



Summer Yard Work A Pain?

Nicole A. Whitehead, D.C.

Summer is in full swing and we are all busy digging, planting, mowing, and clipping away in our yards. This is a great time to get more movement and activity than usual, but sometimes increased activity can flare up those nagging aches and pains. It's important to remember that pain is our body's way of telling us that something is not optimal. This shouldn't be looked at as a negative, but rather as a good opportunity to solve a problem before it gets bigger.

Common symptoms such as low back pain, sciatica, neck pain, shoulder pain, headaches and tingling in the hands or feet can often be caused by vertebrae that aren't tracking properly. When spinal bones are misaligned, the joints become inflamed, muscles spasm and nerves get pinched. Increased activity and movement will make these more pronounced and cause pain to escalate.

Although over the counter pain killers and rest will usually relieve the pain, misalignment of the spine can lead to degenerative arthritis, disc problems and nerve damage over time. By far, the best way to "treat" these severe conditions is to stop them early – when the signs are mild. Realignment of the vertebrae and retraining of the muscles and ligaments to hold them in proper position will put an end to both the pain AND it's underlying cause. As with any disease process, early detection and treatment can eliminate the need for drastic measures, such as surgery, in the future.

If it's been a while since your last spinal check-up, or if you've never had one, summer is a great time to tend to this aspect of your health. Remember that your spine and nervous system are the structural and electrical foundations for everything else in your body. Maintaining a healthy spine and nervous system helps to keep your entire body healthy and vital for years into the future. So remember, if nurturing the flowers and shrubs is causing you aches, pains or stiffness, take some time to visit the chiropractor to nurture your own health and well-being!

For more information, visit www.AdvancedSpinalFitness.net – the website of Dr. Nicole Whitehead and Advanced Spinal Fitness in Mooresville, N.C.