoulder / arm pain
- sports injuries
- maintenance care
- WCB / ICBC

## BACK PAIN BASICS WHAT TO DO

If you've suffered from low back pain over the past few days, or if you get back pain sometime in the future, the tendency will be to wait it out and see if it gets better. Sometimes we even decide to take time off and lie in bed, hoping we will eventually be feeling better and back to our usual activities or work. However, more and more research shows that lying in bed or waiting it out is the worst thing you can do for yourself. Remember, only 10 percent of people develop chronic low back pain, but those cases account for an estimated \$100 billion a year in health care and other costs. It's a safe bet that most of them have taken this incorrect "wait and see" approach.

Research suggests that when it comes to back pain, early intervention is best. There are many reasons for this concept, but here is a basic summary of what current guidelines are saying:

- *Low back pain can sometimes be due to something more serious than a simple sprain.* That's why it's important to see your chiropractor right away so they can evaluate you for anything more serious.
- *Spinal adjustments is one of the only treatments* that is consistently being recommended for those with acute low back pain - and yet far too many people don't visit a chiropractor and choose to pop over-the-counter pain medication instead.
- *Avoid bed rest as much as possible.* Yes, I know that it feels good and frankly, when I had an episode of low back pain once, I was tempted to lie in bed all day, too. On a basic level, it's the most "rational" thing to do. However, bed rest actually wastes away your muscles, and this effect lasts even for the lucky ones who improve with their low back pain. For those who are pain free, the bad news is that the muscles still waste away.

## WELLNESS EVENT!

### BUFFET LUNCH AND ENTERTAINMENT

⇒ **WHO: WELLNESS PATIENTS - adults only -**

⇒ **DATE: Saturday March 19th**

⇒ **WHERE: Fraserview Village Hall**

⇒ **TIME: 11:30AM - 2:00PM**

⇒ **RSVP: Space is Limited**

⇒ **COST: Free!**



So, the next time you experience back pain and feel like you can't do anything, always remember that any movement or activity or treatment that keeps you moving is crucial for your recovery. Another factor is that you may be deconditioned and not fit enough. With back pain, you can become even more deconditioned. That's why starting to move and then progressing to an exercise program is crucial to ensure not only that you get better, but also that you don't get future bouts of low back pain. Talk to your chiropractor for more information.