

# Neuromechanical Pain Management Associates Newsletter

**“Where we serve more people and serve people more!”**

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**October 2015 Issue**

## **“Fall Clean Up”**

The leaves will soon be changing color. The evenings are cooler and the days are getting shorter. This is the

Get a head start on the lawn and garden clean-up. It is much easier to look after things in the yard when it is warm. There is also less chance of sustaining an injury when it's warm. But - - that does not mean you cannot forget to warm up and keep yourself well hydrated (in other words drink ample amounts of water when working outside).

Be sure to pace yourself and do not try to clear the whole yard in one afternoon! Attempting to do so can cause increased stress on your heart and lungs as well as your back, shoulders, hips and knees.

If you injure yourself, please stop the activity, apply ice and rest. Ice 15 to 20 minutes; three or four times a day on the injured area. If you do not have an ice pack (made of soft gel) you can use a hot water bottle and fill it with a mixture of 50% water and 50% antifreeze or windshield washer fluid. It will stay relatively soft while in the freezer but provides an excellent source of cold. A bag of frozen peas or frozen corn also works well and will conform well to the body.

If the pain is limiting your daily activity level, then be sure to consult with your Chiropractor.

Quite often the back pain associated with fall cleanup is a result of over exertion (lifting an object that is much too heavy) or overuse (lifting or doing something too many times). In the Fall, raking is probably one of the most common 'over use' injury and lifting heavy bags of wet leaves can certainly cause you to 'over exert' your back muscles.



## **Tips for a Healthy Halloween**

Trick or treat! Halloween is just around the corner, and you know what that means: Candy... And Calories... And Cavities... And hyperactive kids.

Childhood obesity is increasing at an alarming rate. Nearly one in three children is overweight or obese in the United States. This year Americans will spend close to \$2 billion on Halloween candy and approximately 10 percent of the nation's medical costs on obesity related diseases.

Weight management is always a challenge but more so during the holidays. The secret to success is calorie intake, which means choosing appropriate portions and remembering that extra bites add up. It takes only an additional 100 calories a day above what you need to lead to extra 10lb weight gain in a year.

Purchase Halloween candy the day of trick or treating to avoid temptation. Buy less than what you think you will need to avoid leftovers and purchase candies that you do not like, if you still have leftovers place them out of sight. Serve a healthy family dinner before the fun begins, this way the kids will not be tempted to eat candy along the way. After trick or treating, offer a cup of warm, low fat milk with just one treat to ensure that blood sugar is stable before bedtime.



## Pumpkin Painting at Neuromechanical Pain Management

Come join us at our office for a day of pumpkin painting! We are having an open house October 24<sup>th</sup>. There will be pumpkin painting, along with some snacks and refreshments. We will be also be doing spinal screenings and chair massage. Please call and RSVP by October 16<sup>th</sup> if you would like to join. It will be great for the kids!!



## What is Chiropractic?

Did you know October is Chiropractic Health Awareness Month?

So what exactly does a chiropractor do?

Doctors of Chiropractic – often referred to as chiropractors or chiropractic physicians – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

The most common therapeutic procedure performed by doctors of chiropractic is known as “spinal manipulation,” also called “chiropractic adjustment.” The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypo mobile – or restricted in their movement – as a result of a tissue injury.

Chiropractic adjustment rarely causes discomfort. However, patients may sometimes experience mild soreness or aching following treatment (as with some forms of exercise) that usually resolves within 12 to 48 hours.



## DOT Physical Exams

We are proud to announce that as of October 2015 we will be certified by the department of transportation to perform (DOT) Physicals.

We offer certified medical examinations meeting all requirements of the Federal Motor Carriers Safety Administration. We offer convenient location, easy access, prompt appointments and quick turnaround time. We'll get you back on the road.

### Preparation for exam

Be prepared to provide a urine sample.

Make a list of all current medications, Prescription and non-prescription.

Refrain from tobacco, alcohol and any caffeinated beverages or substances for 4 hours prior to examination.

Bring picture identification, payment, your current medical certificate (if this a renewal) and the name and address of your employer.

**DOT physical is \$85.00 that includes medical examination and laminated medical card.**

**Payments accepted are cash, credit, and or check. 215-547-6660**

