

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



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Ask The **Experts®** on Chiropractic Care



Dr. April Ruzycki

January has come and went – did you make and/or keep any resolutions for 2011? If you are among the ambitious, perhaps your goal was a fitness one? Lose weight, tone up or exercise more regularly?

Unfortunately, for the average January enthusiast, motivation to push themselves above and beyond their physical capabilities may result in injuries, most likely overuse injuries. Training errors include increasing the intensity, duration and frequency of activity too quickly. Have you demanded more of your body than it could handle over the last two months?

Overuse injuries usually occur over time often going unnoticed in the beginning. These injuries are most

commonly in muscle and are the consequence of tissue being damaged quicker than it can repair itself. Our bodies react by constructing dense, tough scar tissue which binds up tissues that are suppose to move freely. This restriction leads to inflammation, irritation and pain.

If left untreated, the increase of scar tissue causes muscles to become weaker and the tendons may develop tendonitis. Circulatory changes, muscle atrophy (deterioration), reduced strength and range of motion losses can all result. Some common examples include: tennis elbow, swimmer's shoulder and Achilles tendonitis.

Prevention of overuse injuries:
When beginning a new activity or sport – start slowly and listen to your body. Pain is your body's alarm system alerting you that something is wrong. Pay attention to what your body is trying to tell you – it will be beneficial over time.

Utilizing proper technique is vital – hire an athletic trainer to ensure accurate form. If your training has increased (whether it be in duration,

intensity or frequency) and you are practicing with incorrect form, stress and injury will occur in the associated joints, muscles and tissues.

Dealing with overuse injuries:

Early treatment and therapy is crucial! Be proactive at the first signs of pain – ice and rest the affected area. Ice decreases the inflammation and pain; resting allows the muscles and tissues to heal.

If you have an overuse injury: Let it heal! If you return to an activity too quickly or just not let it rest at all, you

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will fall into a vicious cycle of injury relapse.

Visit your chiropractor to ensure proper alignment of the affected joints.

Book an appointment with a massage therapist to work on any scar tissue build-up and arrange to see a physiotherapist to help with the associated muscle issues.

Good luck training and sticking to your resolutions!