



Casey Chiropractic

16 Wall Street
Colchester, CT 06415
(860) 537-2202
www.caseychiro.net

"Feel Better. Get Better. Live Better."

STAY CONNECTED



Monday - Friday: 9:00am - 6:00pm

For more information visit us at: caseychiro.net

Greetings!,

As summer approaches and the weather gets warmer, many people find themselves getting outside more to garden and do yard work. Many don't realize this influx of activity can be stressful on their spine. The American Chiropractic Association (ACA) compares yard work and gardening to playing a sport, and recommends stretching to help avoid injuries. Regular adjustments are also an important part of keeping your spine healthy so that it can withstand greater stress. Remember the stretches below next time you head outdoors to work!



Garden Fitness Stretches

Pull your weeds...not your back.



#1 Hamstring stretch

Stretch your leg out in front of you, keeping your knee straight, and prop your heel on an elevated surface. Then lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.



#2 Reach for the sky

While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.



#3 Tricep stretch

Stand with your chin tucked in and arm raised to complete elevation and place your hand behind your head by bending the elbow. Place your other hand on the elbow of the affected arm and pull towards the unaffected side until a stretch is felt in the triceps. Hold for 30 seconds, then repeat with other arm.



#4 Change it up

Be aware of your body technique, body form and correct posture while gardening. Kneel, don't bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced.

Relief is in sight.

If you feel muscle aches and pains after your day in the garden, apply a cold pack on the area of pain for the first 48 hours, then apply a heat pack, and consider seeking the services of a doctor of chiropractic. Visit www.acatoday.org/find-a-doctor to find a chiropractor in your area.



Look For Us At These Events

June 11: Tag sale on the Colchester Green

Sundays starting June 18: Colchester Farmer's Market on the green

Condition of The Month: Low Back Pain and Sciatica

Roughly 1 in 2 American's suffer from low back pain, which means either you or someone you know is dealing with this discomfort. It could be soreness that comes on at the end of the day, the inability to get up out of bed after a long day of yard work, or a sharp pain after trying to pick something up. Perhaps you or someone you know suffers from Sciatica- that burning, numbing, or tingling feeling from low back and into your legs.

Here are some facts:

- Low back pain is the single leading cause of disability worldwide
- Back pain is one of the most common reasons for missed work.



Subluxations, or bone misalignments, are the most common cause for both Sciatica and low back pain. The muscles in your body attach to bone, and when the bones in your back are in the wrong spot (subluxations), the muscle is as well. Subluxations put the muscles in your back under extra stress, which puts pressure on other soft tissue, like the nerve roots that form your Sciatic nerve. Although you may only feel symptoms of sciatica in your leg or "muscle soreness" in your back at the end of the day, the problem is really coming from your spine!

Chiropractic care is the best and only thing to help restore the proper alignment of your spine. This will take the pressure off your muscle and soft tissue, helping you feel and live better. Recently, the federal Agency for Health Care Policy and Research (now the Agency for Health Care Research and Quality) said that chiropractic care is the only safe and effective form of initial treatment for acute low back problems.

If someone you know is suffering from low back pain or Sciatica, recommend them for chiropractic care! And if you are experiencing any of these symptoms, do what is best for YOU, and schedule your appointment today!

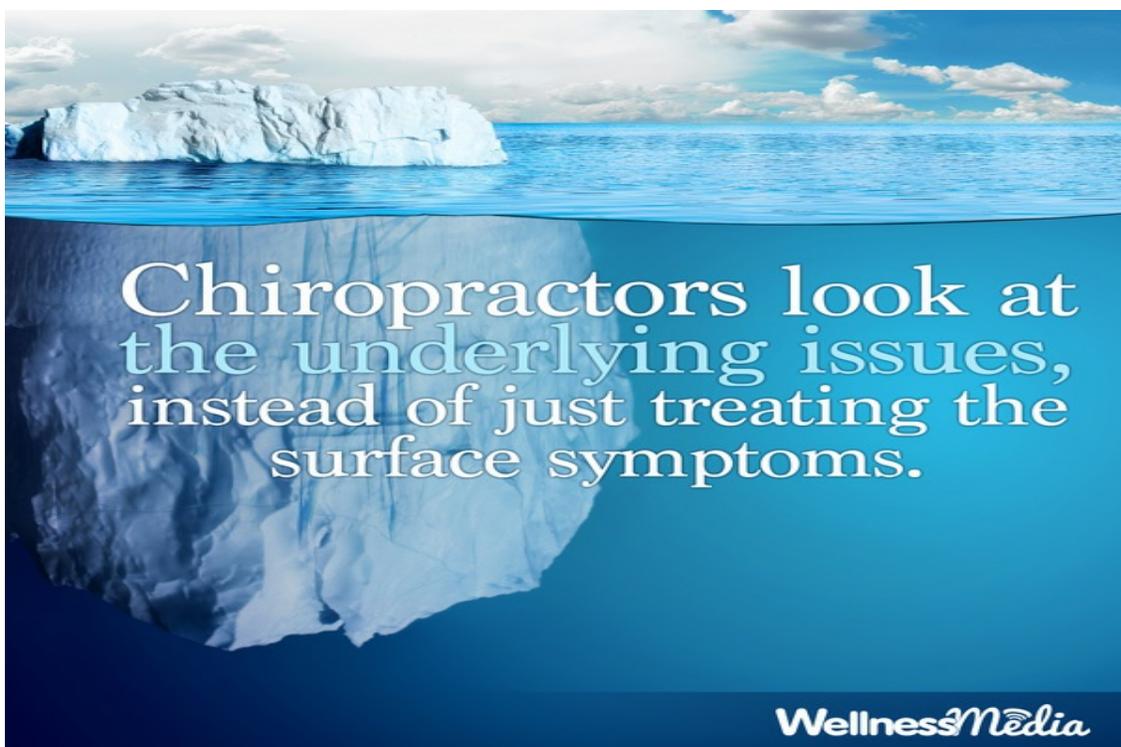
[Learn more about Low Back Pain](#)

[Learn more about Sciatica](#)

[Request an Appointment](#)

Don't forget to check out our [blog](#)!

Take Care of Your Spine & Your Spine Will Take Care of You



Yours In Health,
Dr. Casey

Casey Chiropractic | (860) 537-2202 | caseychiro.net
16 Wall Street | Colchester, CT 06415

Copyright © 2015. All Rights Reserved.