

KEEP YOUR BACK HEALTHY THIS WINTER SEASON

Take an in-depth look into keeping your back healthy during winter in this month's newsletter. With winter in full swing, it's time to think about how you can keep your back healthy during the cold winter months and how to keep any back pain you currently have from getting worse. Cold weather and slippery conditions bring their own set of challenges to the body and your back. Plus, it is more difficult to get out and exercise during adverse weather, which is a key element of most back rehabilitation programs.

4 WAYS TO HANDLE THE HOLIDAYS AND BACK PAIN

The holiday season brings many opportunities to start new initiatives to improve your health, but it can also bring on additional stress that can worsen chronic back pain and can intensify feelings of frustration and despair that come from dealing with the pain.

Our goal is to provide some simple, helpful tips on how to get through the holiday season when you're suffering from back pain. If you have time off, use some of the time to start an exercise program. Exercise in a controlled, gradual, and progressive manner is one of the best ways to tell your body - especially the various structures in the spine - to heal. Active exercise

means we use our nervous system to tell the muscles what to do. If you can, take a full vacation day over the holidays and dedicate it to improving your physical conditioning.

For example:

- Start an exercise program that is customized to your needs. Perhaps a physical therapy routine that incorporates water therapy, Swiss ball exercises, or yoga would best suit your condition and personal style. Be mindful that sometimes it becomes necessary to visit more than one physical therapist in order to find the help you need.

Read about other ways to handle the holidays and back pain:

<http://www.spine-health.com/blog/good-health/4-ways-handle-holidays-and-back-pain>

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Qualifications

Graduated From: Palmer College of Chiropractic

Years in Practice: 7

Treatments

- Chiropractic adjustment
- Chiropractic care
- Electronic Muscle Stimulation
- Extremity manipulation
- Manual Spinal Decompression
- Mechanical Traction
- Rehabilitation exercises
- Spinal manipulation
- Stretching

"Our goal is to get you out of pain fast. We want you to be treated with the respect you deserve and make you feel like family!"

PREVENTING WINTER SPORTS INJURIES

Outdoor activities can be an excellent way to get some fresh air and exercise during the long, chilly winter months, but the cold temperatures and icy surfaces can also lead to more injuries. The following is a list of tips to help you have fun while minimizing your risk of injury while enjoying winter sports such as skiing, skating, hockey, sledding and even shoveling.

For sporting enthusiasts:

- Cold muscles are more injury-prone, so a **short warm up** prior to activity is important. Start with some light exercises, followed by gentle stretching. Make sure to hold each stretch for at least 30 seconds. If skiing, take at least one warm up run before heading to more difficult slopes.

- Become familiar with your surroundings. Know the whereabouts of fences, trees, rocks, open water, and ice patches so they can be avoided. Stay on marked trails and avoid any potentially dangerous areas such as steep hills. Slippery surfaces are particularly troublesome, as they can cause sudden jarring movements.



Learn about other tips to help you minimize your risk of injury while enjoying winter sports: <http://www.spine-health.com/blog/exercise->

[fitness/preventing-winter-sports-injuries](#)

SNOW SHOVELING TECHNIQUES TO PREVENT LOW BACK INJURIES

Keeping a few guidelines in mind during the winter season will lessen the chances of developing new back problems or worsening your low back pain while shoveling, e.g., bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight.

Click here to learn more about proper shoveling techniques: <http://www.spine-health.com/wellness/ergonomics/snow-shoveling-techniques-prevent-low-back-injuries>

<http://www.lexfamilychiro.com/>

**Contact Dr. Gallentine
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<http://www.spine-health.com/doctor/chiropractor/heath-gallentine-lexington-ky>