

WARM UP WITH CLAIRPOINTE

Clairpointe Family Chiropractic's Quarterly Newsletter

SAFE SNOW SHOVELING

Written By: Dr. Gary Shoemaker

Snow shoveling has inherent risks that need to be respected. One, if it's snowing, it's cold and slippery outside. Two, it rapidly accelerates your heart rate, and three, it puts a strain on your spine, especially your lower back. Here are some tips for making it a safe winter by managing the snow on your home's driveway and sidewalks.

1. Hire someone to do it for you. America's Handyman, Glenn Haege, used to say, "The most powerful tool in your toolbox is your checkbook." If you have any physical limitations, this might be a good place to put some of your financial resources.
2. Use a snow blower or thrower to move the snow. These machines can be a great tool to save both your heart and your back. If you don't have a snow machine, see #1.
3. If the snow is light, you can use a leaf blower, broom, or ergonomically correct snow shovel to push the snow aside.
4. If the snow is deeper, and you are physically fit enough to pull it off, go at it with your snow shovel. Lift with your legs, and be sure to switch hands to even out the pressure on your back. Never underestimate how your heart rate will rise when shoveling, so go slow and take breaks.

So, let's say that you felt fit enough to shovel the snow by hand, and yet you still feel sore afterward. Here are tips to help reduce the tension.

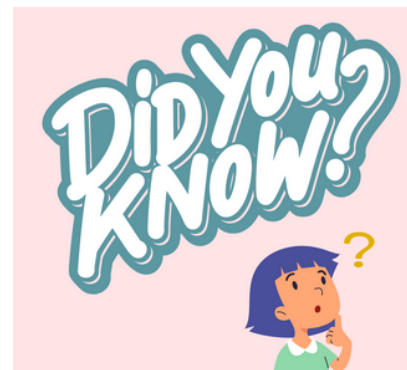
- Get an ice pack on your back like you would for any back strain.
- Stretch your lower back with the same exercises we gave you at the office.
You can also find these Lumbar Spine Exercises on our website under Services – Instruction Sheets.
- Get in for an extra adjustment at your first opportunity.
- Take extra glucosamine or a soft tissue support pack for joint and muscle support and repair.

Follow these tips above to protect yourself during this winter season and if you do have a slip and fall, remember to tell the doctors at your next adjustment.





COFFEE TALK



Are you following us on social media? If not, we would appreciate the follow! We post weekly educational pieces, the latest at Clairpointe, videos, and more!



She said "I do!" Congratulations to Dr. Nathan and his fiancé Elizabeth and their upcoming wedding this fall.

The word "Chiropractic" comes from two Grecian words. "Chair", meaning hand, and "praktos", meaning done, translates to "Done by Hand." Interesting and quite fitting!

CLAIRPOINTE'S WINTER WORD SEARCH

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|-----------------------------|---------------------------------|
| 1. Vitamin D | 10. Slippery |
| 2. Sago C | 11. Chiropractor Rules |
| 3. Glucosamine | 12. Stretch |
| 4. Soft Tissue Support Pack | 13. Lumbar Spine Exercises |
| 5. Zinc Lozenges | 14. Get Adjusted |
| 6. Shovel Safely | 15. Family Care |
| 7. Snow Blower | 16. Traction |
| 8. Ice | 17. Spine |
| 9. Snow | 18. Grosse Pointe Chiropractors |

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 IGMQXPUOIFSHCJJJDJNPSLIPPERYKPM
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SUPPLEMENT SPOTLIGHT

In Dr. Shoe's "Safe Snow Shoveling" article, he mentions the Soft Tissue Support Pack supplement. The Soft Tissue Support Pack provides a full spectrum of botanicals, enzymes, and micronutrient factors to maintain normal inflammatory balance and address the discomfort of ligaments and tendons from an injury.

If you do happen to slip and fall this season or have an injury you just can't seem to get over, we suggest taking the Soft Tissue Support Pack to help you heal faster. 9ct - \$40 | 30ct - \$114.00

