

Health Notes

Fight Back the Winter Weather!

by Craft Chiropractic Associates, PC

When the snow, ice, and frigid weather blast into town, watch your back! Winter recreational activities and chores can pose problems for the outdoor enthusiast whose body is not in condition. Winter sports like skating, skiing and sledding can cause painful muscle strains or tears if you are not in shape.

Simply walking outside in the freezing weather without layers of warm clothing can intensify older joint problems and cause a great deal of pain. As muscles and blood vessels contract to conserve the body's heat, the blood supply to extremities is reduced. This lowers the functional capacity of many muscles, particularly among the physically unfit. If we know what areas of our bodies are most vulnerable, we can condition ourselves in the off-season to avoid injury and costly health care bills.


For The Sports Enthusiast

First, make sure to get plenty of rest and eat a healthy breakfast. Then, to help condition your body, do some at-home stretching exercises. Focus on lower back muscles, hamstrings, and calf muscles. To reduce injury, run down a mental checklist to assess your mental awareness, equipment condition, and your physical fitness level. Next, take off the chill that settles in on the way to your rink, pond, or hilltop and warm up just before you start a sport to get the blood flowing end to increase your heart rate.

➤ Skiing – do 10 to 15 squats. Stand with your legs shoulders-width apart, knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet. Stand up straight again.

➤ Skating – do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with your other foot.

➤ Sledding/tobogganing – do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. Either sitting or lying on your back, pull your knees to your chest and hold for up to 30 seconds.

➤ Don't forget cool-down stretching for all of these sports. At the bottom of the sledding hill, for instance, before trudging back up, do some more knees-to-chest stretches, or repetitive squatting movements to restore flexibility. 

Letters

To the Editor:

I wish to congratulate you on the quality of *Wawarsing.Net Magazine* and the web site. I wish you continued success and hope the standard remains at its high level.

I offer this suggestion for future issues: create a section highlighting a specific photo-op site in the area. We all like to take pictures and visitors to the area would certainly appreciate the direction that "photo-op" would provide. Perhaps you could have a mystery photo contest.

George Halbig
Ellenville

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George:

Thanks for the kind words and the photo (below); it looks super in color (on our website).

Editor



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