

## HEALTH & WELLNESS NEWSLETTER

### How Weather Affects Pain

#### Low Barometric Pressure

Your disks, joint capsules, and tissues are comparable to **balloons**. When there is relatively lower pressure outside (bad weather), body tissues can painfully swell and compress pain-sensitive receptors.

#### Low Temperature

Most fluids and tissues, including those in and around your joints, become stiffer as the **temperature falls**. Think about putting olive oil in your refrigerator.



### Re-Thinking Chronic Pain

Chronic pain lasting more than 3 months has the potential to lower your pain threshold. This "hypersensitization" happens primarily in your brain, not at the site of symptoms, meaning you must reprogram how your mind thinks about everyday activities.

**Stay Active.** There is a vast difference between hurt and harm. Recognize that the amount of pain you are experiencing does not correlate with the amount of tissue damage. Slow down for acute or radiating pain, but unless directed otherwise, nudge into manageable discomfort. No pain, no gain is not a proper mindset either. Overdoing it will often set you back.

**Start Slowly.** Pick one activity that you would like to perform. Identify your baseline for what you can comfortably achieve, then nudge it each day (i.e., add 1 minute or increase pace).

**Refocus.** It's natural to focus on discomfort, but next time you sense irritation, refocus your attention to another healthy part of your body. Your brain can desensitize an area whenever you focus on something else. This can trigger lasting changes in your brain that will help you recover.

**Continually Refuel Your Brain.** Choose a healthy diet with plenty of water, and strive for 7-9 hours of quality sleep each night.

### 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**

# Over-the-Counter Pills Are No Match for Low Back Pain





Most people prefer to live life without taking extra medications to get through the day. However, when pain strikes, many still seek a quick solution from a pill bottle.

"Acetaminophen is **ineffective** for acute low back pain even for patients who comply with treatment." [1]

"The management of acute inflammation [with NSAIDS] may be **counterproductive** for long-term outcomes of low back pain sufferers." [2]

The most positive research on chiropractic therapy has focused on spinal manipulation for low back pain. As one of the alternatives to pain-relieving drugs, the American College of Physicians low back pain guideline recommends spinal manipulation along with heat, massage, and acupuncture.

More than one hundred studies have shown that **manual therapy** helps resolve the most common mechanical problems and joint pains:

	<b>LOW BACK PAIN</b>		<b>ARTHRITIS</b>
	<b>HEADACHES</b>		<b>NECK PAIN</b>

**The Purpose of Pain**

Pain medications ignore the underlying cause of your pain. They're designed to fool your body, numbing its ability to sense the pain. Pain sufferers spend billions seeking relief, but **pain is rarely the problem**. While you can expect our compassion, we're interested in identifying and correcting the **cause** of your pain, which begins with a thorough examination.



## Exercises for Low Back Pain

1. Hip Hinge Chair Squats
2. Abdominal Bracing
3. Cat/Cow Stretch
4. Bird Dog
5. Clams (banded optional)



For more details and video demonstrations!



## Massage Therapy Benefits

As the world struggles with an epidemic of opioid use and its devastating effects on lives, society and the economy, it's important to consider the role massage therapy can play in relieving pain.

Therapeutic massage may relieve pain by way of several mechanisms, including relaxing painful muscles, tendons, and joints; relieving stress and anxiety; and possibly helping to "close the pain gate" by stimulating competing nerve fibers and impeding pain messages to and from the brain.

Massage therapy's role in integrative health care has become widely accepted in major hospitals and medical practices. There is significant evidence supporting the inclusion of massage therapy for many important patient health conditions, including those for chronic pain management, behavioral health treatment, rehabilitation and physical training, and acute medical conditions.

[1] Schreijenberg, M. et al (2019). *Pain*, 160(12), 2848-2854.  
 [2] van der Gaag, W. H. et al (2020). *Cochrane Database Syst Rev*, 4(4), CD013581.





## Back-to-School Healthy Snickers Snacks

### Ingredients

- 10 medjool dates
- 2 tbsp peanut butter
- ¼ cup chopped or crushed peanuts
- ½ cup dairy-free dark chocolate chunks or chocolate chips
- 1 tsp coconut oil

### Directions

- Cut a slit in each date and remove the pit.
- Fill each date with peanut butter (about ½ teaspoon) and a sprinkle of crushed peanuts. Set aside.
- Place the dark chocolate and the coconut oil in a microwave safe bowl and melt in the microwave in 15 second increments, stirring between each. It shouldn't take longer than 1-2 minutes total.
- Using a toothpick, dip each date into melted chocolate and use a spoon to coat the date until completely covered. Place chocolate covered date on a platter lined with parchment. Sprinkle remaining crushed peanuts on top of each date.
- Place the dates in the fridge to allow the chocolate to set.
- Keep leftover chocolate covered dates in a sealed container in the fridge for up to a week.



## Farewell to Jade

Recently, our physiotherapist, Jade, has moved on in her career and has left our OHG Team. She has been such a bright ray of sunshine at our downtown office and we are sad to see her go, but we encourage and support her in this next chapter of her career.

She would like to thank all her loyal patients that have supported her over the past 8 years of her career!

Most importantly, our OHG team can address any of your care continuity concerns. We are actively seeking a new clinical physiotherapist at our downtown office, however for Jade's immediate referrals, please contact the front desk.

## Quick Statistics

Lifetime prevalence of low back pain in the adult general population has been reported to be as high as **84%**.

The incidence of chronic low back pain among patients who have an episode of acute or subacute low back pain ranges from **34% to 59%**.

Low back pain is the leading cause of years lived with disability worldwide and ranks among the highest in reasons for physician consultations among those less than **60 years of age in Canada**.

[3] Lacasse, A. et al (2017). *CMAJ Open*, 5(1) E237-E248.

## Interested in managing your chronic pain in a more conservative approach?

Consider our range of services and browse our website for more information.

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