

Health Matters Chiropractic Centre presents:

# The Spinal Column

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Dr. Michael Lehr DC

Elisabeth Berggren RMT

Carl Pinter RMT

Dr. Annie Zhu (TCM)

Andrea Sidon PT

## Health quote of the month:

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

- Thomas Edison

## Health Matters Now Offers Physiotherapy

Physiotherapists are healthcare professionals that are skilled in the assessment and management of physical problems affecting the musculoskeletal system (your muscles, bones and joints). Physiotherapists have an advanced understanding of how the body moves, what keeps it from moving well, and how to restore mobility.

Some conditions commonly treated in physiotherapy include:

- Neck and back pain

- Sports injuries
- Repetitive strain injuries (carpal tunnel, tendonitis)
- Motor vehicle accidents
- Post-surgical rehabilitation (hip/ knee replacements)

When you visit our physiotherapist, she will conduct an assessment to determine the cause and the extent of your problem. She will then develop a treatment plan that aims to reduce your pain, as well as restore movement and/or limitations to mobility.

Physiotherapy treatment can include manual therapy, electrical modalities (interferential, tens), therapeutic ultrasound, laser therapy, acupuncture and therapeutic exercises. A goal of physiotherapy is to teach our clients how to help themselves. This helps to speed up recovery and prevent reoccurrences in the future. Our physiotherapist will assess your progress regularly and adjust treatment accordingly.

Andrea Sidon is a registered physiotherapist that has joined the team at Health Matters.

## Your Health Matters-Backpack Safety

### Pack it Light, Wear it Right

Now that the school year is upon us, children everywhere are putting on their backpacks and heading back to school. This year, help your child learn how to choose, pack and wear a backpack to avoid neck, back and arm pain in the future.

### Choose the right backpack:

- Select a bag that is vinyl or canvas - the lighter material makes it easier to carry.
- Look for a backpack with two wide, adjustable and padded shoulder straps.
- A waist strap, padded back and many pockets are also important features of a good backpack.

- Make sure that the backpack fits correctly; the size should be proportionate to your child's body.

### Proper packing:

- The total weight of the filled backpack should be no more than 10% of the child's body weight for students up to grade eight, 15% for those in grades nine to twelve.
- Encourage your child to pack only what they will need for the day to avoid extra weight.
- Distribute the weight evenly:
- Pack the heaviest objects closest to the body.
- Use compartments to keep smaller items secure.

### Wear it correctly:

- Always use both shoulder straps and ensure that they are adjusted so that the bag sits close to the body.
- Use the waist strap for extra stability.

If your child does complain of back pain or other problems when wearing a backpack, consult one of our health care professional to avoid future problems. Health Matters also carry a line of Obusforme backpacks for patients.

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

**Hours of Operation:**

Monday, Wednesday and Friday	9:00 am - 6:00 pm
Tuesday and Thursday	9:00 am - 7:00 pm
Saturday	9:00 am - 3:00 pm
Sunday	Closed

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## Clinic Update/Upcoming Events:

Health Matters has recently added Physiotherapy to our clinic and would like to welcome **Andrea Sidon** to our healthcare team. Andrea has over 10 years experience in the field of Physiotherapy and the treatment of orthopedic injuries.

As of **October 15th** Andrea will be at the clinic on **Mondays and Wednesdays from 9:30 am - 1:30 pm.**

Dr. Annie Zhu is also available on Fridays for Traditional Chinese Medicine. For appointments or questions please call **(416) 662 6518.**

## Community Partners:

Northern Karate

Tuscany Medical Centre- Dr. R. Misho

Noah's Natural Foods

Humber Green Counseling— Dr. Suzanne Brown

ODW Fitness— Orna Wolfe— Certified Fitness Professional

**Currently Accepting New Patients**

**Referrals are always appreciated**



**We're on the web @ [www.enhancelife.ca](http://www.enhancelife.ca)**

## Community Partner Profile: Orna Wolfe— ODW Fitness



### Ten Ways Exercise Will Improve Your Life:

- 1. Feel Better**— Exercise increases blood flow through your body, delivering more oxygen to working muscles and other organs.
- 2. Look Better**— as your muscles become stronger, it will be easier to maintain good upright posture.
- 3. More Energy**— as you exercise, you release endorphins, chemicals which are released when you work hard and which makes you feel good.
- 4. Easier to Do Things**— as your body adapts to increased exercise, you will find that doing tasks that were previously

difficult, are much easier to do.

**5. Feel Stronger**— as you impose heavier loads on your muscles and force them to work harder, your body will respond by getting stronger.

**6. Shed Unwanted Pounds**— As you start to move, you expend more calories to perform your activity.

**7. Avoid Hypertension**— Studies have shown that exercise programs that include endurance activity, resistance training, or both, not only assist in preventing hypertension, but also aid in lowering blood pressure.

**8. Avoid Osteopenia and/or Osteoporosis**— As we age, we run the risk of losing bone

strength. Exercise, has been shown to prevent the onset of both of these conditions.

**9. Helps to Prevent Certain Cancers and Helps to Control Diabetes**— recent studies have shown that exercising regularly is effective in preventing certain cancers. Exercise has been shown to lower blood sugar levels in Type II diabetics by: improving the way your body utilizes insulin, burning excess body fat which improves insulin sensitivity lowering bad cholesterol (LDL) and increasing good cholesterol (HDL).

**10. Those around you will say "WOW"**— You feel more energetic, walk taller and feel more confident and others notice.



**Orna Wolfe** is a Certified Fitness Professional

For more information contact Orna directly @ **(416) 602 0210.**

You can also visit ODW Fitness' website @ **[www.odwfitness.com](http://www.odwfitness.com)**

*Defining health to enhance life.*