

WINTER UPDATE

COMPRESSION HOSIERY BY THERAFIRM

Medical gradient compression hosiery are designed to improve venous and lymphatic flow in the lower extremity. Blood must circulate from the lower extremities back to the heart against the forces of gravity. In healthy veins there are valves that, when open, allow flow of blood up toward the heart; closing of the valves prevents backflow and pooling of blood in the legs. In unhealthy veins, the valves are weak and the walls of the veins become stretched farther apart; the result is valves that cannot close fully, thus permitting backflow of blood. Application of external compression, such as that provided by compression hosiery, compresses the diameter of the vein and:

- increases blood velocity;
- aids incompetent valve cusps to meet (i.e. close properly); and
- reduces edema.

Therafirm stockings deliver a controlled amount of pressure - greatest at the ankle and gradually decreasing toward the top of the stocking. Gradient pressure promotes better venous flow, which helps to control:

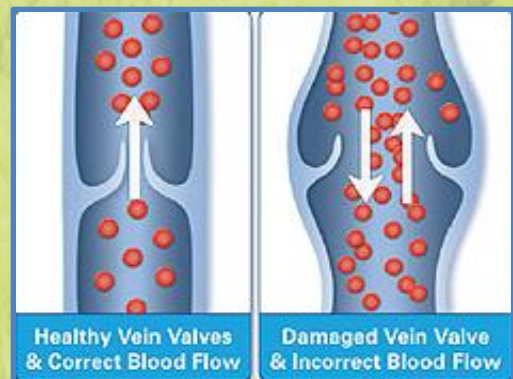
- swelling;
- varicosities;
- leg fatigue; and
- other problematic leg conditions.

The THERAFIRM Advantage

- various compression levels for mild, moderate, or firm support
- variety of styles for men and women: trouser socks, knee high, thigh high, full panty hose
- comfortable: made with Micro-Cool process creating a wicking effect, allowing quick evaporation of moisture
- fashionable: variety of shades and knit pattern textures

Ask your healthcare provider if Compression Hosiery is right for you!

For more information visit: www.therafirm.com



Who can benefit from wearing compression hosiery?

People who experience any of the following conditions:

- tired, aching, fatigued legs
- swollen feet, ankles, legs
- prolonged sitting or standing
- chronic venous insufficiency
- moderate to severe varicose veins
- expectant mothers
- sclerotherapy
- lymphedema
- overweight
- family history of venous leg disorders

You may also consider compression therapy if you work in any of the following professions:

- doctor, nurse, medical professional
- teacher, educator
- police officer
- flight attendant
- office worker
- construction worker
- sales - retail, trade shows

HOUSEWORK SURVIVAL GUIDE



More back-saving tips:

- While watching television or relaxing, don't use the sofa arm as a pillow. The angle is much too sharp for your neck.
- Use a cold pack if your back begins to hurt. Wrap an ice pack in a towel moistened with warm water. The warmth gives way to gradual cold, which likely will alleviate the discomfort.
- If pain persists for more than a day or two or if you experience numbness, tingling or weakness in your arms or legs, see a doctor of chiropractic.

Household chores can be a pain in the sacroiliac. Unless you're careful, routine activities around the home – washing dishes, vacuuming, even talking on the phone – can strain your back, including the sacroiliac area near the tailbone, and result in debilitating discomfort.

But you can protect your back by knowing the right way to go about such activities, according to the American Chiropractic Association (ACA). Consider lifting. It doesn't matter whether you're picking up your child or a heavy bucket of water; you need to do it the proper way to avoid injury.

How? Bend from the knees, not the waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That way, you're not twisting your body and straining your spine.

Back-Saving Tips

The American Chiropractic Association suggests the following dos and don'ts for chores and relaxation:

- When you wash dishes, open the cabinet beneath the sink, bend one knee and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.
- When ironing, raise one foot a bit. Place it on a small stool or a book to take some strain off your back.
- To vacuum, use a "fencer's stance." Put all your weight on one foot, then step forward and back with the other foot as you push the vacuum forward and back. Use the back foot as a pivot when you turn.
- While talking on the phone, don't cradle the phone between your ear and shoulder. That can lock up the spinal joints in the neck and upper back, and cause pain. Hold the phone with your hand or use the speakerphone.

SACROILIAC JOINT DYSFUNCTION (SJD)

Pain in and around the sacroiliac (SI) joint is one of the most common causes of low back pain. With approximately 80% of the population suffering low back pain at some point in their lives, SI joint dysfunction accounts for about 15-25% of those cases. While SJD can be painful and debilitating, it typically does not require invasive treatments such as surgery.

The SI joints are located at the base of the spine between the ilium (large, flat pelvic bone) and the sacrum (upside down triangular bone at the base of the spine). These joints provide stability to the pelvis, absorb shock, and allow enough motion (slight gliding, rotation, and tilting) to help relieve stress on the spine and hips.

Symptoms of SJD include low back pain, typically at the belt line), and pain radiating into the buttock or thigh; these symptoms may mimic symptoms of a disc herniation or disease of the facet joints.

SJD is most common in adults and is usually caused by trauma, such as rotation while the back is loaded (e.g. when lifting or engaging in vigorous activity). Such trauma may cause small tears in the ligaments surrounding the joints, resulting in pain and dysfunction. The risk of SJD is thought to increase with anatomical leg-length inequality, and gait abnormalities.

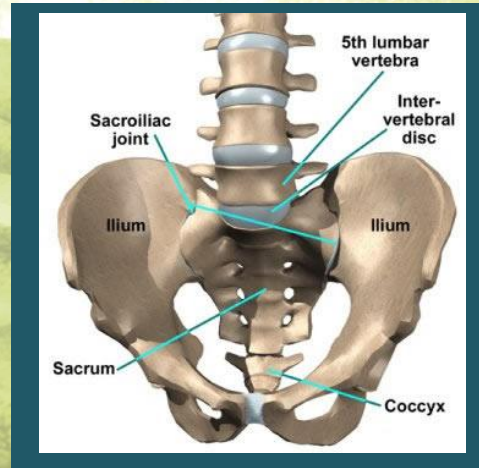
While more serious conditions such as fracture or dislocation, infection, and inflammatory arthritis can cause SI joint pain, minor trauma is a much more common cause. In pregnant women, SJD can occur secondary to the hormone-induced relaxation of the pelvic ligaments during the third trimester; weight gain and increased curvature of the lumbar spine may also contribute to pain in this population.

Chiropractic manipulation and mobilization of the SI joint, acupuncture, and electrical modalities (ultrasound, IFC) have been demonstrated to be beneficial. Therapeutic exercise can also be helpful; exercise should focus on strengthening the core stabilizer muscles of the spine and also on maintaining mobility of the SI joints.

For patients with a leg-length inequality, a heel lift may help manage the problem by properly distributing the weight borne by your lower back and SI joints.

Your doctor may also prescribe a pelvic belt to help stabilize the joints as you perform daily activities. These belts reduce excess rotation that sometimes occurs with SJD.

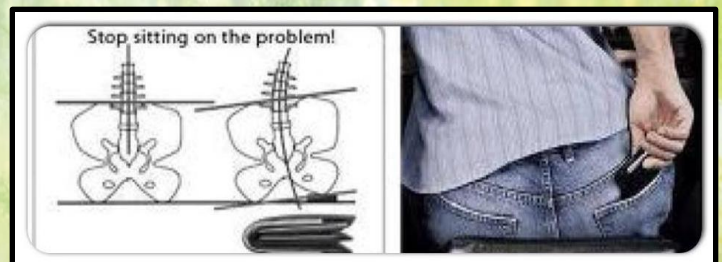
Article adapted from the American Chiropractic Association's Healthy Living Series.



Pelvic blocking to mobilize SI joints

PREVENTION

- use proper lifting techniques and ergonomics
- regular exercise
- avoid prolonged sitting
- sleep with a pillow between your knees
- avoid sitting with your legs crossed
- avoid sitting on your wallet



SI Belt



P.R.I.C.E

5 SIMPLE RULES TO SPEED UP RECOVERY

These 5 simple rules will help speed up your recovery within the first 72 hours of a sprain (ligament injury) or strain (muscle injury):

- **P = PROTECTION:** protect the injured area from sustaining any more damage
- **R = REST:** allow the injury time to heal
- **I = ICE:** apply ice as soon as possible! 10 minutes of ice followed by 10 minutes of rest. DO NOT apply heat!
- **C = COMPRESSION:** use a tensor bandage to wrap the injured area; when wrapping, begin at the area FURTHEST from the heart.
- **E = ELEVATION:** if possible, raise the injured area above the level of heart (especially at night) by putting a pillow under the injured area

After the first 48 hours, slowly start to use the injured area again and continue icing for another day. If you are unsure of the severity of your injury, consult your healthcare practitioner for an evaluation.

www.yourback-health.com



REENA PATHAK, DC
4050 Walker Road.
Windsor, ON, N8W 3T5

(519)987-4261

Dr.ReenaPathak@gmail.com

<http://www.HandsOnHealthChiropractic.ca>

<http://www.facebook.com/DrReenaPathak>

<http://www.twitter.com/DrReenaPathak>