

Achieving Wellness

Victoria Family Chiropractic

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Gardening and Cat Stretching

The "Cat Stretch"

Spring is here - hooray! As the sun shines, the grass and weeds grow. Many of you have already cut your lawn, planted seeds or trimmed. Before we give you tips to safely garden (see below), celebrate your incredible body. The results you achieve from chiropractic are a testament to your body. As a chiropractor, I don't do the healing - you do! As your spine gets repatterned/aligned, your nervous system is allowed to work unimpeded. This gives you the opportunity to achieve wellness.

Sit on the edge of a low seat (low enough so that your legs are at a 90 degree angle). Your bent knees should be spread slightly more than shoulder width apart. Tuck your chin to your chest, round your back (like a cat), and bend forward and grab your ankles. This is a wonderful spinal stretch that opens up the vertebra while stretching muscles and nerves from the base of the skull to the pelvis. Inhale through your nose, filling up your lower abdomen and exhale out your mouth. Hold for 30 seconds to a minute daily.

Healthy Gardening Tips

- Warm up your muscles. Try walking for 10-15 minutes first.
- Adhere to the 20/20 rule. This means take a small 20-second break every 20 minutes. Do this by changing your position and moving around.
- Use long-handled tools to avoid excessive bending.
- Use your body evenly by switching hands to avoid using certain body parts excessively (example, raking and hoeing).
- When lifting, suck your belly button in and squeeze your buttock muscles together. Get as close to the object as possible and bend with your knees. Whenever possible, face the object directly. Always lift cautiously and make sure the object is balanced before you lift.
- Use a scissor stance when raking or hoeing (legs apart).
- When planting and weeding, use your hands and knees, as squatting for extended periods puts strain on the back. Be sure to use knee pads.
- Stay hydrated.
- Stretch afterwards. Although gardening may seem like an innocent activity, it isn't.
- Use sunscreen or cover-up with clothing if you plan on gardening longer than 10-15 minutes.
- Carry medium to small-sized loads or use a wheelbarrow.
- Hire a professional if the task is too big.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!