



# WellCare Newsletter

SUMMER 2008 • VOLUME #1, ISSUE #2 • THE AUTHENTICITY OF CHIROPRACTIC CARE IN EVERYDAY LIFE

## TIGER WOODS & CHIROPRACTIC Tips for Every Golfer

In 1995 in California, a young, lanky freshman started his college career at the prestigious Stanford University, still quite ripe at the age of 17 as he took his first big step into adulthood. The kid was a child prodigy, known not for his book smarts, but for his incredible skill on the links – indeed he was the best amateur golfer in America before he entered college, winning the U.S. Amateur Golf Championship as the youngest ever to do so in 1994.

Today, Tiger Woods is the highest earning athlete in America, slated to become the first ever to reach the \$1 billion mark in total career earnings from any sport. However, 13 years ago as an amateur, Tiger Woods joined former Reds great and Hall of Famer Joe Morgan in the 1995 Pasadena Tournament of Roses Parade, quite a fitting honor for any young, rising star.

The NCAA first-team all-American and the Hall of Fame Cincinnati second baseman were not riding on just any float in Pasadena that year – along with country singing star Lee Greenwood and Olympian speed skater Cathy Turner, the pair were atop the Chiropractic Centennial Float, all celebrated on that day as ardent patients of chiropractic.

“Being a chiropractic patient has really helped me a lot,” Woods stated. “When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine, he also gave me strengthening exercises to do. If you are tall and gangly, like I am, or play sports, I would recommend chiropractic.”

Since you, like Tiger, have already discovered the benefits of a lifestyle in chiropractic, our office would like to take your golf game one step further by recommending a few tips for golfers of any ilk, to keep you fit and healthy while you enjoy the greens this summer.

**Ladies:** If you have inherited a set of clubs from one of the men in your life, beware – aside from oftentimes being too long, the shaft may not be flexible enough for your grip. Women typically play better with clubs that are composed of lighter, more flexible material, such as graphite.

**Men:** Spend extra time performing quality stretches both before and after your game to increase your trunk flexibility. While men are traditionally stronger than women, they usually aren't as flexible. Men need to improve their flexibility to maintain a more even and consistent swing plane and thus improve the likelihood of more consistent performance.

**Seniors:** If you show some signs of arthritis in the hands, consider a larger, more specialized grip for added safety and performance.

**Everyone:** Opt for comfort above all else. Comfortable clubs allow you to play for longer before the onset of significant fatigue or discomfort. The key to comfort is a good fit – do not try to adapt your swing to the wrong clubs: A six-footer playing with irons designed for someone five inches shorter is begging for back trouble.



## BACKPACK SAFETY Assistance with Back to School Shopping

Did you know that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman? Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.

Every parent with a child going back to school this fall should know this simple rule of thumb regarding the proper weight of a backpack – it should never be heavier than 10% of the weight of the child. This is lighter than one may think – an adult parent lifting a backpack may not think that eight pounds feels too heavy, but for a second grader weighing 60 lbs, the weight could be hazardous. To know for sure, parents should periodically weigh their children when they are wearing the backpack to find out how much weight the child is carrying (and if it is too much).

In addition, there are product attributes of backpacks that do make one safer than another:

- Small enough so that it never hangs more than four inches below the waistline
- Multiple compartments to distribute content weight
- Wide, soft shoulder straps
- Tough bottom that doesn't droop when filled

For extra assurance, bring your child with his or her backpack into our office during the fall and in no time we will assess the safety of the bag's weight and fit.

## Born Into Chiropractic:

### For an Unborn Child, Pills Just Don't Cut It



It's no joke; pregnancy can bring with it many months of back pain both before and after the birth, and unfortunately, many new mothers turn to medication for relief – and that's never in the best interest of an unborn child. Women who have instead turned to chiropractic have found that regular adjustments throughout (and following) pregnancy provide relief from the lower-back pain brought on by bearing children. Chiropractic manipulation is safe for pregnant woman as well as the unborn child and can be especially attractive to those trying to avoid medications in treating their back pain, as expectant mothers should.

Through all three trimesters of pregnancy, chiropractors can detect imbalances in a woman's pelvis or elsewhere in the body

that may be contributing to discomfort. More critically, they can find and address problems that may be setting the expectant mother up for possible neuro-musculoskeletal complications after childbirth.

According to the American Pregnancy Association, during pregnancy, several physiological and endocrinological changes occur in preparation for creating the right developmental environment within the mother. These include a protruding abdomen and increased back curve, pelvic and postural adaptations, all changes that could result in a misaligned spine or pelvis. When the pelvis is misaligned, the baby may have less room to develop – forming what is known as an intrauterine constraint. A misaligned pelvis may also make it difficult

for the baby to get into the best position for delivery.

Additionally, during the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated through post-natal chiropractic care before the ligaments return to their pre-pregnancy state to prevent muscle tension, headaches, rib discomfort, and shoulder problems.

From development to delivery and beyond, chiropractic care for expectant mothers serves to reduce the pains of pregnancy, enhance fetal development, and encourage proper recovery after birth – all without expensive and potentially harmful medication.

## DID YOU KNOW? We Offer High School Athletic Physicals Every Season

The Ohio High School Athletic Association requires annual PPEs (Pre-participation Physical Examination) or athletic physicals for every high school student-athlete prior to the first day of activity, and midsummer is typically the busiest season for healthcare professionals conducting these exams, generally six weeks before the first practice.

With that in mind, now is the perfect time to schedule your son or daughter's physical for the fall season, so the next time you schedule a visit to our office, be sure

to make an appointment for the young athlete in your family as well.

The PPE form is typically available through the school's athletic department or the coach or coordinator of the team. You can also visit [www.ohsaa.org](http://www.ohsaa.org) and find the form (along with an FAQ section under the Sports Medicine section).

And although mid-summer is typically PPE season, our office provides this service year round, for every season of high school athletic eligibility.

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