

# SPRING UPDATE

## SWEET DREAMS

Lack of sleep is no joke and getting a good night's rest is important. We spend about one-third of our lives sleeping, so getting the most out of it is important.

Preventing stress or worries that keep you up at night may be difficult, but a few simple lifestyle and nutritional changes can help you wake-up feeling refreshed.

### For a good night's rest

1. When choosing a mattress, look for one that is comfortably supportive. A mattress should be flexible enough to adapt to your body's shape, while providing firm support for your spine. Your mattress should be replaced every 8 to 12 years to ensure the proper support and comfort.
2. Be selective when choosing a pillow. When lying on your side, your head, neck and shoulders should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine.
3. Your sleeping position is also an important factor in how you will feel when you wake-up. Lying on your back or side allows your head, neck and spine to relax into their natural alignment.
4. Have low back pain? Try sleeping on your back and place a pillow under your knees to take some of the pressure off your back.



## Things to keep in mind

1. Limit your intake of caffeinated beverages such as coffee, colas and tea in the evening. Caffeine is a stimulant and can make it difficult for you to fall asleep.
2. Try to go to bed at the same time every day. This includes weekends! This will help to keep your sleep cycle in a regular rhythm.
3. Expose yourself to bright light/sunlight soon after you wake up. This will help to regulate your body's natural biological clock.
4. Avoid looking at the clock if you happen to wake in the middle of the night. This can cause added anxiety and keep you awake even longer.
5. If you can't fall asleep after 30 minutes of trying, get out of bed and do something boring in dim light until you become sleepy.

If you're still experiencing trouble sleeping, consult with a chiropractor to discuss what treatments may help improve your quality of sleep.

## Chiropractic: Life Changing Care



Dr. Rodwin also referred Matt to physiotherapists to help provide exercises and stretches to help with his rehabilitation. This inter-professional approach to rehabilitation proved its value when Matt was complaining of pain due to one of his screws. The hospital specialists determined the screws were properly placed but Dr. Rodwin's assessment found some warning signs. She had Matt sent for further X-rays, which revealed that the screws were sticking into his adductor muscles.

The path to rehabilitation is the road to getting back to doing the things you love to do. "Mobility is so important," says Dr. Rodwin. "Being able to move and get around pain free is such a psychological boost and can help motivate patients to succeed with the rehab process."

Today Matt is fully mobile and only comes in to Dr. Rodwin's clinic around once a month for maintenance purposes. He has hardly any scar tissue present in his joints, his mobility is solid and all of his fractures have healed nicely. An avid golfer, he is back on the golf course playing 18 holes whenever he wants. Best of all, Matt was recently married, and was able to celebrate this once in a lifetime occasion by dancing all night long in the company of his friends and loved ones. "When I heard Matt was able to dance his wedding night away, I got goose bumps," says Dr. Rodwin. It's hard to find a more powerful illustration of the impact a dedicated team of healthcare professionals can have on someone's life.

### SOURCE:

<https://www.chiropractic.on.ca/chiropractic-life-changing-care-your-back-health>

A motor vehicle accident can have devastating consequences. Recovering psychologically and physically from the trauma of a car crash can be a difficult process that may take a long time. But it's not a journey that has to be taken alone, as chiropractors can help a patient as they free themselves from pain and get back to leading an active healthy life.

Dr. Barbara Rodwin is very familiar with the arduous rehab many patients have to go through. An Ottawa based chiropractor who has been practicing for over 20 years now, Dr. Rodwin's clinic specializes in a biomechanical approach to therapy, looking at the movement and function of the whole body. Her staff includes a registered massage therapist, a naturopath and a kinesiologist in order to provide a variety of perspectives and skill sets in helping patients heal.

Matt Morling would unfortunately need to rely on all of their skills and more. Five years ago, Matt was involved in a severe accident when another driver hit his vehicle head on. This devastating crash took the life of his grandmother and left Matt with fractures to his neck, left femur, ribs and, according to Dr. Rodwin, "the most extensive fractures to both feet I have ever seen."

Following the accident, Matt was wheelchair bound for over two months, much of it spent in a rigid neck brace. And this was only the beginning of his road to recovery. When Matt went to see Dr. Rodwin, he had limited mobility, at times being in a wheelchair or on crutches due to the pain and difficulty of walking. The specialists at the hospital initially told him he was in danger of permanent paralysis, or at the very least, never being able to properly walk, much less run or engage in athletic activities, for the rest of his life.

"Matt's treatment involved a number of different therapies and practitioners working in tandem," said Dr. Rodwin. "I provided active release and other manual therapies, our RMT provided massage therapy, while our kinesiologist helped get Matt back on his feet by analysing his balance and gait with force plate analysis and providing custom orthotics that had to account for a screw that was protruding from his heel."

## Building Your Core

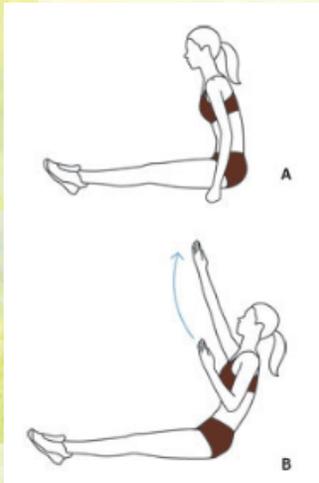
### Building Your Core, So Your Back's Not Sore

You often hear about the importance of strengthening your core. This is true and important, but it is recommended for many reasons over and above just achieving your dream body.

Many people have back pain and this can sometimes be caused by weak abdominal muscles. In fact, developing strong abdominal muscles may actually help prevent back pain by enabling proper spinal alignment, making you less prone to back injuries. Your abs anchor your frontal core, and if they are weak, the other structures supporting your spine, such as back muscles, will have to work harder. By developing stronger core muscles, you'll be less likely to injure or strain your back muscles.

Below are three exercises that help build your core, so your back's not sore.

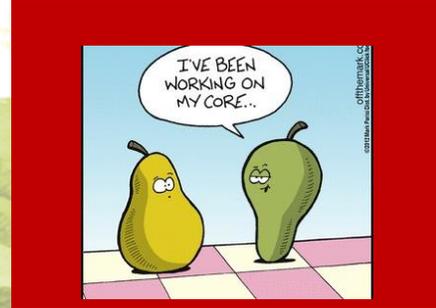
### Rope Climb



Sit on the floor with your legs extended in front of you and feet turned out, toes pointed. Contract your core muscles and roll your shoulders forward creating a curve in your back. Lift and move arms in succession as if you were climbing a rope, twisting your core slightly with each reach. Repeat 20 times.

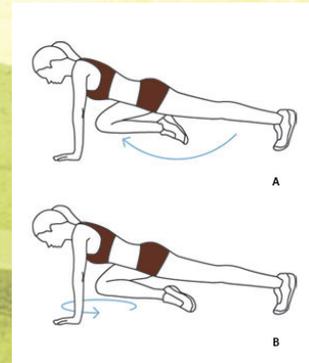
#### Sources:

- <http://www.spineuniverse.com/wellness/exercise/building-core-strength-reduce-back-pain>
- <http://www.realsimple.com/health/fitness-exercise/core-strengthening-exercises-0000000054969/>
- <https://www.chiropractic.on.ca/building-your-core>



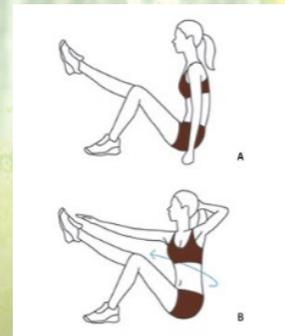
### Circle Plank

Start in a plank position with abs tight. Pull right knee in and circle it clockwise, then counterclockwise. Keep the rest of your body stationary. Repeat five times and then switch legs.



### Oblique Reach

Sit with knees bent and feet on floor. (A) Straighten right leg. Roll spine into a C-curve. Place left hand behind head and extend right arm. (B) Twist body to the left, roll back a bit more (and hold for one count), then come up. Do five reps and then switch sides



Try these exercises to help tone your core, three to four times per week for about 15 minutes. Your back will thank you!

## PRODUCT SPOTLIGHT



Metagenics MitoVive is a dietary supplement that has been created to promote the health of mitochondria (the cell's powerhouse) and sustain cell function. The formula is designed to provide the soft tissues with targeted nutrition and protect cell function from free radical damage by supplying a powerful antioxidant effect.

Mitovive aims to relieve any muscle discomfort and promote the health of soft tissue as well. Thus, this supplement can be used for post workout recovery and is to be taken 24 hours post exercise.

Metagenics MitoVive is a product that has been blended without using any dietary products, meat, fish, and artificial sweeteners, flavors, and preservatives; it is suitable for vegetarian use, and available in a convenient powder form.

**REFERENCE:** <http://www.metagenics.com/ca/mp/products/canada/mitovive>



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