

## What is a chiropractor?

Following university, a chiropractor must complete a rigorous four-year, full-time education program and pass comprehensive Canadian qualifying examinations in order to become licensed to practice. Chiropractors are regulated health professionals and the licensing college in each province is charged with protecting the public and setting standards for the profession.

Chiropractic adjustment techniques have been researched extensively. Complications are rare and side-effects such as temporary soreness, are usually minor. Your chiropractor is well-trained to determine if your problem will respond to chiropractic care or if you require referral to another health care provider.

## What is chiropractic health care?

The word "chiropractic" originates in ancient Greek and means "done by hand".

Adjustment of the joints of the body has been used in the healing arts for many centuries and is at the heart of modern chiropractic care.

Chiropractors are specialists in manual adjustment of the vertebrae of the spine and other joints. Adjustments help relieve pain and restore normal functioning to the spine, joints and supporting structures of the body – so you can enjoy your everyday activities again as quickly as possible.

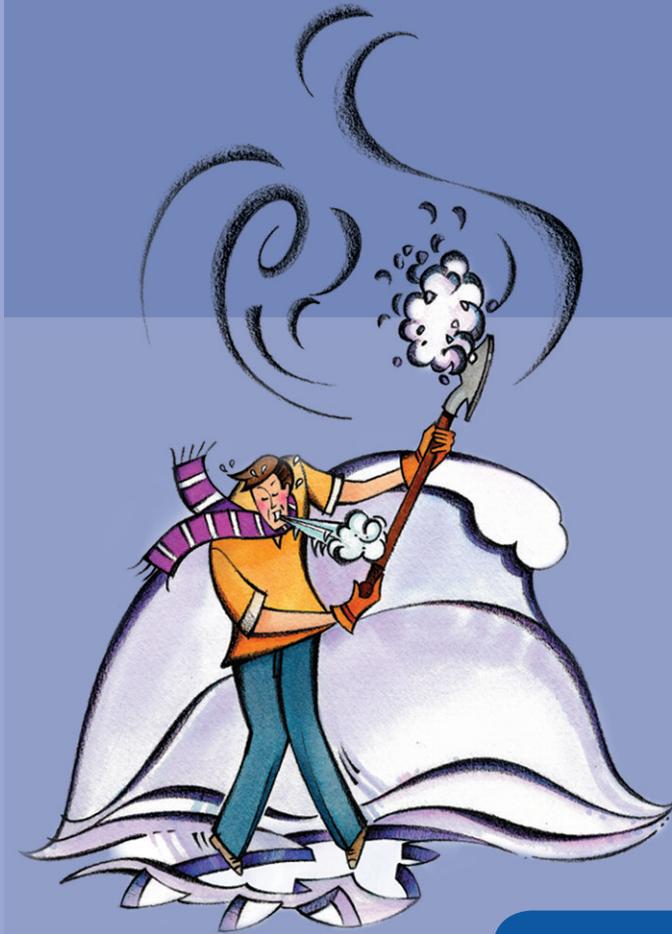
## 10 tips for a healthy back

1. Exercise regularly.
2. Follow a healthy diet.
3. Maintain good posture.
4. Warm-up and cool down before and after physical activity.
5. Don't overload your backpack or shoulder bag.
6. Stretch your legs and back after each hour of sitting.
7. Never cradle the phone between your neck and shoulder.
8. Sleep on your back or side, not on your stomach.
9. Invest in a good chair, pillow and mattress.
10. Have regular spinal check-ups.

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To locate a chiropractor near you,  
visit [chiropracticcanada.ca](http://chiropracticcanada.ca)

# Lift Light. Shovel Right.



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## Stay safe this season

During the winter months snow shoveling can be a pain, considering that each shovelful of snow weighs about six pounds. That's a lot of repetitive lifting, and wear and tear on your back. These back health tips will ease the hassle of clearing your driveway and help keep your back in shape.

## Warm-up

Before tackling any strenuous activity, a quick 10 minute warm-up such as a walk around the block will kick-start your muscles for the activity ahead and help prevent injury.



## Don't let snow pile up

If the weather report calls for several days of snow, frequent shoveling will allow you to move smaller amounts of snow after each snowfall.



## Pick the right shovel

Use a lightweight push shovel. If you're using a metal shovel, spray it with Teflon, so snow won't stick to it.



## Push, don't throw

Push the snow to the side rather than throwing it. This way you avoid lifting heavy shovels of snow, and abrupt twists or turns that may result in injury.



## Bend your knees

If you need to lift shovels of snow bend your knees, and use your leg and arm muscles to do the work, while keeping your back straight.

Stop shoveling if you experience back or chest pain. If your chest pain is severe, see a medical doctor immediately. If back pain persists for more than a few days after shoveling consult a chiropractor for an evaluation.

## Take a break

If you feel tired or short of breath, stop and take a break. Shake out your arms and legs to recharge.

## Keep comfort in mind

### Dress for the weather

Layer your clothing so you can adapt to changing temperatures. If you become too warm while outdoors, simply remove a layer or two to maximize comfort.

### Stay hydrated

Even though it's cold outside, your body still needs plenty of fluids. Be sure to drink lots of water or fruit juice before, during and after shoveling. Remember – if you feel thirsty, you are already dehydrated.



### Take it slow

Rest when you feel tired or short of breath. Stop shoveling if you experience sudden or prolonged joint or muscle pain.

### Cool down

After you've finished shoveling cool down by taking a walk and stretching out tense muscles.