

## Quick Tips

- Sit up straight (do not slouch on the couch).
- Use a pillow in the small of your back.
- Get out of the car every 1 ½ hours of driving, especially when you have back problems.
- When picking up things use your knees.
- Pull stomach tight when picking up things.

## Simple stomach exercises:

- Pull your stomach in like pulling belly button into the spine (try to fit in that size 34 even if you are a 36).

## When you stretch...

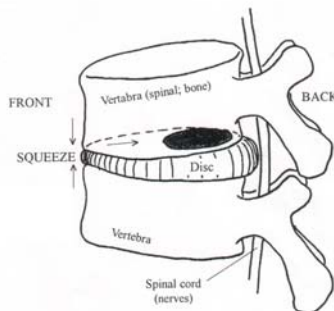
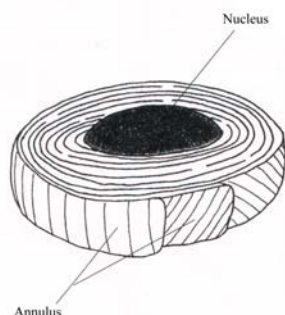
1. You should always feel the stretch, otherwise you're probably not doing it correctly.
2. Never stretch cold muscles.
3. Stretches should be held for 10-15 seconds, and should not be done with a bouncing motion.
4. When stretching you should try to isolate the muscles you are stretching.
5. If you are stretching your legs, the stretch should not be felt in your back or side.

## Slipped Disk? Unbelievable!

In the last newsletter we talked about neck and back care – how to take preventative measures against getting painful backaches, which in some cases are related to a disk problem. Sometimes I hear my patients say they have a slipped disk. Disks do not slip. To better understand, let me explain:

The spine is built of vertebrae (bone) with a disk between every vertebra. Those disks act as our shock absorbers –

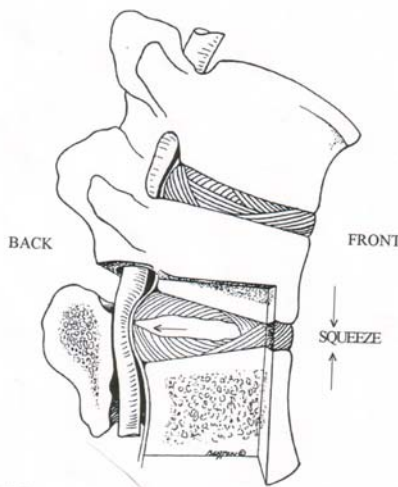
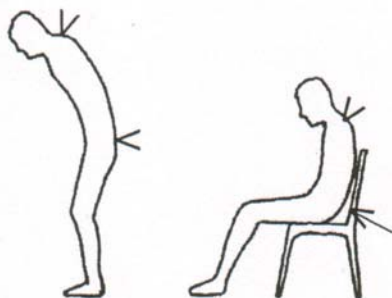
A disk is built as follows –



**Nucleus:** The middle part of the disk is like a thick jelly, somewhat like the jelly in the middle of a donut.

**Annulus:** rings of elastic-like material surrounding the middle (or nucleus) of the disk.

All normal movements of the spine: both in the back and neck affect the intervertebral disks (the shock absorbers between the bones of the spine). For example when we bend over, the front of the vertebrae move closer together, to curve the back forward.



Over time if squeezing continues because of bending over or bad posture, the bulge may herniate, and some of the gel will protrude through the wall.

**Herniate:** the jelly material of the disk breaks through the annulus

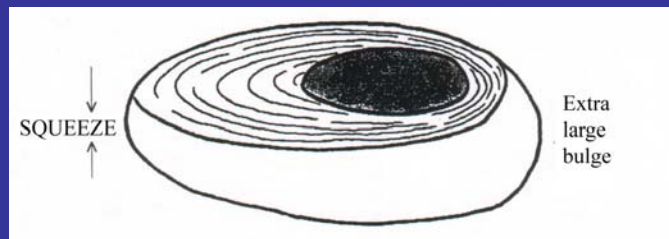
## *In Motion...* *Open House Series*

A monthly series of educational interactive workshops offered by the VPhysio clinic, appropriate for all ages.

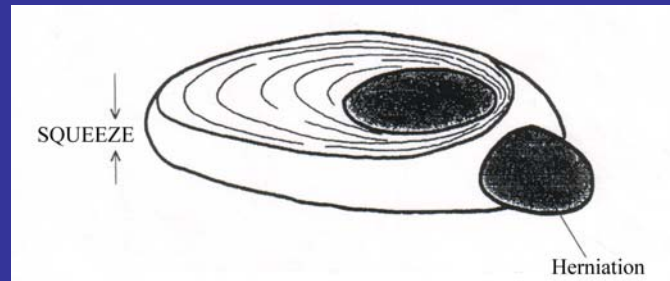
This is a free service available to all, that discusses a variety of topics relating to healing and prevention.

Visit [www.vphysio.com](http://www.vphysio.com), or contact the clinic, for dates and topics of coming workshops.

Everyone welcome. Look forward to seeing you there.



Sciatica: refers to pain that radiates along the path of the sciatic nerve, which runs from the low back through the buttocks and the back of the upper leg downward, mostly on the outside of the calf, to the foot. Sciatica could be a symptom of a problem such as a herniated disk, which puts pressure on the nerve. Symptoms include pain, numbness, weakness, burning sensation and loss of feeling.



The same could happen to other nerves down the leg (front), or to the neck. If that is the case, then symptoms are from the neck down over the shoulder to the arm, or even down to the hand.

Back pain may be prevented or alleviated by maintaining good posture and core strength. As well, there are a variety of treatment options that assist in reducing pressure and alleviating discomfort. Consult your physiotherapist for more information.

### **From Dick's Kitchen**

#### **Rednersville Easy Stew**

- 1-1 ½ lbs stewing beef or sausages
- 1 cup sliced celery
- 1 cup sliced carrots
- 1 cup diced onions
- 2 cups potato chunks
- 1 cup tomato juice
- 1 tsp salt
- 1 tsp white sugar

Mix together all ingredients in a casserole dish, cook covered at 250 degrees Farenheit for 4 hours (DO NOT PEEK!)  
Serve with italian or french bread, or dinner rolls.

#### **VPHYSIO**

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