

FALL ACTIVITIES



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Yard Work Tips

Before doing yard work, even any pre-garden stretches, take a walk around your yard a few times to loosen up

* Be cautious about the amount of strain placed on your lower back. Let your arms and legs do the work when pulling a rake or pushing a hoe or shovel. When weeding or planting, sit on the ground or kneel on a foam pad.

* Do easier tasks first. As you progress, periodically switch to other jobs to avoid overusing one muscle group.

* Instead of bending at the waist to pick up a bag of mulch, pull it up on your thighs close to your body and then stand up. Your thighs can take more strain than your back..

* Assume a scissors stance while raking by placing your right foot forward and left foot back, says the American Chiropractic Association. Reverse this position every few minutes. Periodically reverse the position of your hands on the rake.



* Pace yourself. Work for 15 to 30 minutes and take a stretching break. "

* Keep hydrated. Water should be consumed every 30 minutes, and for warm days, every 15 minutes.

* Think of gardening as a workout, and schedule 30 minutes to an hour of it at least three times a week. Break longer gardening sessions into two- to three-hour time periods instead of all-day undertakings. The 30 minutes before sunset can be a particularly tranquil time to schedule your "workouts."

* Don't work through aches and pains. If you feel a burning sensation or sharp pains coming on, that is an indication to stop. If you don't, you may risk injury. As is the case with any workout, you should supplement gardening with other forms of exercise for an all-around healthy body. Some recommended ones are: walking, biking, or swimming.



Lifting Tips

In the fall we tend to do work that involves lifting. From putting away the lawn furniture to carrying bags of dirt for the garden, our backs can take a beating.

Follow these tips and you'll reduce the risk of injury from lifting.

Get close to your load. If you hold your load close to your body and pivot with your feet instead of your back you'll put less strain on your back.

Lift with your knees. Don't bend your back while lifting. Keep your feet stable, shoulder width apart and use your arm and leg muscles to do the work.

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SEASONAL ALLERGIES



For those suffering from seasonal allergies the fall can be a time of suffering. Allergies can cause sneezing, red, watery, itchy eyes and a nose that won't stop running. Some people who have allergies report a feeling of tiredness and malaise. Approximately 5 million Canadians suffer from seasonal allergies.

The most common allergen in the fall is pollen from ragweed, but grass pollen, tree pollen, and moulds also contribute to seasonal allergies.

Avoiding moulds is important too. Moulds are commonly found in damp areas such as soil, in leaves that have fallen, in eaves troughs and inside your house.

The best way to reduce your suffering in allergy season is to avoid the offending allergen. This is difficult with pollen because it is transported in the air, but there are a few tips that can help reduce your exposure.

Keep windows closed when pollen counts are highest, between 5-10 AM.

Wear a mask when doing work that involves contacting plants and moulds such as mowing, raking leaves cleaning the eaves troughs or removing compost and yard clippings.

Before going out you can check www.theweathernetwork.com to get

an idea of the pollen and spore counts for the day.

If avoiding the allergens doesn't work for you, you could try a more naturopathic approach. This approach uses only natural remedies which may include acupuncture, nutritional supplementation, and herbal remedies, among other remedies.

SERVICES AT BACK TO HEALTH

Back to Health offers many services including Chiropractic Care, Massage Therapy, Acupuncture, Active Release Technique, Custom Orthotics and Interferential Current Therapy.

Questions? e-mail us at Dr.Rodwin@back2health4you.com

HIKING

Fall is a beautiful time of year and we are very lucky in the Ottawa area to have so fantastic trails to enjoy. The striking colours, the smells and the milder temperatures can make for a fantastic time in the woods. Before you head out for a hike there are a few things to remember to stay comfortable.

Stay hydrated. Don't forget to bring some wa-



ter with you on your hike. Dehydration can cause muscle cramps, fatigue and muscle pain.

Wear good supportive shoes or hiking boots when you head out. The trails can be uneven and supportive shoes will help reduce the risk of a muscle strain or ankle sprain.

