



Health & Wellness

by OHG

October 16 is World Spine Day!

World Spine Day recognizes the lack of access to quality spine care and rehabilitation in under-served communities, which results in chronicity and permanent deformity. For many populations, spinal pain and disability is not just a minor inconvenience – it can mean not being able to work and provide food and sustenance.

On **October 16**, the Canadian Chiropractic Association joins the global movement to raise awareness about the significance of spinal health and well-being. Our spines play a pivotal role in our everyday lives, from maintaining posture to enabling movement and supporting our central nervous system.



The Global Burden of Spinal Disorders

Low back pain is the single leading cause of years lived with disability worldwide. Neck pain is ranked number four.

Back pain is one of the most common reasons for missed work. One study showed that back pain was responsible for 12.5% of all sickness absences from any cause.

Back pain affects 7.5% of the world's population and up to 80% of Americans experience back pain on a daily occurrence.

Back problems are the 3rd most common reason for a visit at the doctor's office and in the top 5 reasons for emergency room visits.



MOVE YOUR SPINE

WORLD SPINE DAY 2023



This Year's Theme is Move Your Spine!

The Ottawa Health Group is asking you to join us by being active! Regular physical activity and movement of the body and spine play a crucial role in supporting musculoskeletal health for the average Canadian.

Here are some stretches to Move Your Spine!

Why Pay Attention to Spinal Health?

Back pain is common, and it has many possible sources including poor posture, improper form when exercising or playing sports, and sudden trauma. Roughly **90% of people will experience spine-related discomfort** at one time or another. This means such issues aren't rare or limited to age.

Your Spine is Affected by Many Different Parts

The human spine consists of 33 individual bones, 23 discs, and an assortment of spinal joints and nerves. Other key spine-supporting parts that should be kept healthy and strong include large spine-supporting muscles such as the erectors, glutes, and abdominal muscles, as well as many ligaments and tendons. It is important to be mindful of your posture and how long you sit at your desk in order to keep all these moving parts healthy.

Most Importantly, Spine Health Can Impact Quality of Life

Even occasional recurring back pain can affect everything from your ability to concentrate at work and get a good night's sleep to how well you can enjoy your favourite activities. If you suspect a problem, see your chiropractor to ensure your spine is healthy.



Cat-Camel Stretch

Helps improve spinal flexibility, promotes joint mobility in the entire spine, and stretches the muscles of the back.



Chest Opener Stretch

Helps counteract poor posture, relieve tension in the chest and shoulder muscles, and promote better upper body alignment.



Superhero Stretch

Encourages children and teens to engage their imagination while promoting flexibility and mobility throughout the body.



Dancing Butterfly Stretch

Not only stretches the muscles in the hips and inner thighs but also adds an element of playfulness and movement to keep children engaged.



Rainbow Roll & Pot of Gold

Great for bringing blood flow to neck and shoulders that get stiff from prolonged sitting, whether you're stuck doing homework or trying to meet those office deadlines!



For a deeper stretch, you can use your hand to guide your head as you relax your neck muscles.



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Best Ever Healthy Pumpkin Pie

Ingredients

- 1 pie crust (ideally homemade)
- 1 (15 ounce) can pumpkin puree
- 3 eggs
- ¼ cup pure maple syrup
- ¼ cup coconut sugar (or organic cane sugar)
- 1 teaspoon vanilla extract
- ¼ cup unsweetened almond milk (any milk will work)
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ¼ teaspoon salt



Directions

1. Preheat oven to 350F.
2. In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar, almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour into pie pan.
3. Bake for 50-60 minutes until filling is no longer jiggly. Check pie after every 20 minutes to make sure crust isn't burning.
4. Allow pie to cool for at least an hour before serving. Store leftover pie in fridge.

How Weather Affects Pain

People with inflammatory conditions (i.e., arthritis, spinal disc problems, some types of headaches) often claim that they can predict the weather based on their daily pain level. Research has confirmed that discomfort levels do correlate to changes in weather.

Low Barometric Pressure

Less air pressure surrounding the body can allow muscles, tendons, and other tissues around joints to swell and expand. This can place pressure and irritate affected joints, leading to pain.

Low Temperature

Most fluids and tissues, including those in and around your joints, become thicker with declining temperatures, causing them to feel stiffer. Think about placing olive oil in your refrigerator.

What You Can Do



Keep yourself warm, especially the small joints in your hands and feet



Consider taking a warm bath with Epsom salts or a hot tub



Perform some gentle stretching to stay limber



Don't skip workouts, but consider exercising indoors on colder days



Drink plenty of water



Try an anti-inflammatory diet

