

SUMMER UPDATE

JUST START WALKING!

Walking - it's the simplest thing you can do to give yourself a workout. Keep in mind that moving is improving. Even 15 minutes a day can start you on the way to activity habit.

Walking is the easiest choice when the weather is agreeable, but don't let a little rain or light snow keep you indoors.

Here are some tips to get the most out of it:

- Dress properly. In mild weather, wear several light layers so that you can remove a layer as your body warms up from the activity. If it's a chilly day, bring gloves and a hat. You want to be comfortable and enjoy your walk.
- Wear supportive shoes. Thin-soled, untied or loose-fitting shoes may result in a twisted ankle or sore arches - not the benefit you are looking for! Wear footwear that is appropriate for the weather - your walk will not be enjoyable with cold or wet feet.
- Bring a bottle of water. It's surprising how quickly you may become thirsty, even on a short walk.
- Get your arms moving while you walk. Swinging them gently front to back. As an added bonus, it will limber up your shoulder joints and muscles.
- Walk at a comfortable, brisk pace. The quicker the walk, the greater the benefits.
- A companion is a good idea. As your partner, a friend or one of your children to come along with you.



WHEN TO WALK

Getting into the activity habit is easiest if you choose a specific time each day. If you are a morning person, that might be before you go to work or after the kids are off to school.

Not a morning person? A walk on your lunch break will work up an appetite and help your digestion.

Alternatively, if evening is the best time for you, schedule your walk after dinner and evening chores are completed.

The important thing is to decide on the best time for you and try not to allow other things to get in the way.

Look at your walk as an enjoyable break in your day - a time when there are no chores to do or deadlines to meet. Breathe deeply. Look up at the sky, the trees and the rooftops. Smile. Life gets better when you fit in a walk!

THE FUNCTION OF A RUNNING SHOE

The function of a running shoe is to protect the foot from the stress of running, while permitting you to achieve your maximum potential. Selecting the right shoe for your foot can be confusing without proper knowledge.

People with low arches, called *pronators*, will need a shoe that provides stability. A shoe with good cushioning is important for people with high arches, called *supinators*.

There are three main features you need to consider when selecting a running shoe: shape, construction, and midsole.

Shape

To determine the shape of the shoe, look at the sole. Draw a straight line from the middle of the heel to the top of the shoe. In a curved-shaped shoe, most comfortable for supinators, the line will pass through the outer half of the toes. A straight-shaped shoe will have a line that passes through the middle of the toes; these shoes are built to give pronators added stability.

Construction

Take out the insole and look at what type of stitching is used on the bottom. In board construction shoes, built specifically for pronators, the bottom of the shoe will not have any visible stitching. Combination shoes, appropriate for mild pronators or supinators, will have stitching that begins halfway. On slip-constructed shoes, you will see stitching running the entire length of the shoes providing with flexibility supinators need.

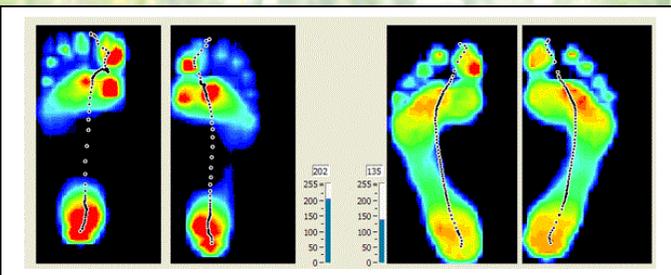
Midsole

Most of the cushioning and stability of a running shoe is determined by the midsole. A dual-density midsole provides shock absorption as well as some stability, perfect for pronators. Single density midsoles offer good cushioning but are not great at providing stability, making them better for supinators.

Keep in mind that a chiropractor can help you prevent running-related problems by assessing your gait, as well as the mobility of the joints in your feet, legs, pelvis and spine.



ASK DR. REENA FOR A FOOT EXAMINATION AND A CUSTOM GAIT EXAM ANALYSIS TO DETERMINE YOUR FOOT TYPE AND MECHANICS.



Is this you?

Normal Comparison

PAIN IS A ROADBLOCK TO YOUR FAMILY VACATION

For many families, a road trip is an essential part of any summer vacation. Unfortunately, muscle and joint pain doesn't take days off, quickly turning this joyful time into a painful one.

Whether you're lifting heavy luggage or simply sitting in the car for extended periods of time, it's very common to experience back, neck, shoulder and other joint pain at some point during your travels. Since having fun should be your highest priority, it's important to maximize your enjoyment by ensuring that you're being as safe as you can be.

DID YOU KNOW?

Sitting for long periods of time can be very harmful to your body. Even in the most comfortable cars, certain pressures and forces from awkward positions can result in restricted blood flow.

To increase your chances of a pain-free trip:

- Choose the right luggage. Choosing a bag with wheels and a handle goes a long way to lighten your load. Alternatively, quality backpacks are a good option as they distribute weight more evenly than other types of luggage.
- Get comfortable. Seat adjustment is critical for avoiding pain on the road. Make sure to adjust the seat to fit you comfortably. If necessary, roll up a towel or pillow and place it between your lower back and seat for more support.
- Bring ice. Bring a cooler filled with ice packs to help relieve pain on the road. If you need to ice your back, limit it to 15 minutes at a time.
- Make frequent pit stops. This gives everyone a chance to stretch and change out of a seated position for a short period of time. Each stop also provides opportunity to refresh and reduce tension that has been building up in your body.



HOW TO LIFT YOUR LUGGAGE PROPERLY

- Break the action up. When loading a suitcase into a car or truck, try lifting it onto a chair or step-stool first, rather than doing it all in one motion.
- Use your legs. When lifting your luggage, first get close to the load and stand with your feet shoulder-width apart. Bend at the knees and let your leg muscles do the lifting, rather than your back.
- Avoid twisting. Instead, turn your feet in the direction you are headed and turn your entire body in that direction.

PRODUCT SPOTLIGHT: FISIOCREM

Fisiocrem is a cream used to help heal ligament and muscle injuries related to daily activity or physical exercise, or for temporary relief of muscular aches and pains. It contains:

- **Arnica montana:** used in herbal medicine to relieve pain and/or inflammation in muscles and joints, sprains, bruises, and muscular aches and pains.
- **Hypericum perforatum** (St. John's Wort): soothes damaged and irritated nerves, strains and sprains, and aids in the action of Arnica.
- **Calendula officinalis:** supports Arnica as a topical anti-inflammatory.
- **Malaleuca alternifolia** (Australian Tea Tree Oil): analgesic, anti-inflammatory, and anti-microbial effects.

Fisiocrem contains high levels of plant extracts that are NOT homeopathic dilutions. It does not contain parabens, hydroxybenzoates, or any other artificial preservatives.

For more information, please visit: <http://www.fisiocrem.ca/>



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