



Chiropractic Care & Longevity Center

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May 2017

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Bio Sandals

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www.chirolongevity.com

Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful chiropractors serving the community of Perth and district by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

Get in the Game Without the Pain

As warmer weather approaches, golfers can't wait to get to the first tee. But twisted postures, the torque of the swing and forgetting to warm-up can cause unnecessary injury.

SIMPLE STRETCHES

Here are a few easy stretching techniques that can help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.



SIDE BENDING STRETCH
Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.



QUADRICEPS STRETCH
Keep your thighs together, and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back.



HAMSTRING STRETCH
Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.



KNEE TO CHEST TRETCH
Stand with feet shoulder-width apart. Using both hands, pull one knee into your chest. Repeat with the other knee.



FOREARM STRETCH
With your arm straight out in front of you and palm facing down, gently pull fingers back with other hand. Next, with your arm straight out in front of you and palm facing upwards, gently pull fingers back with other hand. Do not let shoulder rise up.



SHOULDER STRETCH
Hold the shaft of a club behind your back. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Next, gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.



SQUAT
Start from standing position with feet shoulder-width apart. Squat down, trying to keep your heels flat on the ground.



BACK OF THE SHOULDER STRETCH
Place your left hand on your right shoulder. Gently pull your left elbow across your body toward your right shoulder.



If you experience back pain that lasts more than two or three days, call your chiropractor for an evaluation. To find a chiropractor near you, go to www.chiropractic.on.ca.



Ontario Chiropractic Association

May is Foot Health Awareness Month

TOG Customized Orthotics

A custom orthotic is a device designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Custom orthotics work on your feet much like glasses work on your eyes – they reduce stress and strain on your body by bringing your feet back into proper alignment. The plastic body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motion that takes place during the gait cycle. Custom orthotics fit into your shoes as comfortably as an insole – and they have the advantage of having been made from precise imprints of your feet.

Most Insurance Health Benefits programs cover custom orthotics. \$450 per pair and there is no tax because they are a medical device.

Schedule your gait analysis today!

Bio Sandals by The Orthotic Group

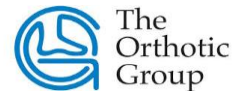
During the warmer summer months, folks tend to kick off their shoes – along with their orthotics – and slip into less supportive summer sandals. There is a better way! Ask your practitioner about Bio Sandals from TOG.

Fashionable, comfortable and with a built-in orthotic footbed for the support you need!

Some sizes & styles in stock. Come in and try them on!



\$100.00 + HST



Visit www.tog.com for more information on which styles and sizes are available.

Spring Jokes

Can February March?

- No, but April May!

Why is everyone so tired on April 1?

- Because they've just finished a long, 31 day March!

Why is the letter A like a flower?

- A bee (B) comes after it!

What did the tree say to spring?

- What a re-leaf

www.jokes4us.com

"Being a Chiropractic patient has really helped me immensely...lifting weights and seeing a Chiropractor on a regular basis has made me a better golfer. I've been going to Chiropractors for as long as I can remember. It's important to my training as practicing my swing."

- Tiger Woods

Shaklee Performance

A safe and necessary beverage when you are sweating and need to replace electrolytes to give you added energy and to reduce the stress on the heart. Great when golfing, mowing lawns, and working in the heat of the summer.



539g
\$24.24
Tax included



Used by many Olympic athletes!

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

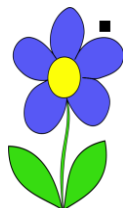
Also:



Mother's Day is Sunday, May 14th, 2017!

What better way to say "Happy Mother's Day" to your mom or wife than with a Gift Certificate to one of the many services offered here at Chiropractic Care & Longevity Center.

- Chiropractic Adjustment
- Registered Massage Therapy
 - Hydro Massage Bed
- Essential Oils & Diffusers
 - Supplements
- Pillows & Back Supports



Happy Mom

a diffuser blend

- 2 drops of arborvitae
- 2 drops of wild orange
- 2 drops of bergamot

Add to essential oil diffuser. Be happy!