

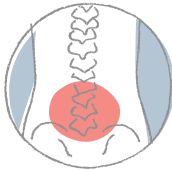
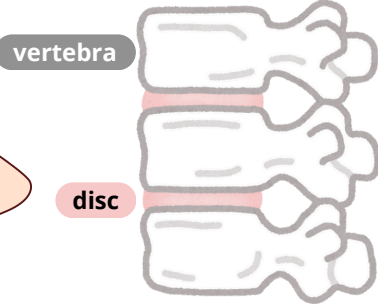
# Health & Wellness

by OHG



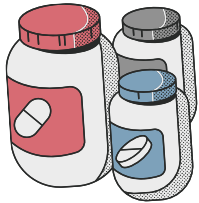
## What is Low Back Pain?

Your lower back is made up of 5 bones stacked atop one another, separated by a soft “disc” between each segment to allow for flexibility. Normally, each joint in your spine should move freely and independently. Sometimes, one or more of the joints in your low back can become “stuck”. We call this condition “*lumbar segmental joint restriction*”.



Imagine a normal spine functioning like a big spring: moving freely in every direction. If a section of that spring was welded together, it would be similar to a spine with *restriction*. The spring may still move as a whole, but a portion of it is no longer functioning.

## Over-the-Counter Pain Medication is no Cure for Low Back Pain!



While Acetaminophen and Non-Steroidal Anti-Inflammatory Drugs (or NSAIDs) are occasionally used to temporarily relieve symptoms, low back pain is generally a *mechanical issue* that responds best to a *mechanical solution*.

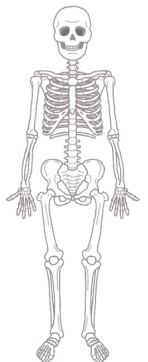


The *College of Family Physicians of Canada (CFPC)* warns that “NSAIDs are associated with mild to moderately severe side effects such as: abdominal pain, bleeding, diarrhea, edema, dry mouth, rash, dizziness, headache, tiredness”, even though they can be recommended to temporarily treat low back pain.

## Chiro, Massage, Physio, and Acupuncture are Effective Treatments for Low Back Pain!

For acute and subacute low back pain, our specialists here at the Ottawa Health Group recommend spinal manipulation/ chiropractic adjustments by one of our trained specialists. Adjunct treatments like massage therapy and acupuncture have also proven extremely effective in treating chronic low back pain.

Spinal manipulation, massage therapy, and acupuncture are *low-risk* treatment options.





# Happy Equinox!



The Autumn Equinox begins on Sunday, September 22nd and marks the end of summer 2024! Find out how the change in seasons may affect your health:

## Low Temperature

Most fluids and tissues, including those in and around your joints, become stiffer as the temperature falls. To imagine it, think about putting olive oil in your refrigerator.

## Low Barometric Pressure

When there is relatively lower pressure outside (bad weather), your discs, joint capsules, and tissues can swell and compress pain-sensitive receptors.



## What You Can Do



Keep yourself warm! *Especially* the small joints in your *hands* and *feet*.



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



Perform some gentle stretching to stay limber



Consider sitting in a warm bath or hot tub if your cardiovascular health allows.



Try an anti-inflammatory diet!



Drink plenty of water!



Visit your chiropractor and get adjusted!

## Re-thinking chronic pain

"No pain, no gain" is not a proper mindset. Overdoing it will often set you back! But there is a vast difference between hurt and harm. 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.

Pick one activity that you would like to perform. Identify the limit for what you can comfortably achieve, then nudge it each day.

It's natural to focus on discomfort, but try to 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.





# Snacks for Back-to-School Season

## Bento Box!

### Ants on a Log!



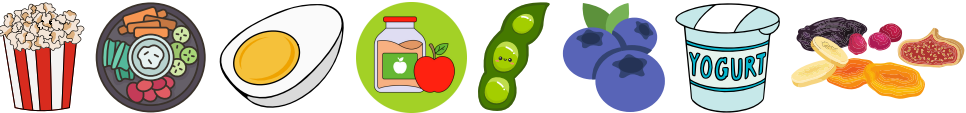
**A simple classic!**  
**All you need is:**

- Peanut butter or pea butter (nut free)
- Celery (cut into segments)
- Raisins!

Fill your celery boat with pea/peanut butter and place your raisins on top in a trail!



Perfect for school lunches, Bento Boxes are single-person meal containers with multiple separate compartments. They're typically equipped with a large compartment for an entree along with smaller compartments for snacks, sides, and dips!



### Easy, Healthy Bento Box Options!

- Popcorn
- Veggies & hummus or guacamole
- Hardboiled/ soft-boiled eggs
- Unsweetened apple sauce
- Edamame Beans
- Berries and grapes
- Yogurt
- Dried fruit
- Homemade muffins or granola bars



## Farewell to Phil!

One of our incredible RMTs, Phil, will be leaving our Team in September in order to work closer to home and spend more time with his growing family. He has been a wonderful presence at the Ottawa Health Group and we are sad to see him go, but we're excited to encourage and him in this next chapter of his career!

Thank you to all the patients who have supported Phil during his nine years with us here at OHG.

If you have any questions or concerns, please don't hesitate to contact the downtown or Kanata clinics.

