

Oldham Chiropractic Clinic

October 2018 Newsletter

Welcome to our October Newsletter

September was a busy month for us all at the clinic, we hosted our Appreciation Party for those who are members and we also attenc annual Conference for Chiropractors which was held in Colchester

The party was a great success



The Blue Cow conference once again was a brilliant day, when we get show our team skills to other Chiropractic Clinics from across the co



At the conference this year we won some awards.....

Sam won Inspirational Person of the Year

Nikos was recognised for his contribution to the growth of the Team

Team of the Year.... Yah!!!!

We are super proud of our Blue Cow Team!!

Did you know that 16th October is World Spine Day?

Check out the simple everyday exercises overleaf

They are designed to protect and to keep your spine supple

Product of the Month

Magnesium Citrate is the best of the non-food forms of magnesium. As a citrate, it is readily absorbed into the bloodstream via the citric acid cycle. Magnesium Citrate comes in easy-to-take gluten free capsules which are suitable for vegetarians and vegans.



Magnesium contributes to:
a reduction of tiredness and fatigue
normal psychological functions
the maintenance of normal bone/teeth
normal energy-yielding metabolism
normal muscle function including the heart muscle
normal nerve function

Team Member of the Month



Nazish Bibi
Team member of the month is our new CA Nazish,
who put herself out there at our GAP Party.
Nazish you are Awesome!!

Don't forget to reserve a place for you and a friend at our Health Talk



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Straighten Up and Move

1, THE STARS



* Become an INNER WINNER! (Head up high & pull your belly button in.)

- * Spread your arms and legs into a star.
- * Breathe air in as you slowly Stretch one arm over your head.

...and slide your other arm down your leg.

- * SLOWLY tilt your star to the other side.
- * Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT!

repeal voll 1 yeas 2 times! TILTING STAR

THE FLYING FRIENDS



* Become an INNER WINNER! (Head up high & pull your belly button in.)

Put your arms straight out and Pull your shoulders together in the back.

- Breathe air in and slowly raise your arms until your hands touch together over your head.
- * Breathe air out and slowly lower your THE EAGLE arms to your side.

* Repeat 3 to 5 times.



3. CORE BALANCE/WRAPS



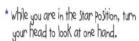
* Become an INNER WINNER! (Head up high & pull your belly button in.)

* Pretend the floor in front of you is a tight rope high in the air. (NEVER try this on a real rope !!!)

- * Take a step forward on the tight rope.
- Keep your front knee over your ankle (not over your toes).

- * Keep it going while you count to 20!
- * Repeat with the other foot forward.

* Become an INNER WINNER! (Head up high & pull your belly button in.)



* Slowly twist your entire spine to watch your hand as it goes behind you.

* Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT! TOURS BUSING

* Repeat both sides 2 times !



STAR

* Become an INNER WINNER! (Head up high & pull your belly button in.)

* Put your arms out to the sides with your hands up and pull your shoulders together in the back.

* Make small backward circles with your hands and arms.

* Bend at your waist from side to side while you keep the circles going.

* Keep it going while you count to 10!

* Become an INVER WINNER! (Head up high & Pull your belly button in.)

* Stand with your feet wider than your shoulders.

* Gently rotate your body from side to side

* Let your arms flop back and forth and shift your weight from knee to knee.

* Keep it going while you count to 15!



* Become an INNER WINNER! (Head up high & pull your belly button in.)

Raise your arms in "hands up" position.

Bring one of your elbows across your body while you raise the opposite Knee

* Now bring the other elbow across your body while you raise your other knee toward it.

* Repeat this 15 times.

TWISTING STAB



* Become an INNER WINNER! (Head up high & pull your belly button in.)

Put your arms behind your head and gently pull your elbows backward.

HUMMINGERRA

Slowly and gently press your head backward against your hands while you count to 2.

* Relax and breathe.

* Repeat this 3 times! BUTTERFLY



* Lean to one side until your elbow can rest on your bent knee.

> Breathe air in and slowly raise your other arm above your head so your body makes a triangle (like Vibes).

* Feel the stretch in your body. ount to 10 and do the other side!



Shake your hands & feet.



Do some TRAP OPENERS like Vibes showed you on the first page. GOOD JOB