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Northfieldchiropractic.ca

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EXERCISE TIME!

November is that time of year when we begin to spend a lot more time indoors. Many of the usual outdoor activities such as golf, baseball or gardening are done for another year. Even walking can become difficult as sidewalks are slick with ice or snow.

So we figure it's time to head to **The Gym**. Perhaps sign up for an exercise class, run on a treadmill, or begin lifting weights.

However, sometimes things don't turn out as planned. Rather than feeling better after being at **The Gym** we end up hurting ourselves!

In this newsletter we have included some tips to help you avoid exercise injury. One of the most common exercise injuries is low back strain, so we have highlighted that very common condition.

I've Hurt My LOW BACK! Now What Should I Do?

First don't panic! With the proper treatment low back injuries can be managed conservatively and do not usually require surgery.



1/ If the pain persists for more than a few hours, or if it becomes more severe, even with rest, you should contact Dr. Paisley ASAP.

It is important that you are **diagnosed** promptly so that appropriate treatment can begin. Early intervention is a key factor in leading to improved outcomes.

The "48 hour rule" is a good guideline to follow. If the LBP persists and/or gets more severe after 48 hours then seek Chiropractic help

2/ If significant trauma has occurred or if bone or disc disease is suspected X-rays may be required.

3/ When your low back injury has been properly diagnosed, then the correct treatment can be delivered.

4/ The most common low back injury is a lumbar sprain. These types of injuries respond well to Chiropractic Treatment and **do not usually result in chronic pain**

5/ The best evidence to date indicates that mobilization and manipulation work well to speed recovery.

6/ You can manage the acute pain at home with ice, anti-inflammatory meds, such as Ibuprofen, *Aleve* or *Advil*, and stretching exercises.

7/ Bed rest is not usually recommended; recovery is typically much faster if you stay as active as possible.

8/ We will teach you low back stabilization exercises to help avoid further injury. It is our experience that if the proper exercises are performed it may help to avoid future occurrences of acute LBP.

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Injury prevention at the Gym



1/ The most common cause of gym exercise injury is from improper technique. This is particularly true when using “free weights”. One of the most common ways of injuring the low back is lifting while bent too far forward. When in this position there is increased pressure on the disc. A serious injury can occur. Lift like the pros; back straight, weight as close to your body as possible.



2/ Perhaps the second most common cause of injury is due to heading into an exercise program too quickly. Even though in your head you may feel young, your birthdays tell the real story! It may be true that 20 years ago you could lift a 100 pounds....but that was 20 years ago! As your teacher used to say, “**Act your age!**”

3/ A third way of hurting yourself at the gym is trying to keep up with everyone else. Here is how the scenario can play out. You join an exercise class and feel you need to keep up with every move the class instructor performs. Now you need to remember that class leader has been exercising 3X a week for the past 20 years. On the other hand this is the first class you have attended in 20 years!



Or here’s another scenario; you look across the exercise class and see some “big guys” who are keeping up with all the moves the exercise instructor is doing. So you think to yourself, “if those big guys” can do it, then so can I”. There is some flawed reasoning in that self talk. What you didn’t know is that those “big guys” who are keeping pace are really **WORLD CHAMPION SUMO WRESTLERS!!**

So if you want to make it to the second class, take your time, work at your own pace and don’t bother thinking you need to keep up with the “big guy” across the gym floor!



4/ A fourth way to do yourself damage is to attempt exercises and stretches that are designed for professional gymnasts and acrobats and not for run of the mill “gym rats”. As you start your winter exercise routine, why not check in with a personal trainer or your chiropractor to see if those exercises will work for you. Remember the point of working out at the gym is to feel better, not to do yourself in!

Dr H.P. exercise tips:

Start your exercise program slowly (take your time, you’ve got all winter!)

Don’t compare yourself to anyone else (exercise classes are not competitions...there are no Gold Medals!)

Avoid forcing any lift, stretch or exercise.

Know the difference between “good pain” and “bad pain” and know when to quit.

Remember the whole purpose of this gym/exercise thing is to help you feel good!

Feel free to ask any questions

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