

Back to Health Wellness Centre

Special points of interest:

- * **PILLOW?** - When you travel this holiday season please try to take your pillow with you!
- * **DRIVING/FLYING?** Ensure you have support at the lower back—you could roll up a towel, t-shirt or jacket.
- * **Stiff/sore/tight with travelling—** You should try to ice with an ice pack, ice cubes (take a Ziploc bag with you), or use deep cold/Biofreeze on the area.
- * **MATTRESS is hard**
If the mattress is hard/lumpy, place a blanket, duvet under the fitted sheet on the bed. This will add some softness.

Success Stories

Volume 9 Issue 12

Pain all over the body and Lack of energy!

Name of condition: Chronic pain, scoliosis, recovering from knee surgery.

Symptoms: Pain, low energy, no motivation for physical activities, restless sleeper.

Location of pain: Hips, back, neck, shoulders and feet.

Duration: 8 months and up to 2 years depending on stress level.

Severity: chronic, non-stop discomfort. On a scale with 10 being excruciating pain, I was an 8.

Describe previous treatment and results: In the past I had seen a physiotherapist for my neck, which helped for a while but the discomfort came back over time. I had also been for my back many years ago which also helped at the time.

Indicate which drugs and/or medication you were taking, if any: Tylenol, muscle relaxants (Robaxacet), Anti-inflammatory celebrex.

What led to your decision to try chiropractic? My friend suggested it because I was always complaining of being in pain and I read that it was beneficial for people with scoliosis.

Had you been to a Doctor of Chiropractic previously? Yes, for a short period of time.

Did you have any doubts that chiropractic would help you? No

What were your first impressions of chiropractic, this office and doctor? Excellent. The initial assessment is very thorough, caring and conscientious for your well being physically and psychologically. The staff made you feel special in a really good way. They are all positive and seem to encourage you on the fact that you are taking care of your body. There was no pressure to listen to their recommendations. They are very accommodation to your schedule and your financial situation.

What recommendations were made by Dr. Rodwin: She put me on a program to start to relieve the pain. Neck, mid-back, low-back (sacrum) adjustments and foot adjustments. She did Active Release Technique (ART) on my gluteal muscles to help with my sacroiliac adjustment. She also suggested I would benefit from massage therapy.

Describe your results, including your time involved with the treatments: When I started at the clinic I would go from my desk at work to the couch at home to my bed. I have always been an active sports person and I was unable to do anything and had no motivation to do sports.

I went there twice a week for 4 months and by the end of that time I was spinning once a week and could walk up 5 floors at work 3 times a week. On my 5th month I started going for treatments once a week and took spinning classes twice a week. I was able to walk up 7 floors 5 times a week by my 9th month of treatment and cycle to work everyday. My energy has been regained, my motivation increased, my ability to deal with stress has improved, my digestive system functions better and I feel all around healthier and happier. I only started massage after 4 months of treatment and it along with my adjustments have increased my activity level tremendously. I sleep more soundly and I deal with stress more effectively.

How do you feel about chiropractic now that you have enjoyed the benefits? I would recommend it to everyone, it has helped me get my life back on track.

Family Wellness

I was referred to Dr. Barbara Rodwin by my best friend because I was experiencing many problems with my TMJ. I initially started treatment with Dr. Barbara Rodwin for a jaw (TMJ) problem, joint pain (neck, back, hips, knees and feet). Dr. Rodwin even made house calls during my second pregnancy and when my husband hurt himself on the weekend she even saw him on an emergency—he could barely move!

Since then my family and myself have also been treated during preg-

nancy, also for ear pain/infections (aided in helping with the infections), herniated disc, sports injuries, “growing pains”, teething, whiplash, childhood falls, arthritis, ankle sprain and mobility issues.

Our family have been patients of Dr. Rodwin and the other therapists at Back to Health for over 7 years and my youngest has been treated since infancy.

Our family always comes to Dr. Rodwin first. I often say, “What would we do without Dr. Barbara?” My two, very active, girls even

know when it is time for an adjustment—they just feel it. We as a family have incorporated our chiropractic as part of our regular health care, as well as orthotics and massage therapy. We feel that this integration has aided us in feeling better, healthier and is aided us in aging.

My children adore Dr. Barbara and feel quite at home coming to the office. The office staff has been exceptional with both myself and my family—they are always kind, thoughtful and very understanding!

My recurring foot problem solved by orthotics!

Name of the Foot condition:
Plantar Fasciitis

Symptoms: Very sore feet in the morning, cramping in the arches, sharp heel pain at times.

Location of pain: Both heels and arches.

Duration of symptoms: Approximately 6 months—worsening with running.

Severity of pain: Could barely walk the day after a run.

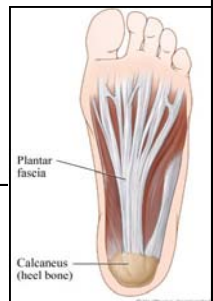
Previous Treatment and Results: Tried many different running shoes and Superfeet insoles. Spent a lot of \$\$\$\$. I had to take Advil for the pain!

What led to your decision to see Keri-Lyn? A friend recommended her and then the Running Room store mentioned her name as well.

Describe your Recommendations: Keri-Lyn recommended several things to help my condition. She gave me stretches, recommended not going bare feet on the

hardwood floors (purchased Croc sandals as my slippers). She also encouraged me to see a Registered massage therapist to some Active Release Technique and have my bones adjustment in my feet. She also recommended Custom orthotics and gave me advisee on which running shoe is best with my orthotics.

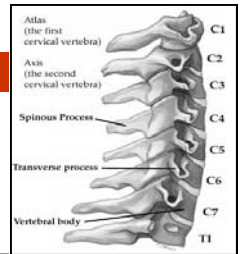
Results? Pain is gone. **RUN PAIN FREE!** I ran the 1/2 marathon last May!



Feature Stretch: Lying Crescent Stretch



A common area for tightness that is often overlooked and difficult to get a good stretch is the outside of the low back and hip area (your QL and TFL muscles). Here is a great stretch to target those hard to get muscles: Lying on your back, cross your left ankle over your right. Move both legs to the right as far as you are comfortable, leaving your hips on the floor. You should feel a stretch on the outside of your left hip. To increase the stretch through your left side, raise your left arm over your head and to the right. You should feel the stretch above your hip on the left side. Hold for 40 seconds and do this 3 times on each side.



Wrist, neck and knee issues

When I came to Back to Health to see Dr. Barbara Rodwin I was experiencing wrist pain when performing exercises/limited movement of my hand due to an old wrist fracture and the stiffness went right into my forearm; neck stiffness/pain when turning my head which went right down to my shoulder; limited motion in my knee/unable to squat and pain when exercising; asthmatic curve in my back and some lower back stiffness. I had been experiencing some of these symptoms for over 10 years.

My previous treatment had been hot/cold compresses, some stretching, pain medications (anti-inflammatory), some physiotherapy (for my broken arm).

My medical doctor had stated that nothing could be done to improve my conditions. I was having a difficult time exercising and was in constant discomfort. I was recommended to try chiropractic by a friend who said it had helped them.

I did some research on chiropractic and was slightly discouraged by the claims some were making that they could 'cure' most of my issues, including allergies and asthma, which I have. My research also led me to Dr. Rodwin's clinic where none of these claims were made. This was also the clinic my friend used, so I

thought I would give it a try!

Dr. Rodwin was very up front. She stated that a chiropractic and Active release treatment plan could help but that there were possibilities that it may not work. However she was quite confident that I would experience positive results. She also said that my allergies and asthma would not be 'cured' but I may experience a lessening of symptoms as treatments progressed. Dr. Rodwin who is extremely patient with my unending questions, explained how this may occur to my complete satisfaction. She also suggested special stretching exercises that would help between treatments.

Results have been outstanding! Through treatments it has been found that some other areas had been affected, my neck stiffness/pain was caused by affected vertebrae and also from my shoulder, the wrist issues had affected my right elbow as well and the knee injury and hernia surgery had affected my right hip flexor. Treatments started at 2x/week and have varied from 1x/week to every other week. I now come monthly for "tune-ups". Each treatment, which includes chiropractic and ART treatments for my neck, back, shoulder, wrist, knee and hip. The ART causes some discomfort, but I learned very

quickly that the little pain during treatment was more than worthwhile with its results.

I now have complete movement and no pain in my knee, increased movement and flexibility in my hip flexors, no lower back pain and a slight straightening of my asthmatic curve (I actually feel like I am 1 inch taller!!). My posture has improved, as I

no longer slouch and walk with my shoulder back! I rarely have headaches and my shoulder rarely has any stiffness.

"I wish I had tried chiropractic 15 years ago!"

My broken arm (wrist) has shown the most improvements. I now have most of the mobility back and it no longer aches all the time. Although it will never be 100%, due to the severity of the break and the way it healed, I am so happy that I can now exercise and have little or no pain or discomfort. As for my asthma/allergies they have not changed, however as my posture and back has been corrected, I am able to breathe easier and have improved my lung capacity.

I have this year completed several triathlons and have been able to do them with Dr. Rodwin's help!

Knee and Hip problem solved by massage

I have been having problems with my left hip right knee due to a car accident in 1988. I manage the issue with regular chiropractic, orthotics, massage, strengthening, stretching and exercise. In March my hip started bothering me even more.

I had to come for extra treatments for the hip and my right knee. The massage therapist did Active Release on the hip, lower back—which was affected, my right knee, shin and foot. They figured out my imbalances and ask that I follow-up with some extra adjust-

ments to these areas and be fitted by Keri-Lyn (kinesiologist) for a heel lift which aided in leveling my hips out again. I am now back to my 'normal' hip and down to my maintenance treatments again. **Thanks for getting me Back to Health!**

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Where the athletes go!

We are on the web
and facebook!
www.back2health4you.com

The Woman's shelter Holiday gift giving for children and mothers is occurring again this year! Feel free to bring in children's toys, clothes. Thanks once again to everyone who participates!

We at Back to Health Wellness Centre would like to wish you Happy Holidays and all the best for



2010!

UPCOMING CLINIC EVENTS

February 1—March 12, 2010

**New patients to the clinic—
in exchange for a donation to
Cornerstone (woman's shelter
which sustained a fire
and is re-building) will be
able to:**

- 1. Have their first massage appointment (all massage therapists except Adrian).**
- 2. Chiropractic exam and report of findings.**
- 3. Foot scan/gait analysis.**

Ergonomics 101

What is ergonomics?

Ergonomics is the science that maximizes the fit between humans, machines and the environment, making jobs safer, more comfortable and increasing productivity.

Why is ergonomics important?

In an ideal world, you want to fit the job to the worker and not the worker to the job. This is not always the case in offices across Canada. People will do strange and uncomfortable things to fit themselves to a job, tool, furniture etc. before they even consider changing it! This type of behaviour can lead to repetitive strain injuries. Think of the postures you might maintain while performing office work throughout the day (i.e. your wrists bent due to inappropriate keyboard height, or bending and twisting to reach for files).

How can the ergonomics of your workstation be improved? These simple changes can be made:

Chair

- Angle the back away from vertical—so you are reclining slightly
- The seat should be angled slightly up
- use a footstool

Keyboard & Mouse

- Height: elbows “wings in”, wrists in the same plane as your forearms
- Tilt: Sloping away from body or declined
- Hold mouse in a relaxed grip

Monitor

- Height: Top of screen should be horizontal to eye level
- Tilt: Minimize glare

Telephone

- Reach: Close to working location
- Receiver: Use a head set
- Alternate ears if a head set isn't available

Avoid!

- Static and awkward postures
- Frequent and repetitive actions