

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



The Experts® on Chiropractic Care:



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Ask The  
**Experts**®

on Chiropractic Care

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## SPRING

Spring is a time of change. It not only looks and feels different but we do different things in Spring than we did in Winter. Many of our the activities we do now haven't been done for months. Consequently, our bodies are no longer as well conditioned to do these things as they were last year when we stopped doing them. Even if you have been exercising indoors this winter, you will use your body differently once you get outdoors. With some planning and preparation, springtime injuries can be minimized.

Whether you are going outside to walk, hike, garden, ride a bike, play soccer, or play ball, you should always begin the season with short periods of activity. Then gradually increase the time spent doing the outdoor activity and be sure to take frequent breaks. As the season progresses your stamina will increase. Before you head out for any activity warm up your muscles and stretch. The few minutes this takes will help prevent injuries. For some activities there are specific stretches that are most effective but a whole body stretching series is beneficial for most activities. Your chiropractor

can tailor stretches for your specific condition and needs.

Check your equipment and tools as well. Do any required maintenance or replace broken items before using them this Spring. Having tools and equipment in good working order can go a long way to preventing injuries. Be sure to use the right tool for the job or equipment for the sport. If you are working in the yard, get help when handling heavy items.

Also of great importance is to stay hydrated by drinking plenty of fluids before, during and after doing yard work or a sporting activity. Having good

nutrition can also help prevent injuries and improve performance. Without proper building blocks the body is weaker than it should be. Lastly make sure you also get plenty of rest. All the new Spring activities will require time for healing and rejuvenation. A visit to the chiropractor is beneficial before starting Spring activities. Any vertebral subluxations that may be present will make you susceptible to injury. A few adjustments will assure your spine is ready for Spring when you are.

The fresh air is wonderful. Listening to the birds chirping lifts the spirits. Let chiropractic help you enjoy an injury free Spring.



**Call 529-9069 today for a FREE CONSULTATION**  
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