

O'LEARY CHIROPRACTIC

Spinal Health Newsletter

March 2016

Spring is coming!

After a short winter season, it appears we'll be back to warm weather activities sooner than expected. What are you doing to prepare?

Tips to remain pain free

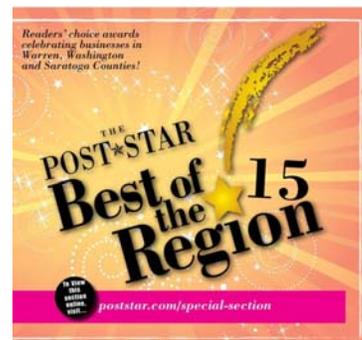
New activities bring new challenges to your spine. Follow these basic tips to remain pain free!

1. Be aware of your workload: After a winter of no golf or gardening, we all feel the urge to dive right back in. A full day of gardening or full round of golf may be enough to cause spinal pain but a shorter duration activity may be tolerated better. Start off with shorter periods of activity which allow for you to physical acclimate. This allows you to minimize risk of injury.
2. Be aware of movements: Your spine essentially moves in three directions; flexion/extension, lateral flexion and rotation. Movements that combine all three motions are very often the cause of spine injury as it is a more complex motion. Be aware of motions that require you to bend at the waist, twist and laterally flex to avoid injury.



If you, your family or friends suffer from neck pain, back pain, extremity pain or headaches, we can help!

To set up an appointment please call **793-1205** or for more information visit us at: www.olearychiropractic.net or find us on Facebook at **O'Leary Chiropractic**



Quick Facts

- What is Sciatica?

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Sciatica most commonly occurs when a herniated disk, bone spur on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve.

-mayoclinic.org

- How can O'Leary Chiropractic help?

Depending on the cause of your sciatica; Dr. O'Leary and Dr. Steele can use a combination of spinal manipulation, Physiotherapies, stretching and exercise to alleviate your pain.