

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Static Posture and its Effects

Static posture is holding one position/posture for an extended period of time – in other words, not moving your muscles. However, your muscles are still working - working very hard, in fact. Imagine if you took a 7 pound weight and held it in your hand with a 90 degree bend at the elbow (a bicep curl). Now, imagine holding your arm in that position for 8 hours (the time in your day that you spend at your desk). Can you imagine how sore your arm would be? Well that is exactly what your neck and upper back muscles are doing holding your head up all day. Be sure to move and change your position every hour to get the blood flowing and to help relax your muscles.

When should you see a doctor or a therapist?

Optimal Therapies, in the EnCana Wellness Centre, has Chiropractors, Physical Therapists, Athletic Therapists, and Massage Therapists who can talk to you about your posture and any back and/or neck pain you may be having. You should seek care immediately if: you are having pain and/or stiffness that is not alleviated by a good night's rest, you have constant pain and stiffness, you have headaches that haven't been diagnosed, or your symptoms are recurring daily. Your symptoms may include arm pain, numbness or tingling.

***New this Fall...** Dr. Sarah Jenkins, acupuncturist, is now booking appointments in Optimal Therapies.

To book an appointment, call 440-6917.

theBackQuiz:

What position is best for your back when you sleep?

- A. on your back
- B. on your stomach
- C. on one side
- D. on one side with the knees flexed toward the chest

Which of these is a significant risk factor for backache?

- A. being underweight
- B. being overweight
- C. being tall
- D. being athletic

Which of these measures will help a backache?

- A. several days of rest
- B. massage
- C. ice pack
- D. b and c

theAnswers:

What position is best for your back when you sleep?

The correct answer is **D.** on one side with the knees flexed toward the chest.

Which of these is a significant risk factor for backache?

The correct answer is **B.** being overweight. Extra pounds strain muscles and joints.

Which of these measures will help a backache?

The correct answer is **D.** b and c. Apply ice or a cold pack the first 48 hours, then treat with heat. A massage by a certified massage therapist can help release tension and ease soreness. Staying in bed for long periods of time can make a backache worse because your muscles become stiff.

(Source: www.fairview.org/staywell/quizzes.aspx)