



Our Promise to you

- **“We are one of the oldest Chiropractic practices in the country. It is our intention to be the best Chiropractic practice in the country. Being the best can be defined only by our patients, one at a time. Our goal is to provide the highest quality, non-surgical, musculo-skeletal care there is to offer. We intend to provide this care in a compassionate, friendly and respectful environment.”**

—Dr. Christopher Webb

RELIEVE BACK PAIN AND KEEP YOUR BACK HEALTHY BY FOLLOWING THIS EXERCISE ROUTINE

Lower back pain, upper back pain, any back pain...definitely no walk in the park. Those of us who experience back pain of any sort know that it can be very debilitating. Back pain can make the simplest tasks seem to be unbearable and unthinkable. It can cause us to miss out on playing with the kids, cause us to miss out on an opportunity to enjoy swimming with friends at the pool, or completely through you off of your workout routine just when you became consistent and started to see progress.

I recently had a coworker sitting in front of me at my office in Pittsburgh where I have a “desk job.” All day long he complained about how sore his back was and how miserable he was sitting at his desk. You do not need to be chopping wood or carrying block to be experiencing back pain at work or at home. Not only can weak muscles (and a host of other things) cause back pain, but so can shortened muscles caused from sitting at work all day. Weather your job is physically demanding or mentally draining, you need to be comfortable. But what can you do? The first thing that you should do is schedule an appointment with your physician. Your chiropractor will give you a thorough examination and ask you questions to help identify the source of your pain. You may even get some exercises for back pain and stretches for back pain as homework. Most of your typical back pain exercises and stretches can be performed right in your house.



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EXERCISES FOR A HEALTHY BACK

A few stretches for back pain:
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Pelvic Tilt - The pelvic tilt helps to stretch your lower back and strengthen your lower abdominal muscles.

Start by lying on your back with your knees bent and your feet flat on the floor. Slowly exhale and contract your abdominal muscles. Push your belly button towards the floor and flatten your low back. Hold this stretch for 5 seconds.

Repeat the stretch 10 times.

Knee to Chest Hold – This will help to stretch your lower back muscles and hips.

Start by lying on your back. Slowly pull one knee towards your chest, using your hands to hold your leg. Hold this position for approximately 10 seconds. You should feel a stretch in your lower back and as well as your hip. Change legs and then repeat.

Repeat this stretch 3 times with each leg.

Hamstring Stretch – The hamstring stretch will help to decrease strain on your lower back. Tight hamstrings can contribute to lower back pain.

Keep your leg as straight as possible as you slowly pull it up until you feel a comfortable stretch. You may use a towel to help you pull. Hold this stretch for 10-20 seconds. Perform this stretch on the opposite side and hold for 10-20 seconds.

Repeat this stretch 3 times on each side.

Bridge - The bridge strengthens your lower back and hip muscles helping to stabilize your spine.

Start by lying on your back with your arms at your sides. Bend your knees and place your feet flat on the floor. Next, slowly raise your hips off of the floor and contract your glutes and your hamstrings.

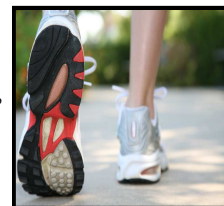
Hold this exercise for approximately 5 seconds and repeat 10 times.

Always be sure to exercise and stretch at your level of comfort and use precautions. If the prescribed sets or reps feel like too much, then decrease the number of sets or reps until you are comfortable. If any particular exercise or stretch is causing you discomfort, it is best to not perform that exercise until speaking with your physician.

For a complete and customized guide of back pain exercises, schedule an appointment with Dr. Webb and Associates. Dr. Webb and Associates is conveniently located for patients who live in Pittsburgh, Washington, and the surrounding areas.

BEAT THE SUMMER HEAT AND KEEP RUNNING ALL SUMMER LONG

The month of August is here and as the dog days of late summer arrive in the Pittsburgh area, the temperature and humidity start to rise and the motivation for runners to maintain their routine starts to fall. When most people look at the weather and see the temperatures rising into the high 80's and 90's, the only thing on their minds is to keep cool. As a result, many people decide to forgo their daily runs. While running in the heat of the summer months is more challenging than in the cooler weather of spring and fall, it can still be accomplished.



There are a few things that every runner needs to take into consideration before lacing up their running shoes on these hazy, hot, and humid days. By following these simple tips your runs in the summer months can be as enjoyable as any other time throughout the year.

- One of the easiest way to avoid the heat is by running either early in the morning or later in the evening after the sun sets and the temperature and humidity is lower. Sometimes this can require rearranging your schedule but most people find that it is well worth their efforts and they are happy to beat the afternoon heat. If you are running after dark be sure to wear bright colored reflective clothing to make sure that you are well visible to traffic.
- Don't avoid the rain. When it is really hot outside the rain can be your best friend. A slight drizzle can make all the difference.
- As with any exercise routine, drink lots a fluids. This tip is one of the most important especially on a hot day. Remember to drink plenty of water before your run and be sure to replenish throughout your run. Don't forget to replenish your electrolytes as well.
- Find the shady spot. When the temperature is up take a drive to a local park or trail with lots of trees. This will help to keep you out of the direct sunlight while also allowing you to enjoy some scenery during your run.
- Remember to dress for the weather. This is something we hear in the sinter but it is just as important when it comes to the heat. Wear light colored clothing made of a light material such as micro-fiber.
- Adjust your pace during the hottest days. Slowing down a little will help to reduce the risk of heat related illness.

“Adjust your pace during the hottest days. Slowing down a little will help reduce the risk heat related illness.”

By following these simple steps you can keep running all summer long. Before you know it the snow will be back in Pittsburgh and we will be battling a whole different set of obstacles with our workout routines. Before starting any exercise routine you should consult your doctor. For more information or to schedule an appointment contact Dr. Webb and Associates at 724-225-2225 or visit www.chirowebb.com

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“ B A C K P A I N S O L U T I O N S ”

Dr. Webb and Associates is focused on Back Pain Solutions™, using the latest non-surgical treatments of musculo-skeletal conditions with a strong focus on spinal conditions. We specialize in conditions of the cervical, thoracic and lumbar spine, as well as non-surgical conditions of the foot, ankle, knee and shoulder. Our goal is to properly diagnose your condition, to render and direct the best treatment possible and to provide you with a solution and end to your pain or condition.

For more information visit us at www.chirowebb.com. You can also follow us on Facebook and Twitter.

