



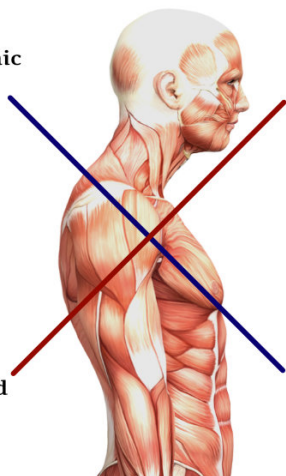
# HEALTH & WELLNESS NEWSLETTER

## Common Postural Imbalances

### Upper Crossed Syndrome

Your posture plays an important role in your overall health. Upper Crossed Syndrome describes poor posture that results from excessive tightness in your shoulders and chest with weakness in your neck and mid-back. This combination forces your shoulders to roll inward and your head to project forward. Think of your spine as a post and your head as a bowling ball that sits on top. If you tip the post forward and the ball begins to roll over the edge of the post, significantly more effort would be required from the muscles trying to hold it there. This effort results in the chronic strain of the muscles of your neck and upper back.

**Tight/hypertonic**  
upper trapezius  
levator scapulae  
suboccipital muscles



**Weak/inhibited**  
deep neck flexors  
serratus anterior

**Weak/inhibited**  
lower trapezius  
middle trapezius  
infraspinatus  
rhomboids

**Tight/hypertonic**  
pectoralis major  
pectoralis minor  
sternocleidomastoid

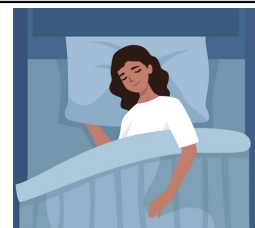
### How to Help Upper Crossed Syndrome?



**AVOID TEXT NECK**



**PROPER ERGONOMIC SETUP**

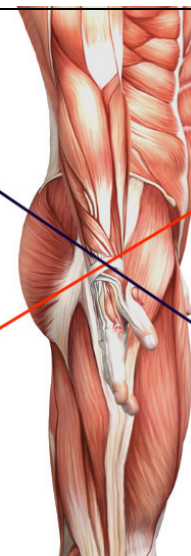


**ERGONOMIC PILLOW SELECTION**

### Lower Crossed Syndrome

Lower Crossed Syndrome was first described as a predictable pattern of alternating tightness and weakness involving core & pelvic musculature. The process typically begins when a muscle or muscle group is overused in a certain direction and becomes shorter and tighter (adaptive shortening). The antagonist muscles opposing this action are subject to prolonged stretch and tend to become longer and weaker (stretch weakness). This muscular imbalance leads to dysfunctional and inappropriate movement patterns. This direct impact on joint surfaces and often leads to a self-perpetuating cycle of recurrent joint dysfunction.

**Tight/hypertonic**  
lumbar/erector spinae



**Weak/inhibited**  
rectus abdominus

**Weak/inhibited**  
gluteus maximus  
gluteus medius

**Tight/hypertonic**  
rectus femoris  
iliopsoas

### Specific Home Exercises



**CLAMSHELLS**



**POSTERIOR LUNGES**



**DEAD BUGS**



**SIDE BRIDGES**

# Dust off the bike and head out for a ride with these bike ride tips!

Among the many reasons Ottawa is a fantastic city to live in and explore, it is well set up for cycling. Our personal favourite scenic routes are the SJAM bike trail and Gatineau Parkway. But, if you are wanting to get more adventurous, Kanata South provides some fun trails for all levels. Riding your bicycle is an enjoyable activity and great way to get some exercise.

Cycling can be both casual and challenging and has many health benefits. It can increase your cardiovascular health, build muscle, and can aid in weight loss. It is a unique cardiovascular exercise as it is very low impact, making it beneficial for people of all ages. Additionally, it forces us to get outside and enjoy the lovely May weather!

As with any exercise that involves a repetitive motion, cycling can put you at risk of injury. The most common injury being low back pain.

**Here are a few tips to help prevent this from occurring.**

## Seat height and foot position

Your seat should be adjusted so that during the push down phase your knee is in almost full extension. Riders should place the forefoot on the center of the pedals ensuring a circular push/pull movement is being applied.

## Body position

Riders need to keep their spines neutral and avoid any major "slouching" when riding. Additionally, there should be a slight bend in the elbows; this acts as a shock absorber and can also take some of the tension out of the upper back.

## Core strength

Proper core strength will help with maintaining body position, reduce excessive swaying, and increase the efficiency of the cycling gait.

# PREVENTING GOLF INJURIES



✓ Stretch and get some blood flowing with a brisk 10-minute walk before hitting the course.

✓ Choose golf shoes with proper arch supports, or consider custom orthotics

✓ Be cautious when lifting your clubs between vehicles and carts. Keep your back straight and use the strength of your legs to lift.

✓ Avoid overpowering. Swing your club back and forward with a consistent and controlled tempo.



**Are you warming up before your spring and summer activities? Gearing up for new exercises? Don't forget to do your warm ups!**

Long gaps between activities or specific workouts are inevitable and unfortunately, this can increase the likelihood of injury and prolonged soreness when the individual decides to start. A good example of this would be someone not playing soccer for a few months and then jumping into a game and overly straining themselves. Warming up is so important as it prepares both body and mind for the activity ahead.

The increase in blood flow warms the muscles, increases flexibility and reduces the possible strain on joints and surrounding soft tissue structures. Remember to take your time before reaching high intensity! Whether you are going for a casual or high intensity workout, warming up is an essential part of performance and injury prevention.

**Principles to a good warm up includes:**

- Increasing your heart rate.
- Lightly stretch and mobilize the muscles and joint you are about to use.
- Strengthen: challenge your muscles by doing some some light resistance exercises such as lunges, squats, or push ups.

These three simple tips will help you with your everyday activities, as well as aiding in protecting your back during workout sessions.



# Crispy Cauliflower Hummus



## Ingredients

- 1 head cauliflower, cut into florets
- 2 tbsp extra virgin olive oil
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- kosher salt & black pepper
- 2 cups plain hummus

## Chili Herb Oil

- 1/3 cup extra virgin olive oil
- 1/2 cup chopped fresh herbs of choice
- 1 clove garlic, grated
- 1/2-1 tsp paprika
- 1/2-1 tsp chili flakes
- 2 tbsp sesame seeds
- 2 tsp lemon zest
- 1 tsp honey

## Directions

1. Preheat oven to 425°F. On a baking sheet, combine cauliflower, olive oil, and spices. Toss well to evenly coat. Place in oven for 20 min or until tender. Toss and roast another 10 min until charred.
2. Meanwhile make the chili oil. Combine spices and herbs in a heat-proof bowl. Heat oil in a skillet over medium heat until sizzling. Pour oil over spices and stir to combine.
3. Spread hummus in bowl of choice. Add cauliflower, then spoon over the chili oil. Serve with pita or chips.

# ONLINE BOOKING IS HERE!

We are slowly transitioning our practitioners to online booking! Most are available, and we are working on getting everyone on our portal! Additionally, once signed up you will have access to all previous invoices and upload documents such as x-ray and MRI reports for your practitioner to look over before your treatment. Use the QR code below or contact us for an invitation to our online patient portal!

Happy Booking!



Ottawa Health Group  
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