

In This Issue

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Websites to check out:

<https://www.spine-health.com/video/standing-hamstring-stretch-low-back-pain-relief-video>

<https://ontario.cmha.ca/news/tips-to-beat-the-winter-blues/>

<https://www.bedbathandbeyond.ca/store/product/verilux-reg-happy-light-liberty-5k-natural-spectrum-energy-lamp/3287213?keyword=daylight-lamp>

Beating the Winter Blues

During the winter months many people experience what is often referred to as the winter blues. It is a lack of energy, lethargy, loss of motivation, and change in appetite.

Research in Ontario suggests that 15 percent of the general population experience these winter blues. The winter blues differs from Seasonal Affective Disorder, or SAD, which affects about two percent of the population and is a serious form of depression.

Fortunately, there are some steps to help us combat these harsher months.

- 1) Get more daylight! It doesn't need to be blissfully sunny outside, just the natural daylight helps to raise your endorphins. Simply by moving your chair next to a window, keeping your curtains open, going for a walk, can help. Daylight lamps that can be put at your desk or bedside to mimic the natural glow can also help. (These are usually adjustable and recommended for about a half an hour of use per day to get the same benefits – they can range in price from \$40 - \$150).
- 2) Be Active! I know it's hard to do with snow and ice, the general unpredictable weather that is Ontario. The importance of a small walk (two 15 minutes walks to get a coffee outside, a quick game of catch with your dog) can make all the difference in your mood.
- 3) Be Social. I know, you just want to hibernate. That's fine. Have your friends over for a cozy potluck dinner, a board game night, whatever your favorite indoor sport to watch is, invite a friend!

The Important thing to remember, is you are not the only person to feel this way, so grab a co-worker, a friend or loved one and get some light back into your life!

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counselling

Text Neck

YOUR BODY ON TEXT

Overuse injuries and disorders linked to cellphone use are increasingly common, according to some health experts.

HEAD
Cervicogenic headaches are caused by neck tension.

EYES
Blue light from digital devices is linked to **eye strain**, **long-term vision problems**, and **sleep disturbances**.

LUNGS
Slumping forward **reduces lung capacity up to 30%**.

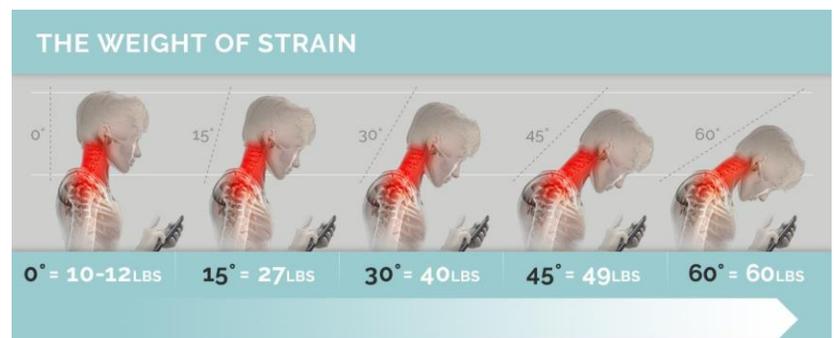
NECK
Bending the neck at 60 degrees puts **60 pounds of pressure on the neck**, equivalent to carrying an eight-year-old boy.

BACK
Poor posture leads to **abnormal spine curvature**, **herniated discs**, **muscular imbalance**, and **back pain**.

ARMS
Excessively bending the elbow can lead to a **weakening of the ulnar nerve** that runs from the forearm through the hand.

HANDS AND WRISTS
Tendinitis a.k.a "Texter's Thumb." Throbbing pain in the thumb of the dominant hand and/or stiffness in the wrist and forearm.

Preventing this extra strain your neck on your body is imperative to not having further postural issues down the line!



<https://www.healthline.com/health/fitness-exercise/text-neck-treatment#exercises>

Tips to help prevent Text Neck try this:

1. Keep your phone at eye level, bring it to up phone up not bow your head to the phone.
2. Take frequent breaks, not only can bending to look at your phone cause unnecessary weight on your spine, but also eye strain. Taking frequent screen breaks can benefit you in more ways than one.
3. Set a time limit for yourself. You come home from work and play on your phone, online shop or read news articles, all of that is fine, just set a time limit for yourself. So you know after work you will give yourself two hours to shop surf the web, then shut it off. Did you know the average person compulsively checks their phone every 15 minutes. For some its much more!
4. Stretch! If you feel you are building pressure in your neck, do some stretches to help relive that tension build up. If you have already developed a common side effect of a headache, try some heat on the back of your neck, at the base of your skull. A hot wash cloth or covered hot water bottle will do wonders.



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*Thank you for taking the time to read our Newsletter.
As always, go in good health!*