



Summer Activities

Is golf giving you a headache?

Golf is a popular sport played by enthusiasts of all ages here in the Ottawa region. Golf has some “usual suspects” when it comes to injury. Low back pain, golfers elbow, and rotator cuff injuries of the shoulder to name a few. Range of motion of the trunk and upper extremities is the key to a successful golf swing. Flexibility exercises not only have the potential to prevent injury, but also to improve golf performance. Unfortunately, as one gets older, flexibility is likely to decrease, predisposing one to injury. Golf is a game of repetitive twisting and rotation of the trunk. Excessive rotation puts a shear stress on the spine which may increase risk of injury.

Injury prevention for the low back includes **proper swing mechanics**, such as *rotating both the shoulder and hip equally in the backswing, and keeping the spine vertical (no hyperextension) on follow through.*

Exercising the muscles of the core, which are the powerhouse and foundation of the golf swing, will assist in the long shots and increase crispness and control in the short game. So what’s all this about headaches? Was that just a catchy title? No! Neck pain and cervicogenic headaches can be chronic and common in certain golfers. If doing as your told; keeping your head down instead of admiring your Lori Kane shot, you can jam your upper cervical joints and sprain the suboccipital muscles, especially if the follow through is tense. So it is time to add neck stretching to your pre-game routine, and ensure that you have a relaxed follow through on your swing!

See your chiropractor if your symptoms persist. So stretch, warm up, relax and have fun!

Bring on lower scores, fewer lost balls and bunkers!

Golfing can be difficult on the body! **Are you flexible enough for the game?** Your whole body from the neck down to the feet are utilized during the golf swing—check out the tests on the front bulletin board and try them out!

We at Back to Health have aided in improving flexibility for golfers and they enjoy golfing a lot better!

Special points of interest:

- Dr. Barbara Rodwin is paddling for charity!
- Did you know that over 100% greater pressure is exerted on the back when bending over without bending your knees!

Gardening this summer?

Weeding and other gardening chores can quickly tire even strong backs. One of the most common mistakes gardeners make while weeding is working too hard in the back and not moving from the hip joint.

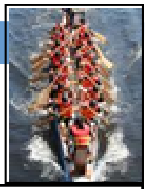
One of the most popular positions for extended weeding sessions is to sit. If you have knee, hip or back pain, sitting will help you avoid putting pressure onto those areas. But even sitting and weeding can take its toll on your back if you don't know how to move efficiently.

Grab a bucket and sit on it. If you do not

have a bucket use a *pillow*. You should lean forward from the hips and keep your back flat! Think of keeping your spine long. Because you will need to shift around while you work, keeping a long spine requires watching and feeling how your shoulders are bearing responsibility for reaching, grasping and supporting your body weight. Also, be aware of any pockets of muscle tension along your trunk. Once you become attentive to unnecessary tension, you can relax out of it.



Dr. Barbara Rodwin is paddling for charity!



Dr. Barbara Rodwin will be raising monies for the Ottawa Dragon Boat Foundation. The Foundation was established in 2003 to help focus and grow the level of community support. To date over \$1,800,000 has been raised through the annual Pledge Challenge and those funds have benefited over 28 Ottawa area charities. This year the foundation is raising monies for: The Sens foun-

dation Project S.T.E.P.—for two Ottawa youth treatment centres, CHEO foundation, Bruyère Foundation—for aging Canadians and those requiring Continuing Care, ArtsSmarts- school partnerships centered around the arts, Ottawa Humane Society, University of Ottawa Institute of Mental Health Research, and Debra Dynes Family House—for multi-culturally diverse families.

During the month of June

New patients seeing Dr. Barbara Rodwin.

*In exchange for a donation to the Ottawa Dragon Boat Foundation will receive a **Biomechanical examination** (value \$80).*

Cycling—is it causing you stiffness?

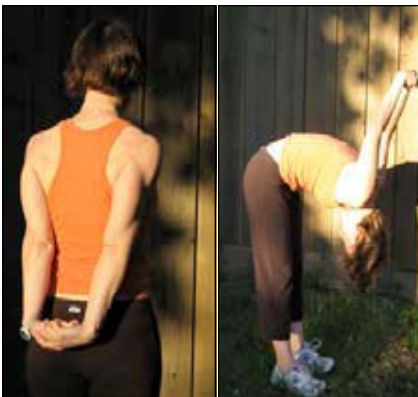
This beautiful weather is a compelling motivator to get out on those bikes, enjoy the sun and the fresh air on your face. And as much as you would like to leave everything behind and stop the proverbial wheels from turning we are going to give you a few things to think about while you are on the road...

- 1. Lean from the hips**
- 2. Keep you back straight**
- 3. Don't lock your elbows**

Only three small tips but they can make the world of difference not only in your posture but also in your performance level. By creating an angle from your thighs to your torso, with a fairly straight back you reduce the stress put on the muscles of your mid back. In addition, this stops the arch that occurs in your upper back which then places your neck into overextension and forces you to look up.

The consequences of poor cycling posture result in upper back and neck discomfort which if left untreated or unchanged can lead to

cervical facet joint irritation, rolled shoulders and trigger points in the back. *Prevention is always the first step so modifying your position on the bike and taking care to stretch and strengthen those muscles is the ultimate solution.* If however **symptoms of neck and back problems; pain, stiffness, numbness or tingling,** are already bothering you then you might look at having them treated to bring you back to a strong and pain free body. Once corrected you can work to maintain that level.



STRETCH OF THE MONTH: The Chest Opener

We spend so much time crouched in front of computers and driving in the car that it's no wonder we have tight chests and arms. This stretching series is great for opening up your chest and stretching out your arms. Clasp your hands behind your back keeping your elbows straight. Open your shoulders and squeeze your shoulder blades together. To increase the stretch, look up. Hold for 3-5 breaths. Keeping your hands behind you, bend forward to increase the stretch. Raise your arms as high as you can. Let gravity take over while you breathe 3-5 times. Keep your weight evenly balanced between your toes and your heels.