



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our February Newsletter!

February 2024

Walking For Good Health...

Did you know January was Walk Your Dog Month! What a great way to kick start your New Years resolutions by getting outdoors and walking.

Walking (with or without a dog) can:

- Help maintain a healthy weight
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Improves mental health and wellbeing
- Help prevent and manage conditions such as type 2 diabetes, high blood pressure, heart disease and strokes

Walking is a simple, low-impact form of exercise which can have a dramatic impact on your overall health in a surprisingly short amount of time. It improves back health by strengthening the muscles which support the spine, improving posture, facilitating strong circulation and improving bone strength.

Improves flexibility:

When combined with stretching, walking can lead to improvements in terms of flexibility and range of motion. These improvements will make it easier to perform day-to-day activities and can reduce the risk of back injuries.

Better bone health:

Bone is living tissue just like muscle. It responds to exercise in the same way as muscle, gradually becoming stronger over time, walking can also reduce the risk of degenerative bone diseases.

Improve muscle strength:

Walking engages all of the muscles which keep your body upright, including core, leg and back muscles. These muscles eventually become stronger and more capable of supporting the spine.



Chiropractic History...

Did you know?

Subluxation & Solon Langworthy

A subluxation is a partial dislocation, a slight misalignment of the vertebrae, regarded in chiropractic theory as the cause of many health problems. Origin late 18th. century: from modern Latin *subluxatio* (*n-*) (**sub** – meaning position; **luxate** – meaning dislocate).
Oxford Dictionary



The word subluxation was first used by the chiropractor Solon M. Langworthy to describe the misalignment that narrowed the “spinal windows” and interrupted the nerve energy. Langworthy also referred to the brain as a “Life force”.

Langworthy was one of the first graduates of the Palmer School of Chiropractic.

In 1903, Langworthy opened his own chiropractic school, called the American School of Chiropractic and Nature Care in Cedar Rapids Iowa.

Langworthy took a different direction for chiropractic. He provided a curriculum of chiropractic study. He went on to narrow the extent of chiropractic to the treatment of the spine and nervous system.

Fun Fact!

Your little finger contributes over 50% of your hand's strength!



Winter Walking Tips...

Winter certainly has arrived

Here are some tips to help prevent slips and falls in these conditions:

1. Walk like a Penguin.
2. Take shorter, shuffle like steps.
3. Go Slow.
4. Bend your knees slightly.
5. Walk flat footed.
6. Keep your arms at your sides (not in your pockets).

Before venturing outside, make sure to check for weather updates and review these tips:

CHOOSE THE RIGHT FOOTWEAR

Look for winter boots that provide slip-resistance such as rubber soles and non-slip tread.

PLAN AHEAD

Give yourself extra travel time so you can walk without being rushed.

DON'T BE DISTRACTED

Take a look at your surroundings. Avoid walking and using your phone at the same time.

BE PREPARED

If you don't have salt, use sand or non-clumping cat litter on icy surfaces outdoors such as driveway.

USE SUPPORT

Use handrails when available and steady yourself on the doorframe of your car when getting in and out of a vehicle.

MAINTAIN YOUR BALANCE

Try keeping your hands out of your pockets and swinging your arms at your sides to help with balance and wand walking posture.

Avoid carrying items in your arms.