

# November Newsletter



## Oh No Snow!!!!

I know we don't want to talk about the arrival of snow but it is coming soon. Now is the time to refresh ourselves about the importance of protection when shovelling or even participating in winter activities.

### <sup>1</sup>Lift Light, Shovel Right

Stay safe this season.

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway — on average, several hundred pounds!

These tips will help keep your back in top shape.

#### 1. Don't let the snow pile up.

If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow at once.

#### 2. Pick the right shovel.

Use a lightweight pusher type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.

#### 3. Push, don't throw.



Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.

#### 4. Bend your knees

If you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting, while keeping your back straight.

#### 5. Warm up

Before tackling any strenuous activity take the time to warm up with some overall conditioning (a 10- to 15-minute walk, even on the spot, should do it), followed by some simple stretching.

#### 6. Take a break

If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shovelling immediately if you feel chest pain or back pain. If you have back pain that is severe or that persists for more than a day after shovelling, see a chiropractor. If you have chest pain that is severe, see a medical doctor immediately.

Know when to rest. Rest when you feel tired. Stop your activity immediately if you experience sudden or prolonged pain in any joint or muscle. Cool down by stretching, and change into dry, warm clothes.

Stay hydrated. Don't be fooled by the temperature! Your active body needs plenty of fluids even though it's cold outside. Be sure to drink lots of water or juice before, during and after winter sports.

### <sup>2</sup>Concussions

When we think of concussions, we often think about it happening to athletes and not the average person. However, with winter coming it is an important time to bring this topic up. With activities like skiing, skating, and slipping and falling on ice, head injuries are very common for the average person in the winter.

Concussions are called an "invisible injury" because symptoms aren't always easy to recognize and concussions don't show up on imaging.

#### What is a Concussion?

A concussion is a traumatic brain injury caused when the brain is shaken inside the skull. This can be due to a fall, a blow to the head, or even from whiplash. You don't necessarily have to hit your head to get a concussion.

<sup>1</sup> <https://www.chiropractic.on.ca/public/public-education/winter-shovelling/> Ontario Chiropractic Association

<sup>2</sup> <https://www.chiropractic.on.ca/public/your-back-health/the-concussion-playbook/> Ontario Chiropractic Association and Canadian Guideline on Concussion in Sport

There is a misconception that a concussion only happens if you black out. However nine out of 10 concussions don't make you lose consciousness, and some only cause a brief interruption in mental alertness.

If you have had a concussion, the first 10 days are crucial. During that time you have the greatest risk for another concussion, as well as what you do during this time period will have an effect on your prognosis and healing.

Recognizing symptoms and being assessed by a healthcare provider are important steps to starting your recovery as health care providers will be able to provide return to learn and return to play steps and help you monitor recovery.

Some symptoms that are associated with concussions are as follows: Headache, blurry vision, vomiting, dizziness, balance problems, sensitivity to noise or light, irritability, extreme sleepiness or difficulty falling asleep or remaining asleep.

Canadian Guidelines for Post-Concussion Care-Concussion Do's and Don'ts: the first few days:

**Do's:**

See a healthcare provider for an assessment

Physical and mental rest for 24-48 hours-sleep at night, rest during the day

Take is slowly returning to daily activities and sport-your healthcare provider will be able to give you a return to learn and return to play guideline to follow

Conserve your energy-after a concussion your brain has less energy to spare than it normally does. Imagine that pre-concussion that your brain is like a full battery, you have lots of energy to use for your daily activities. While you are healing from a concussion, it is like you are working with a ½ charged battery as so much energy is going to heal your brain. If symptoms return, you are pushing yourself too hard

Take care of basic needs-Eat regular meals and snacks, stay away from stimulants like caffeine, keep a regular sleep schedule

**Don't:**

Don't be woken every hour-it is normal to need more sleep in the acute stage of healing

Don't be put in a dark room; avoiding all activity-this was the consensus in the past, however it is now accepted that light and cautious activity can be a part of the healing process

Don't exercise/play sports or do heavy household chores that may lead to another concussion or worsen symptoms. Refer to the return to learn/return to play protocol from your healthcare provider

The demands of full time school/work may trigger symptoms, make sure to follow the return to learn guidelines

Don't use electronic devices

Don't drive, ride a bike or work with machinery or ladders-your reaction time, vision and thinking may be impaired. Wait for clearance from your healthcare provider before doing these activities

By following the return to learn/return to play protocols, most people recovery within a few days to three months. Having a good team to help you through the healing process is important. Chiropractors are able to help manage any headaches, neck pain or back pain you may also be experiencing because of your injury. Discuss the options with your healthcare provider to find the best treatment options for you.

Dr. Frederick is still looking for more pictures of your dogs to fill the wall in the dog room. Please email a picture or even bring one in with your next visit.

[drjessalynnfrederick@gmail.com](mailto:drjessalynnfrederick@gmail.com)



Having trouble thinking of Christmas gift ideas? How about a gift certificate for a massage from our Registered Massage Therapist, Lori Tangen RMT.



You can purchase the massage therapy gift certificates at the office.