

## Summer Shoe Shopping? Read This First

**N**ot only can those brand new shoes cause pain in your feet, they can cause low back pain as well. In fact, poor footwear can cause difficulties in the feet, knees, hips, low back and all the way up the spine. Generally, the best shoes for your body are relatively flat and provide adequate support for your feet. However, there are times when higher heels are desired! Here are some tips for those times.

### Shopping for shoes

Shop in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day.

What may have been comfortable earlier could now be tight.

### Choosing a shoe

1. Make sure to select the correct shoe size and measure both feet. It is not uncommon to have different sized feet. Stand-up when taking measurements as your feet expand when standing.
2. Not all shoes are created equally. The same shoe size can have different fits depending on the manufacturer. Make sure to try several sizes to find the most comfortable shoe. Walk around the store with both shoes on and see how your feet feel.
3. Choose a heel height that you can walk in gracefully. The effect of a high heel is easily negated by a clumsy walk.
4. Try to choose a shoe with a heel height of no more than 2 inches. It's a good compromise height that will still create the arched posture associated with high heels without sending you tipping out of them.
5. To maximize stability without sacrificing the look of a slender heel, choose a heel that has a narrow silhouette when viewed from the side and a



broader base when viewed from the back. Stiletto heels provide very little support.

6. Try to avoid buying a recessed heel, as it is one of the most unstable heel styles. This is where the heel is indented from the back of the shoe.
7. Avoid shoes with many thin straps, as these tend to dig into your skin causing pain and swelling. If the straps are too tight, they can also cut your feet.
8. The material used to make the shoe can also make a difference. Leather or nylon mesh allow for more breathing and flexibility in the feet.
9. Avoid buying shoes that you feel need a break-in period. Shoes should be comfortable from the first time you put them on.
10. Ensure that the shoes have good support for the arches of your feet. If not, an arch support can be used in a closed shoe. †

### Arthritic joints?

#### Glucosamine Sulfate may help.

Are you developing arthritis (also known as osteoarthritis) in your hips, knees or hands? Although there are some medications that you can take to relieve the pain associated with arthritis, there is also a natural alternative you can use to help keep your joints lubricated for smooth gliding and may also regenerate cartilage at those painful joints.

Glucosamine sulfate is a chemical found surrounding your joints and it is also found in the outer shells of some fish. Your body needs this chemical to build cartilage which helps to absorb shock between bones. Glucosamine sulfate works by reducing inflammation and pain at the joints that are arthritic. Studies show that glucosamine sulfate supplements actually restore your joints by regenerating and repairing cartilage.

Proper dosage is important if you decide to take glucosamine sulfate. You will need to take 1500mg/day and be very consistent with taking it daily. The effects are not immediate as it takes your body time to build and repair the cartilage, therefore you may not notice any difference for a couple of months. If you are unsure if glucosamine is working, try going off of the supplement for a couple of months, and see how your joints feel. Patients who are allergic to shell fish should not take this supplement.

# Straighten Up And Listen! Your Posture Is Important

**G**ood posture contributes to increased energy, better breathing, improved circulation and can even make you look better. People with proper posture seem to move with greater confidence and grace than those who slouch. Good posture will also make you look taller and slimmer, and when our bodies are aligned, it contributes to good health.

The secret to good posture is understanding and maintaining the balance among the spine's four natural curves - two forward curves (neck and lower back), and two backward curves (middle back and base of the spine). The curves of the spine give it resilience and absorb impact. If the curves are too flat, our ligaments and muscles have to take the extra load and this may result in strain and pain. If the curves are too accentuated, our spine cannot distribute the body's weight effectively. Either way, movement becomes more difficult, draining our energy.

## Tips for Standing Tall

1. When standing, your head, shoulders, hips and ankles should line-up, one comfortably above the other. Your knees should be slightly bent and your feet should be shoulder-width apart or more.
2. Most of us have a variety of bad habits that get in the way of good posture such as carrying a heavy bag or purse on one shoulder, cradling the phone between the shoulder and ear, and falling asleep on the sofa with your head on the armrest. Any of these activities may give you a stiff neck and also distort those important spinal curves.
3. If you must use a bag or briefcase with a single strap, make sure the strap is padded and wide. Try to choose a strap that is long enough to place over the head to rest on the side opposite the bag or briefcase. This can help to distribute the weight more evenly.
4. High heels also throw the spine out of alignment making good posture difficult and often leading to lower back pain. A low, sturdy, comfortable shoe is best, but if you are devoted to your high fashion footwear, try to restrict the height to no more than two inches.



5. Good posture is just as important when you are sitting as when you are standing. When sitting at work for a prolonged period of time, position your lower back against the back of the chair to obtain the greatest amount of support for your spine. A roll can also be used for added support. Avoid leaning your backrest too far backwards and adjust the height of the chair so that your knees are flexed at approximately a 90 degree angle when your feet are flat on the floor.
6. Most importantly, try not to sit in any one position for a long period of time. Take a quick stretch break or change positions every 30-45min. For a quick and easy stretch, stand up and raise your arms above your head.
7. Exercise can help prevent injury. Regular exercise such as running, walking, swimming, or bicycling will help the body stay aerobically conditioned. Specific strengthening exercises for the back and abdominal or core area will help promote good posture, which will, in turn, further help to condition muscles and prevent injury.

## Your chiropractor – here to help

You chiropractor can help you prevent slouching by assessing your posture and providing corrective therapy. Should you suffer from sore muscles, or a neck or back ache, we can also provide treatment for your pain. †

## Chronic Foot Pain? Can Laser Therapy Help?

**A**re you suffering with foot pain that is worst first thing in the morning and feels like a burning/tearing sensation in your heel or arch? If you can identify with this pain, you may have Plantar Fasciitis. This condition is commonly found in athletes (particularly runners), however, those who wear poor footwear all summer or have falling arches are also prone to this type of problem.

This condition can be extremely painful and bring the most robust athlete to their knees! After a proper history and physical exam by your doctor of chiropractic, a number of strategies can be used to help with recovery. Changing to appropriate footwear, home stretching/strengthening exercises and home icing are necessary for timely return to normal activities or athletic training.

Therapeutic laser is a new technology that is very useful in decreasing the inflammation and pain associated with plantar fasciitis. It works by supplying energy to the body in the form of light. The body absorbs the light on a cellular level and transforms it into energy which helps with tissue repair and healing. Using the laser in conjunction with soft tissue therapy and self care described above will allow you to get back on your feet again!



*Did you know? ...*

*That the chiropractic profession was founded in the U.S. in 1895 and is now established in over 70 countries. National associations of chiropractors from these countries are members of a World Federation of Chiropractic, based in Toronto, which is in official relations with the World Health Organization.*



## Gardening Tips From Your Massage Therapist

Dawn Baer BHSc, RMT

**A**t this time of the year many people, including myself are undertaking wonderful and sometimes large projects in their gardens. But as a massage therapist, I cannot count how many times I've heard stories starting out in gardens only to end in pain. So here are some friendly reminders on how to garden safely without the aches and pains.

- Remember to use proper lifting techniques to ensure your back is safe. Use your legs to lift – not your back when possible.
- Take frequent breaks to hydrate and give your body some rest time from what it is you are doing. Often we get wrapped up in what we're doing that we haven't noticed the hours pass by. It is important to remember this when you are bent up like a pretzel weeding the garden and you suddenly try to stand up and it takes longer than it should, or it's more painful than it should be. (Sadly I speak from experience).
- Stretch. You have heard it before and you'll hear it again. Stretching helps to decrease your pain and increase flexibility. To revisit the basics, stretches should be done in a slow, gentle and sustained manner without causing pain and held for at least 15-30 seconds.
- Finally, regular massages will also benefit the avid gardener to ease muscular tension and if an injury has occurred to speed up recovery time.

I wish you all the best in your gardens and have a great summer.



# The "Back" Page

## Health Quiz - How well do you know your body?

1. How many bones make up neck?
2. What is considered normal blood pressure for an adult?
3. True or false: Doing abdominal strengthening will improve your back pain?
4. Should you use ice or heat after an injury?
5. What are the 3 components of fitness?



## Summer Smoothie

- 1 cup strawberries
- 1/2 cup blueberries
- 1 cup cranberry juice cocktail
- 1 banana cut into chunks and frozen

In a blender combine the berries and juice, process until smooth.

Add banana and blend until thick and smooth.

Serves two... Enjoy!

### ANSWERS:

- 1) 7
- 2) 115 over 75
- 3) True. Strengthening your stomach muscles takes pressure off your back and improves your posture.
- 4) Use ice on an injury for 48 hours to help reduce swelling and pain. NEVER use heat initially
- 5) Cardiovascular, strength and flexibility. If you aren't doing all 3 then you are missing out on some health benefits. You should aim for at least 30 minutes, 3 times a week (5 is better).

## Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at [info@backtohealthchiro1.com](mailto:info@backtohealthchiro1.com)



### Our Team:



Dr. Jim Harvey  
Chiropractor



Shawn Chapin  
RMT



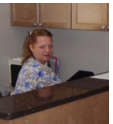
Debbie  
Admin



Dr. Shawna Green  
Chiropractor



Dawn Baer  
RMT



Penny  
Admin

### Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

### Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.  
Visit us on the web:

[www.backtohealthchiro1.com](http://www.backtohealthchiro1.com)

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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