

# SCHRICKEL HEALTH & WELLNESS

May 2023

*Health Aware Newsletter*



Visit us at:

[www.schrickelhealth.com](http://www.schrickelhealth.com)

## This Month:

**Memorial Day:** On May 29, we remember and honor all those who have died in service of our country.

## Health: Using Ice

A common question we get is whether to use heat or ice for pain relief between scheduled visits. The answer to this question depends on the situation, but in most instances the answer is to use ice. Ice should be used when there is an acute injury and active inflammation in the region; think spraining your ankle or injuring your back. Ice physiologically decreases circulation, metabolism and nerve conduction velocity which reducing swelling, inflammation, muscle spasms and pain.

Ice packs should be applied for a maximum of 15 minutes with at least 45 minutes between applications. A single towel layer should be between the ice and your skin. The reason you want to limit icing to only 15 minutes each time is because you don't want to freeze the tissues, which could actually cause more inflammation. Remember throwing snowballs as a kid with your bare hands and eventually your hands got so cold that they started to hurt? Well, this is exactly what can happen if you ice for more than 15 minutes each time or if you don't use a towel later. Allowing for at least 45 minutes between applications allows for your skin to return to normal temperature.

## Chiropractic: Sciatica

Back pain accompanied with shooting pain, electric jolts, discomfort, weakness, cramping or tingling in the back of your legs are all symptoms that are commonly referred to as sciatica. Sciatic symptoms result from compression or irritation to nerves after they exit your spinal canal and before they travel into your leg. This compression/irritation can be caused by several things, including: low back inflammation, degenerative changes, herniated discs, piriformis syndrome, and joint dysfunction.

## Exercise: Benefits of Walking

Walking is one of the best exercises for your body. It is low impact, easy to do, can be done anywhere and it's free! Here are a few of the many benefits of walking that are listed on the Arthritis Foundation's website:

**Improves joint health.** The cartilage in joints has no direct blood supply. Walking produces a pumping mechanism that increases circulation and brings oxygen and nutrients to the cartilage.

**Tones your muscles.** Having stronger muscles takes stress off of your joints.

**Improves heart health.** One study on post-menopausal women showed that walking 2 miles a day lowered blood pressure by 11 points over a span of 24 weeks.

**Releases endorphins, which are natural painkillers and mood enhancers.**

**Burns calories and can help manage your weight.** A 30-minute walk can burn up to 200 calories.

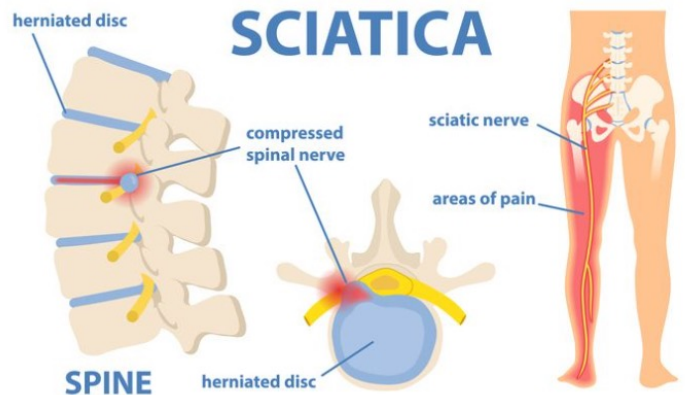
**Relieves insomnia.**

**Can stop loss of bone mass in those with osteoporosis.**

**Improves balance and coordination.**

## Exercise: Start Walking!

So you've read the benefits of walking in this newsletter and you want to start! Consider the following tips: Start slowly. If you are new to walking, or you are coming off of an injury, start gently with a steady pace of 5-10 minutes a day. Slowly increase your time and distance as it becomes easier. Set goals. An example would be to walk 30 minutes a day 4-5 times a week.



**Make it a habit.** Make sure you walk consistently. Plan ways to incorporate walks on your busy days. On rainy or snowy days: walk indoors, walk on a treadmill or put on appropriate gear and brave the weather!

Change it up. Walk with friends and in different locations to keep it interesting.

Wear Appropriate footwear. Wearing appropriate footwear, such as a running shoe, will reduce stress on your body.

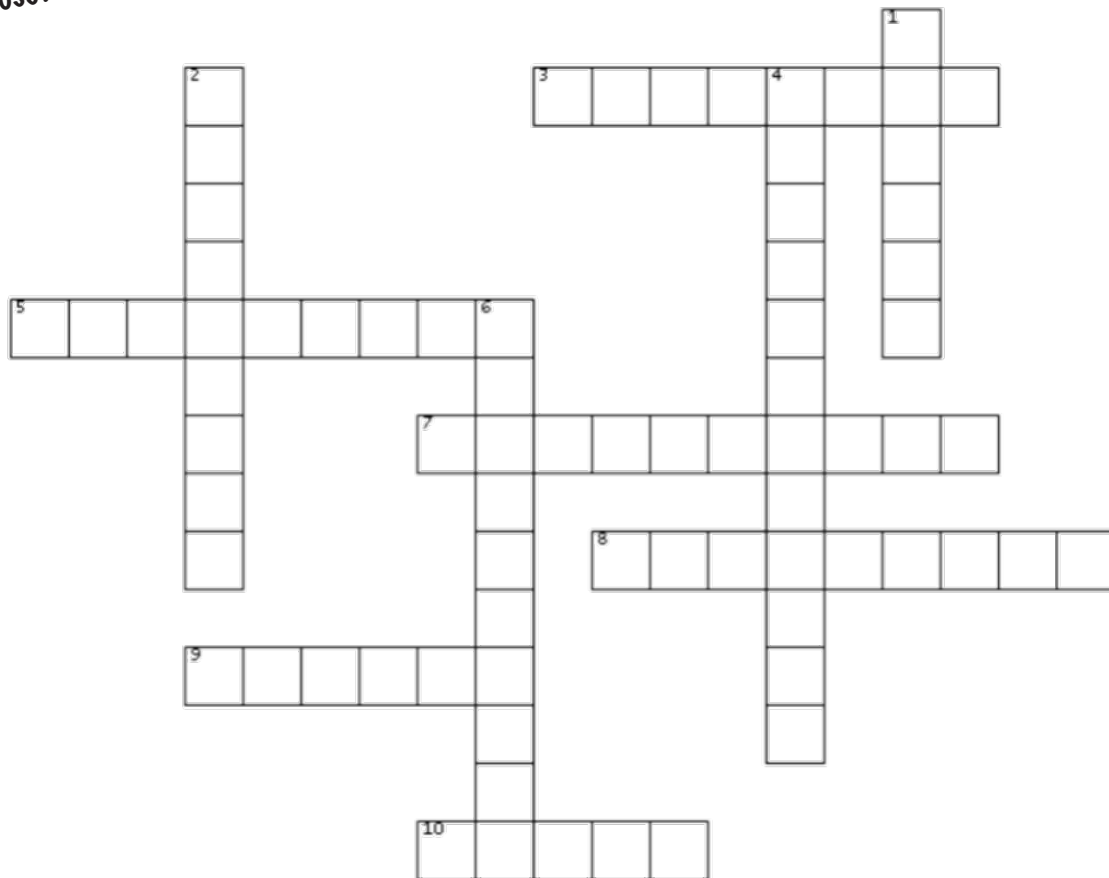
**\*\*Never walk far in flip-flop style sandals!\*\***

### Quotes:

**“Let food be thy medicine and medicine be thy food” -Hippocrates**

**“I have chosen to be happy because it is good for my health” -Voltaire**

### A Chiro-Crossword Puzzle!



#### Across:

3. The neck region of your spine.
5. The instrument we use to make adjustments.
7. A change made to improve function.
8. The name of the bones that make up your spine.
9. The low back region of your spine.
10. Means “of the hand or hands”.

#### Down:

1. The last name of the founder of chiropractic.
2. “\_\_\_\_\_” Health and Wellness
4. A pathological process that includes heat, swelling, redness, pain & decreased function.
6. Another name for an x-ray.

**YOUR REFERRAL IS OUR GREATEST COMPLIMENT!**