

FEBRUARY '16 WELLNESS LETTER

Dear Patients and Friends,

I'd like to keep our newsletter short and to the point. That could be a first for me!!

There are really **3 things** you need to focus on to keep your spine healthy:

- ◆ Alignment
- ◆ Flexibility
- ◆ Strength

Alignment: By maintaining proper alignment through regular chiropractic adjustments, your body is able to act as a better shock absorber for our everyday postural stresses such as sitting at the computer, lifting heavy items and repetitive bending.

Flexibility: Picture your spine like a telephone pole. Your muscles act like guide wires on a telephone pole. If your muscles are equally balanced and flexible, it allows for optimal motion of your spine. If the muscles are too tight on one side of the spine, it can pull your spine out of alignment much like a telephone pole looks like when it's tipping to one side. Unfortunately, it's not as easy to see this "tipping" of your spine like it is the pole. Your spine and muscles can compensate for a period of time until your body can no longer adapt to this strain and pain or injury will then appear.

Strength: Core muscle strength allows your spine to withstand significant loading throughout the day. Bending, lifting and even sitting can significantly increase loading forces to your spine and discs. By maintaining good strength through regular exercise, you can help maintain good alignment and work to prevent injuries from occurring in the first place.

Question: Which of these 3 areas are you weak in? Most will know but some may not. Our office is here to help determine which of these 3 areas are weak and help you to correct the problem, hopefully before an injury occurs!

Our office continues to accept new patients. We appreciate the opportunity to treat and educate you on strategies to help relieve acute and chronic pain and to most importantly teach you how to prevent these problems from occurring in the first place.

Make it a great day!

Dr. Ed

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Happy
Valentine's
Day