

Health Matters Chiropractic Centre presents:



The Spinal Column

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Dr. Mark Renzoni DC, RMT

Dr. Michael Lehr DC

Elisabeth Berggren RMT

Carl Pinter RMT

Dr. Annie Zhu (TCM)

Health quote of the month:

A wise man should consider that health is the greatest of human blessings, and learn by his own thought to derive benefit from his illnesses.

(Hippocrates)

Can Light Actually Accelerate Healing?

Health Matters is now providing patients with Phototherapy, also known as light and laser



therapy; a safe and highly effective treatment method that offers a rapid, drug free, non-invasive healing solution. The MedX Phototherapy Treat-

ment Systems enhance patient outcomes by accelerating tissue healing, reducing pain and decreasing edema and inflammation. By incorporating Phototherapy treatments, patients will experience improved treatment results for a number of conditions such as: arthritis, muscle tension and spasms, acute and chronic pain, post operative wounds, carpal tunnel, tendonitis and other types of conditions. The MedX devices provide unique advantages to other forms of photo-

therapy for the varying needs of patients.

Phototherapy uses light energy to penetrate the skin's surface and underlying tissues. Much like photosynthesis, phototherapy provides light energy to your body's cells to increase their function and to stimulate your body's natural healing process, safely and easily.

Phototherapy has been shown to accelerate healing by 40% and it can be used on patients of all ages.



Your Health Matters-Tips for Spring Cleaning

Spring is finally here again! For many people it is the time to do a thorough household spring clean. Although this annual home ritual can be good for the soul, it also carries some potential health risks due to the change and sudden increase in physical activity.

Weekend warriors with lacrosse sticks or soccer balls aren't the only ones susceptible to springtime injuries. It's just as easy to overdo it around the house. To protect yourself when sweeping, don't twist your body to pull the broom toward you; use your legs to shift your weight forward and back. Push the vacuum in front of you, walking forward several steps, then pulling back several. Avoid the combination

of bending and twisting as it puts you at risk of a back injury.

Protect your lower back, by lifting heavy loads with your legs. Separate your feet shoulder-width apart. Bend at the knees, not at the hips or lower back. Slightly arch your back, keeping your abdominal muscles tight to help support your back muscles. Then lift with your legs, not your back. Be sure to get help when lifting very heavy objects.

Avoid prolonged deep squatting; it stresses vital tissues within the knee joint such as cartilage and ligaments. Instead kneel on one knee being sure to alternate knees, or if possible, sit.

Many spring-cleaning chores such as cleaning gutters and trimming trees involve the use of a ladder. Select the right height of ladder for the job. Check it for loose or broken rungs, missing or loose screws or defective hinges. Set it up on a firm, level surface. Avoid over reaching as it can lead to back and neck pain. Be sure to reposition the ladder as necessary to be close to your work.

Don't climb ladders if you have a balance disorder or are taking any medication that may affect your balance. Most of all don't be too proud to ask for help.

Your Health Matters is a monthly column of health tips from doctors of chiropractic across the country.