

December 1, 2006

Back At New

Chiropractic and Wellness Center

Dr. Mandy R. Rhodes

Chiropractor

Health and Fitness Newsletter

“Alternative approaches to a healthier you”

Why is posture so important?

Good posture and proper body mechanics are as important to good health as nutrition, exercise and a good night's sleep.

Misalignment of the joints in the body can lead to head and neck pain, low back pain, shoulder and arm pain, as well as compromised neurological, digestive and reproductive systems. Improper postures held for long periods of time can also cause compromise to the above mentioned areas.

The Computer Age:

Students and adults, as well as children, are finding that they are having increased neck and shoulder pain from sitting at the computer more and more. This is where posture comes into play. Most people do not hold a correct posture while they are working at the computer and work long hours without taking breaks. This causes the joints and muscles of the area to get tired and weak, allowing repetitive micro-traumas to occur. Eventually the area is so tired and weak that there is only a short period of time that your body will allow you to sit and work at the computer without pain.

Common Symptoms:

- Tightness, discomfort, stiffness, soreness or burning in the hands, wrists, fingers, forearms, or elbows
- Tingling, coldness, or numbness in the hands.
- Clumsiness or loss of strength and coordination in the hands.
- Pain that wakes you up at night.
- Feeling a need to massage your hands, wrists and arms.
- Pain in the upper back, shoulders, or neck associated with using the computer.

Prevention:

The following are some ways that you can use proper posture at the computer, or when sitting for long periods of time,

to help decrease the chances that your body will get tired and start to hurt.

- Sit so that your buttocks are deep into the seat, not sitting on the edge of the chair.
- Keep wrists straight and forearms level with the desk.
- Place your mouse so that it is easy to reach.
- Place the center of the monitor at eye level.
- Take short stretch breaks at least every hour.
- Sit up straight with feet flat on the floor or on a footrest under the desk.

For more Information:

If you are interested in learning more about this topic, have any questions about your condition, or want to find out how Dr. Rhodes can help you to reach your health and fitness goals, please call 562) 366-4354 or stop by anytime. You can also check out her page at www.backatnew.com. *Print and bring in the coupon below for a discount in December.*

Back At New Chiropractic and Wellness Center
Gift Certificate

This certificate entitles: **You or a Friend**

To **\$25.00 off initial service**

4105 N. Viking Way
Long Beach, CA 90808
562) 366-4354
(located inside The Fit Stop)

Authorized by Dr. Mandy R. Rhodes

Expires **December 31, 2006**

Not redeemable for cash. Cannot be used with insurance.

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