



Stretches for Stress Relief



Sometimes, the best thing to do when we're feeling stressed is to stop and take a breather as we give our body time to relax.

Stretching is a known stress-reliever that can also calm your headspace. The next time you're feeling stressed, give these stretches a try:

Child's pose: Release tension in your lower back by kneeling on the floor and bringing your feet together.

Open your legs at the knees. Sit back and walk your arms forward on the floor as your chest lowers to the ground. Take a few deep breaths as needed.

Forward fold: Stretch your upper and lower body by standing with your feet a few feet apart. Slightly bend your knees. Bend forward at the hips with your arms stretched toward the ground.

Chest opener: Standing straight, hold your hands together behind your back and squeeze your upper shoulder blades toward one another.

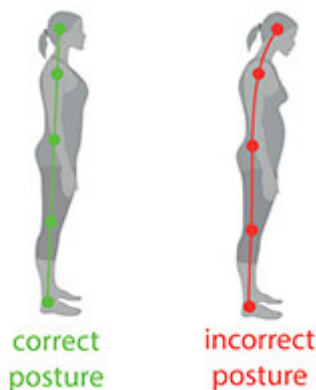
3 Ways to Improve Your Posture

Having good posture isn't just important for feeling confident, it's actually a necessity for good health. If you find yourself slouching too much, here are a few ways you can improve your posture naturally.

1. Did you know our abdominal muscles play an important role in posture? When you stand, be conscious of pulling your stomach in—this will help you "straighten up."

2. When you're standing, stop and notice where you're carrying your weight. Is it in the front or back of your feet? Shift your weight so that the majority is held on the ball of the foot.

3. Visit us. As spinal experts, we can help you strengthen weak muscles that may be blame for bad posture and keep you properly aligned—all without the need for drugs or surgery.



What's That Pain in My Leg?



Do you ever find yourself dealing with lower back or leg pain that tingles, goes numb and is just outright annoying? You might be dealing with sciatica.

Sciatic pain happens when our sciatic nerve becomes pinched, irritated or inflamed. Sometimes, a slipped or herniated disc can be the culprit. Located in the lower back, the sciatic nerve runs down the leg, which can make the entire area painful during a flareup.

You might find relief with over the counter pain relievers or alternating hot and cold therapy, but that won't correct the issue at its source.

If sciatic pain is a problem in your life, we're here for you. Contact our practice today to restore balance to your nervous system and remove pressure from compressed nerves.