

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY

NECK PAIN
RANKS IN THE TOP
5 DISORDERS IN
THE UNITED STATES,
WITH 10-20% OF
PEOPLE REPORTING
INCIDENTS OF
NECK PAIN.



Do you have neck pain and stiffness?

Are you experiencing headaches, shoulder, arm, and hand issues?

Do you spend a lot of time on your computer or phone?

WE CAN HELP!

**THESE CAN BE SIGNS OF SUBLUXATION AND TECH NECK WHICH ARE COMMON ISSUES IN TODAY'S WORLD BUT CHIROPRACTIC CARE CAN HELP!
DON'T WAIT... CALL US TODAY!**



THE IMPORTANCE OF LISTENING TO YOUR BODY (BODY SIGNALS):

The prevalence of computer use and hand-held devices like phones has created a pandemic of neck issues which have been called "Tech Neck"

Chiropractic can help you avoid these problems or fix the issues you are struggling with...don't wait for small problems to become big ones!

RESEARCH THAT MATTERS:

Your arm pain may be coming from your neck!

Cervical radiculopathy is the medical term for when a disc in your neck is irritating or compressing a nerve which causes pain, tingling, and weakness in your arm or hand. The good news is that over 95% of people can fix this through Chiropractic care!

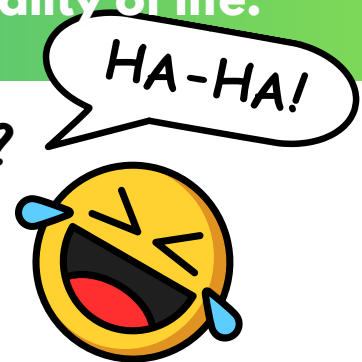
- Spinal Adjustments: Realign the cervical spine to reduce nerve compression.
- Decompression Techniques: Relieve pressure on nerves through traction.
- Massage: Reduce muscle tension and spasms with massage
- Posture Correction: Improve posture to prevent neck strain.
- Exercise and Rehabilitation: Strengthen neck muscles and improve flexibility.
- Lifestyle Advice: Offer ergonomic and lifestyle adjustments to prevent future issues.

By addressing the root causes of nerve compression and muscle strain, chiropractic treatments can significantly reduce pain, improve mobility, and enhance your overall quality of life.



WHY DOES NO ONE LIKE DRACULA?

BECAUSE HE IS A REAL PAIN
IN THE NECK!



DID
YOU
KNOW?

DID YOU KNOW THAT THE DOCTORS AT
OLYMPIA WILL GIVE FREE LUNCH AND LEARN
LECTURES AT YOUR PLACE OF WORK?!

CONTACT LISA AT
LSHAW@OLYMPIACHIROANDPT.COM
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!

WHAT IS TECH NECK?

TECH NECK REFERS TO THE NECK PAIN AND STRAIN RESULTING FROM PROLONGED USE OF ELECTRONIC DEVICES, SUCH AS SMARTPHONES, TABLETS, AND COMPUTERS.

WHEN YOU LOOK DOWN AT THESE DEVICES FOR EXTENDED PERIODS, IT PUTS EXTRA PRESSURE ON THE NECK AND SPINE, LEADING TO DISCOMFORT AND OTHER ISSUES INCLUDING SPINAL DEGENERATION.



SYMPTOMS OF TECH NECK **NECK PAIN AND STIFFNESS**

UPPER BACK PAIN

SHOULDER PAIN

HEADACHES

REDUCED MOBILITY IN THE NECK

TINGLING/NUMBNESS IN THE ARMS & HANDS (NERVES AFFECTED)



THIS HAS BECOME A HUGE PROBLEM TODAY, NOT ONLY FOR ADULTS, BUT CHILDREN AS WELL!

CHIROPRACTORS CAN REALIGN THE CERVICAL SPINE TO RELIEVE PRESSURE ON THE NECK AND IMPROVE POSTURE.

PHYSICAL THERAPY CAN PROVIDE EXERCISES TO STRENGTHEN NECK AND UPPER BACK MUSCLES, IMPROVE FLEXIBILITY, AND SUPPORT THE SPINE.

Give us a Google Review!



HELP US TO SPREAD THE GIFT OF HEALTH AND WELLNESS TO OTHERS!

Healthy recipe to try!



CLICK ON PICTURE FOR THE RECIPE

**DID YOU
KNOW?**

**THE AMERICAN
ACADEMY OF
PEDIATRICS
RECOMMENDS A
BACKPACK
WEIGH NO MORE
THAN 5% TO 10%
OF A CHILD'S
WEIGHT!**

**HARDY
STRONG**

Foundation



**CLICK ON THE HEART
TO WATCH JUSTIN'S
STORY**

BACKPACK SAFETY

DID YOU KNOW THAT BACKPACKS THAT ARE TOO HEAVY CAN CAUSE A VARIETY OF PROBLEMS FOR CHILDREN, INCLUDING BACK PAIN, POOR POSTURE, AND MUSCLE STRAIN

AS A NEW SCHOOL YEAR BEGINS, FOLLOW THESE TIPS TO HELP KIDS TAKE A LOAD OFF TO KEEP THEIR BACKS HEALTHY:

CHOOSE A BACKPACK WITH FEATURES THAT HELP DISTRIBUTE WEIGHT: LOOK FOR A BACKPACK WITH PADDED STRAPS AND BACK, LOTS OF POCKETS AND SECTIONS, AND COMPRESSION STRAPS ON THE SIDES.

CHOOSE THE CORRECT SIZE: A BACKPACK SHOULD NOT BE WIDER THAN YOUR CHILD'S TORSO OR HANG MORE THAN 4 INCHES BELOW THE WAIST

WEAR IT CORRECTLY: NEVER USE ONE STRAP OVER ONE SHOULDER. ALWAYS USE BOTH STRAPS/BOTH SHOULDERS

PACK YOUR BACKPACK CAREFULLY: PUT THE HEAVIEST ITEMS CLOSEST TO YOUR BACK

REGULAR CHIROPRACTIC CHECKS: THIS IS ESSENTIAL FOR GROWING BODIES AND TO DETECT ANY PROBLEMS EARLY ON TO PREVENT ONGOING OR FUTURE ISSUES!

Olympia participated in the Amazing Race on August 3rd to help find a cure for stomach cancer. We had 10 teams in the race !!





Get to know our
Employee!

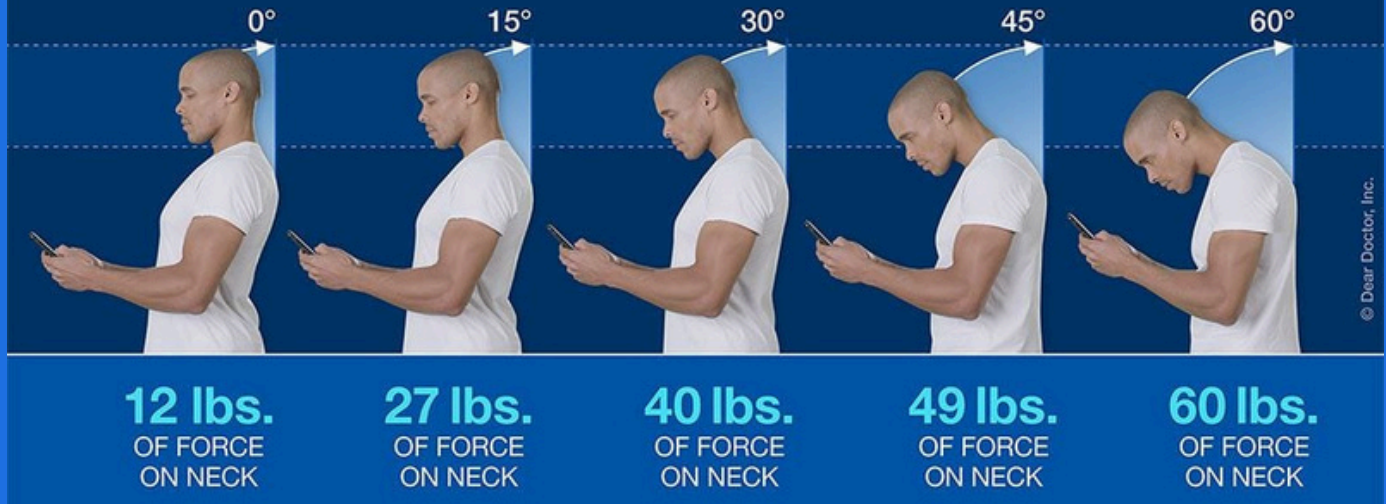
MEGAN CASTILLO



Job Title: Physical Therapy Tech
Length of time at Olympia: 6 months
Favorite Food: Sushi
Favorite Movie: Little Women
Pets: Two dogs - Snow and Lucy
Fun facts: I can play 4 instruments but my favorite is definitely the piano!

Your phone could be giving you a pain in the neck

When you tilt your head forward, you're increasing the load, which can become the equivalent of a 60-pound weight around your neck.



WE



OUR PATIENTS PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWSLETTER WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!

ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!



IMPORTANT MESSAGE

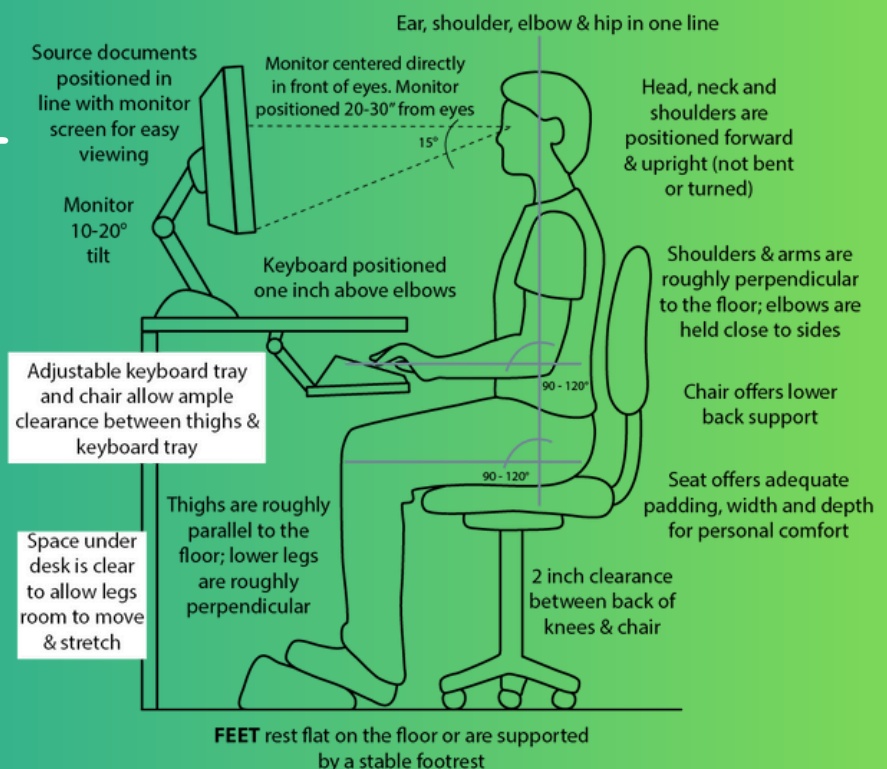
FROM OUR PHYSICAL THERAPY DEPARTMENT:

WORKPLACE ERGONOMICS~

HAVING PROPER POSTURE AT WORK CAN HELP TO REDUCE OR ELIMINATE NECK PAIN. BELOW ARE SOME TIPS TO CONSIDER:

1. PLACE YOUR MONITOR DIRECTLY IN FRONT OF YOU AT EYE LEVEL. THE TOP OF THE SCREEN SHOULD BE AT OR JUST BELOW EYE LEVEL TO ENCOURAGE A NEUTRAL NECK POSITION.
2. ADJUST YOUR CHAIR SO THAT YOUR FEET ARE FLAT ON THE FLOOR OR ON A FOOTREST, WITH YOUR KNEES AT ABOUT A 90 DEGREE ANGLE, JUST SLIGHTLY LOWER THAN YOUR HIPS. SIT UP STRAIGHT AND MAKE SURE YOUR BACK IS SUPPORTED BY THE CHAIR'S LUMBAR SUPPORT.
3. KEEP YOUR KEYBOARD AND MOUSE CLOSE TO YOUR BODY. YOUR ELBOWS SHOULD BE CLOSE TO YOUR SIDES AND BENT AT A 90-DEGREE ANGLE.
4. MAINTAIN A NEUTRAL SPINE POSITION. AVOID SLOUCHING OR LEANING FORWARD FOR EXTENDED PERIODS.
5. TAKE REGULAR BREAKS TO STAND UP, STRETCH, AND WALK AROUND EVERY 30 TO 60 MINUTES.

THE ERGONOMIC WORKSTATION



EXERCISE ESSENTIALS: EXERCISES TO STRETCH YOUR NECK

TWO GOOD STRETCHES TO PERFORM FOR NECK PAIN/STRAIN INCLUDE THE UPPER TRAPEZIUS STRETCH AND THE LEVATOR SCAPULAE STRETCH. PERFORM EACH STRETCH 3 TIMES PER SIDE AND HOLD FOR ABOUT 20-30 SECONDS. YOU CAN PERFORM THESE STRETCHES MULTIPLE TIMES THROUGHOUT YOUR WORK DAY!

UPPER TRAPEZIUS STRETCH

ASK US TO
SHOW YOU
HOW TO DO
THESE
EXERCISES!!



LEVATOR SCAPULAE STRETCH



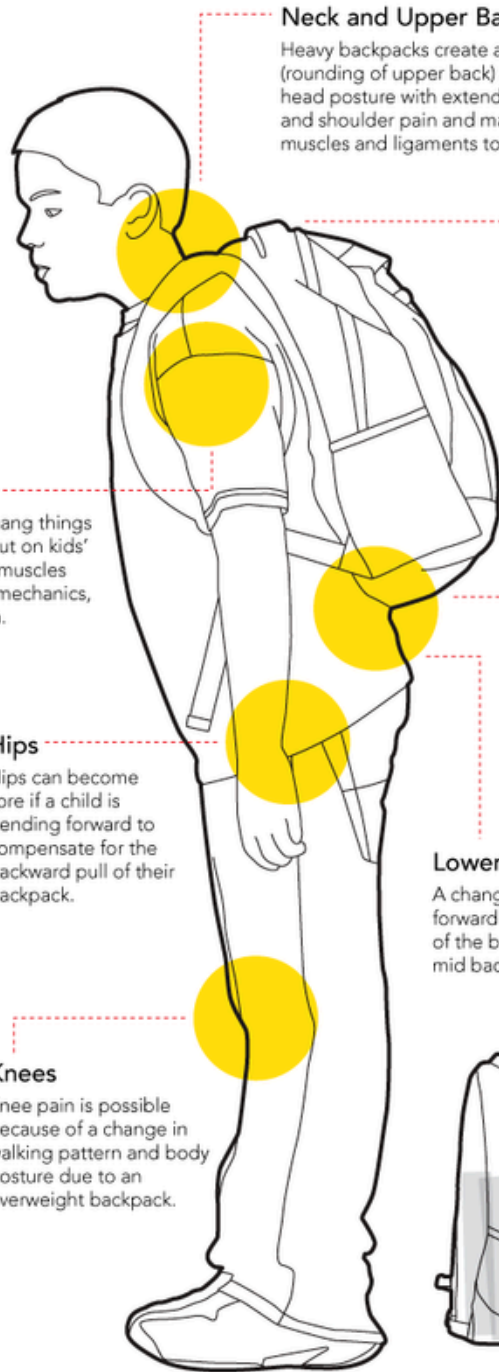
In the starting position, place your hand behind you diagonally and rotate your head 45 degrees. Bring your head down toward your left knee without hunching over.



Resist by pressing your head into your hand.

What Heavy Backpacks Are Doing To Kids' Bodies

About 5,000 children visit emergency rooms each year because of backpack-related injuries, and at least 14,000 kids are treated for them. While not every kid will go to the hospital because of heavy backpacks, overweight loads can cause neck, back and shoulder pain and more. Below, see what is so dangerous about kids carrying heavy backpacks — and what parents can do about it.



Neck and Upper Back

Heavy backpacks create a forward trunk lean (rounding of upper back) which causes a forward head posture with extended neck, creating neck and shoulder pain and making it difficult for muscles and ligaments to hold the body up.

Fit and Sizing

Material. Choose backpacks made for kids, which are made of more lightweight fabric than backpacks for adults.

Close to the body.

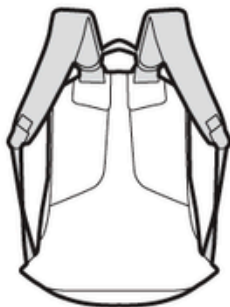
The backpack should be close to the body with minimal space between the back and the pack itself.

Length. It should be the length of the torso and the bottom should be two inches below the waist.



Shoulders

Shoulders aren't made to hang things on. When a heavy load is put on kids' shoulders, joints get tight, muscles tighten down, it alters bio-mechanics, and creates potential strain.



Hips

Hips can become sore if a child is bending forward to compensate for the backward pull of their backpack.

Lower Back

A change in posture by leaning forward to compensate for the weight of the backpack can result in lower and mid back pain and muscle tightness.

Extra Support

Use both shoulders. The backpack should always be worn on two shoulders so that there isn't too much stress on one side of the spine.

Waist strap. Kids should always use the waist strap (preferably a thick one) to help distribute the weight.

Knees

Knee pain is possible because of a change in walking pattern and body posture due to an overweight backpack.

Weight

Distributon. Use backpacks with multiple compartments to help distribute the weight of contents. Pack the heavier things low and towards the back, closer to the body.

Ratio. Backpacks should be 10-15 percent of a kid's weight.

