

SCHRICKEL HEALTH & WELLNESS

June 2023

Health Aware Newsletter



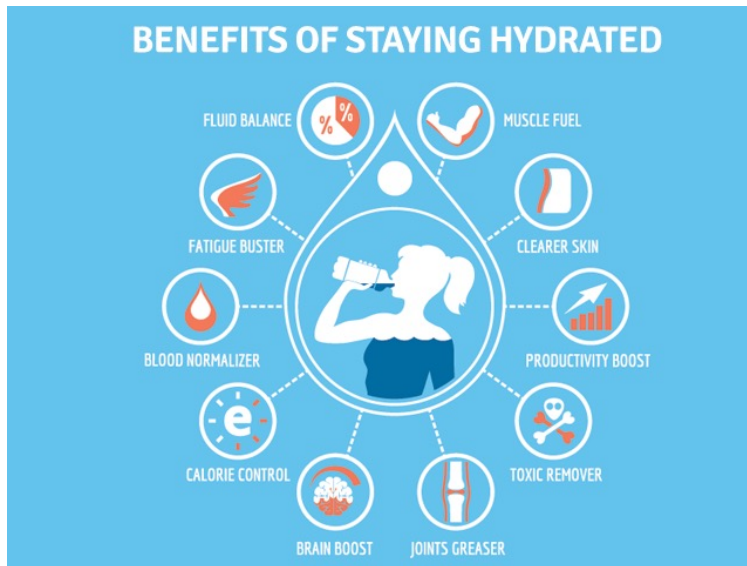
Visit us at:
www.schrickelhealth.com

This Month:

- Veteran Shirt Sale! Stop by our office to purchase a shirt honoring our veterans. Proceeds will be donated to a veterans group.
- June 21: First Day of Summer!

Health & Wellness: Stay Hydrated

June is the official start of summer! Warmer temperatures and spending more time outside mean it is extremely important to stay hydrated. Check out all of the benefits of staying hydrated. Look at the chart to see how much water you should be drinking each day!



BODY WEIGHT	WATER INTAKE	8 oz GLASSES
80 lbs	40 oz / 1.2 L	5
100 lbs	50 oz / 1.5 L	6
120 lbs	60 oz / 1.8 L	8
140 lbs	70 oz / 2.1 L	9
160 lbs	80 oz / 2.4 L	10
180 lbs	90 oz / 2.7 L	11
200 lbs	100 oz / 3 L	13
220 lbs	110 oz / 3.3 L	14
240 lbs	120 oz / 3.5 L	15
260 lbs	130 oz / 3.8 L	16
280 lbs	140 oz / 4.1 L	18
300 lbs	150 oz / 4.4 L	19

Exercise: Walking Reduces Neck Pain Risk

A randomized control trial in the Journal of Occupational Health showed that healthy office workers who increased their daily step count were 78% less likely to develop a new onset of neck pain in the following 6 months.

Nutrition: Fish Oil

According to Healthline, the following are reported benefits of taking a fish oil supplement: support heart health, help with mental health conditions, support eye health, reduce inflammation, support skin health, reduce liver fat, support pregnancy and early life, improve attention and hyperactivity in children, help prevent symptoms of mental decline, reduce allergy risk, and improve bone health. To learn more: <https://www.healthline.com/nutrition/benefits-of-fish-oil>

Chiropractic: Helping with Headaches

The Journal of Manipulative and Physiological Therapies concluded that cervicogenic and migraine headaches can be improved through chiropractic care! In addition to chiropractic care for headaches, the American Chiropractic Association recommends stretching, walking, staying hydrated, avoiding triggers (food, noises, stress, etc.), avoiding prolonged fixed positions, avoid sitting with poor posture, and avoid teeth clenching.



Quotes:

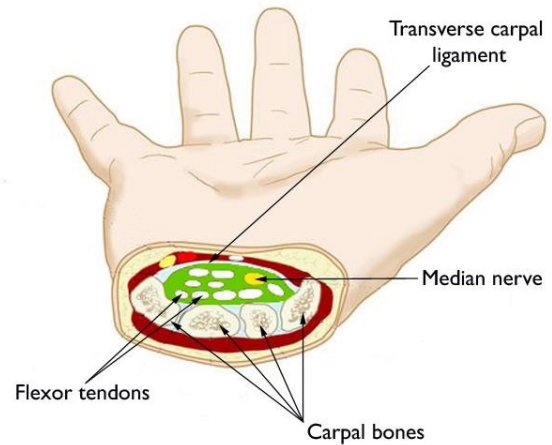
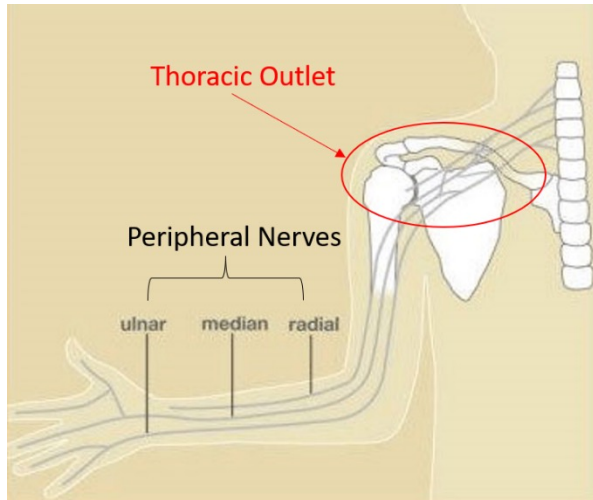
“A sad soul can be just as lethal as a germ.” – John Steinbeck

“It is health that is the real wealth, and not pieces of gold and silver.” – Mahatma Gandhi

Chiropractic: I have tingling in my hand. Is it Carpal Tunnel?

Tingling in the hand can be caused by compression of nerves in several locations: in the neck, within the thoracic outlet or on the peripheral nerves in the arm itself. Compression within one area can make the nerve more sensitive and more easily irritated in other areas as well. As an example, a primary location of compression within the neck can make a lesser secondary compression in the hand more noticeable. This pattern of two locations of irritation is called a “double crush.” A thorough exam will help us determine which nerve is being compressed and in what location(s) that nerve is being compressed.

Carpal tunnel syndrome is caused by compression or irritation of the median nerve within the carpal tunnel. The carpal tunnel is located on the palm side of your hand right above the wrist crease. One of the signs of carpal tunnel is tingling, numbness or weakness in your thumb, pointer finger, middle finger and half of the ring finger on the palm side of your hand. If you are feeling tingling in the pinky finger, it is not carpal tunnel!



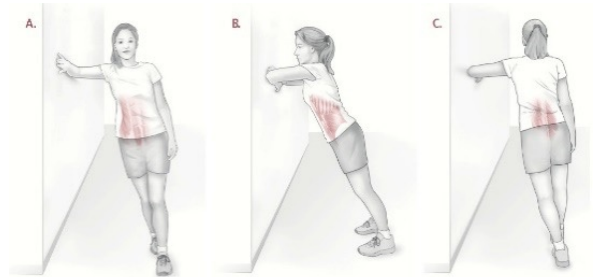
Exercise: Planks

Core strength is vitally important towards protecting your back. It is important to strengthen your core with exercises that don't add additional stress to your back.

Wall Planks

Instructions:

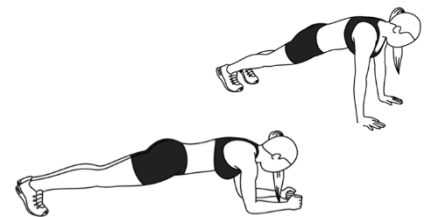
- Stand facing wall about a foot away.
- Lean on wall with forearms.
- Maintain a neutral spine.
- Move feet away from wall to a comfortable distance.
- Hold for 5 seconds while maintaining normal breathing.
- Return to starting position.
- Perform the same steps, but while standing with your side to the wall. Lean on the wall with one arm. Perform to each side.
- Note: A more advanced version can be performed on the floor.



Floor Planks

Instructions:

- While maintain a neutral spine and abdominal brace, get into a pushup position and maintain a straight back.
- Hold for 5 seconds while maintaining normal breathing.
- Progression: perform same exercise with elbows on the floor.



YOUR REFERRAL IS OUR GREATEST COMPLIMENT!