



# Health & Wellness

by OHG

## Make Kneeling & Bending Easy Again



Too often, we take our hardworking knees for granted. Each of your knees are not only the largest joints in your body, but are comprised of two crucial connecting systems: the 'hinge' between your thigh bone and lower leg, as well as the joining of your thigh bone to your kneecap.

Because the knee's system consists of 3 joints, the causes of individual knee pain can vary. In some cases, knee pain occurs from the kind of repetitive motions that athletes routinely inflict on these joints. Ironically, the other extreme of not moving much at all can also lead to knee issues.

Even with knee pain, it's important to remain active! Follow these Do's and Don'ts to prevent further injury.

If you are having trouble performing daily activities such as kneeling, stair climbing and bending down, it's time to seek help.

**Consider:**

- Booking a treatment with your OHG provider for pain relief
- Asking for an exercise plan from your OHG provider for future prevention
- Doing a custom orthotics casting with one of our chiropractors!

DO		DON'T	
90° LUNGES		FULL DEPTH LUNGES	
STEP UPS		BOX JUMPS	
SIDE LYING LEG LIFTS		HURDLER STRETCH	
PARTIAL SQUATS		DEEP SQUATS	

**DON'T FORGET TO MAXIMIZE YOUR HEALTH BENEFITS BEFORE THE END OF THE YEAR!**

**DEADLINE FOR ORTHOTICS CASTINGS IS MONDAY, DECEMBER 9**



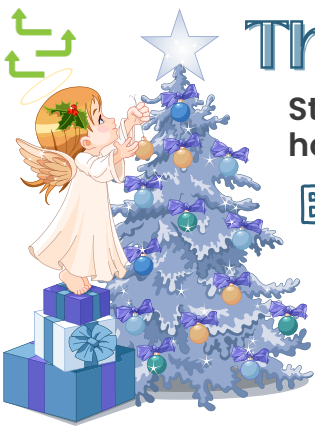
# The Angel Tree is Back!

Starting November 14th, OHG will once again be hosting an Angel Tree in support of the

## BOYS & GIRLS CLUB AND TOY MOUNTAIN

### How to Participate:

- Choose an Angel from our tree
- Purchase a gift (approx. \$30 value)
- Bring unwrapped gift to either clinic by Wed, December 11



As we observe Remembrance Day, we pause to honour the courageous veterans and active service members in our community. Your dedication, sacrifice, and commitment to protecting our freedoms are truly inspiring.

We are grateful for the trust you place in our clinic for your health and wellness needs. We recognize the unique challenges you face, both physically and mentally, and we are here to support you every step of the way. Your resilience in the face of adversity motivates us to provide the best care possible.

This November, we remember those who have made the ultimate sacrifice and acknowledge the bravery of all who serve. Thank you for your service and for allowing us to be a part of your journey toward health. You are not forgotten, and we stand with you in gratitude and support.

## EMPOWERING OUR HEROES

### CHIROPRACTIC & PTSD

Post Traumatic Stress Disorder (PTSD) is a serious condition that can be the result of an injury or being witness to a horrific event. It can happen in the first few weeks after an event, or even years later. It is often associated with military personnel and veterans.



People suffering of PTSD and anxiety often carry extreme tension in their muscles. If your back muscles are working overtime to support the spine, this can pull your spine out of alignment or simply create nerve interference - like a road block on a highway.

Chiropractic care, as well as massage therapy, can help reduce this muscle tension, improve spinal alignment and enhance overall body function. This physical relief can contribute to a greater sense of well-being and support mental and emotional recovery.



PHYSICAL HEALTH AND MENTAL WELL-BEING ARE DEEPLY INTERCONNECTED. BY PRIORITIZING YOUR BODY'S NEEDS, YOU EMPOWER YOUR MIND TO THRIVE!



### Exercise of the Month

Targets upper back and core to stabilize and strengthen muscles used for upcoming fall and winter activities.

#### BENT OVER ROWS

Hold a weight with your involved arm. Keep the same side foot on the floor while placing the opposite knee on a bench. Lean forward into a "tripod" position to support your weight with the uninvolved arm. Lift the weight straight toward the ceiling until your elbow is above shoulder height. Your focus should be on moving your shoulder blade toward your spine as you elevate your elbow. Slowly lower the weight to the starting position and repeat for three sets of 10 repetitions daily or as directed.





# Stuffed Acorn Squash



## INGREDIENTS



- 1 lb chicken or turkey sausage
- 8 oz cremini baby bella mushrooms, finely chopped
- 1 small yellow onion, chopped
- 1 medium sweet-crisp apple, peeled cored & finely diced
- ½ tsp kosher salt + extra to season squash
- ¼ tsp ground black pepper + extra to season squash
- ¼ tsp ground nutmeg
- ⅛ tsp ground allspice
- 2 cloves minced garlic
- 1 tbsp chopped fresh sage thyme, or a mix (plus additional for serving)
- ½ cup shredded Parmesan cheese divided
- 2 acorn squash
- 4 tsp olive oil (measure with your heart)



## DIRECTIONS

1. Preheat oven to 400°F. With a sharp knife, cut squash in half from stem to base. Scoop out and discard the core. Arrange the halves cut-sides up on a rimmed baking sheet. Brush each half with olive oil and season with salt and pepper. Bake for 40 min until fork-tender.
2. Reduce oven temperature to 375°F.
3. Heat olive oil in a large skillet over medium-high heat. Add the sausage/chicken. Brown the meat, breaking it apart into small pieces, for 3 minutes.
4. Add the mushrooms, onion, apple, salt, pepper, nutmeg, allspice, and minced garlic. Cook, stirring frequently, until the sausage is cooked through, the vegetables and apple are softened, and the liquid has cooked off, about 8 more minutes.
5. When squash is cool enough to handle, scoop out its flesh leaving about a 1/4-inch thick wall all the way around. Add the scooped squash to the pan with the sausage. Add the herbs and ¼ cup Parmesan and stir to combine. Taste and adjust salt, pepper, and spices as desired.
6. Add filling inside of the hollowed squash halves and sprinkle the remaining Parmesan over the top. Place the pan in the oven and bake until the filling is nice and hot, about 15 minutes. Sprinkle with additional fresh herbs as desired & serve hot!



## Immune Boosting Tips

### STAY ACTIVE

At least 30 min of physical activity most days of the week. Walking, yoga, strength training – just move your body!

### NUTRITION MATTERS

A balanced diet rich in protein, fresh produce and whole grains. Focus on vitamins C & D, zinc, and antioxidants!

### QUALITY SLEEP

Quality sleep is essential for recovery & immunity. Aim for 7-9 hours of restful sleep each night.

### HYDRATION IS KEY

Water intake supports EVERY system along with your immunity. Try to drink 3-4 L of water every day.

### MANAGE STRESS

Try practicing mindfulness, deep breathing, or meditation to manage your stress and improve your immunity.

### COME SEE US!

Our providers are dedicated to your health & wellness. This includes keeping your immune system in shape!

# BE KIND TO YOUR MIND

