

Tulsa Chiropractic Associates Newsletter

October, 2018 Edition 7

What's inside?

[PRODUCT OF THE MONTH](#)

[DID YOU KNOW?](#)

[IMPORTANT DATES](#)

[CONDITION OF THE MONTH](#)

[CONTACT INFORMATION](#)

Happy October! We are currently working hard at the fair this week so if you haven't stopped by yet make sure you do. We are still offering a new patient special for the duration of the fair so bring your friends and family and get them scheduled for an appointment. We have lots of great information and deals in this month's newsletter. Our product of the month is a back support and the condition of the month is musculoskeletal disorders, so make sure you read all about them. We love keeping all our patients informed about what we are doing inside and outside the office. The holidays are approaching fast and everyone gets busy, but don't let this fast-paced time of year let you forget about your health. Stay on top of the stress and strain of preparing for the holidays and come see us today!



PRODUCT OF THE MONTH

October's product of the month is the Triple Pull Lumbar Back Support from Core Products. This back support allows you to customize the compression levels on your abdomen and lower back using triple-action pulls. The compression is used to help relieve pain by drawing together and immobilizing the sacroiliac joints. It also provides relief from low back pain that is caused by muscle strain in the sacroiliac joints. If you are having lower back or abdominal pain come by and pick one of these up from our office. The back supports range in sizes from small to double extra-large



20% OFF all month long

Offer valid until 10/31/2018

DID YOU KNOW?

Did you know? What you eat can have an effect on your mood. If you eat something with lots of sugar, such as a candy bar you will feel an increase in energy followed by a crash. You want to avoid foods with refined carbohydrates if you are looking for a mood boost. Eating protein including, eggs, poultry, and seafood can release dopamine and norepinephrine, causing your mood and energy to improve for several hours. Foods containing vitamin D, for example, broccoli, oatmeal, oranges, and cottage cheese, can relieve mood disorders, specifically seasonal affective disorder. Complex carbohydrates that contain soluble fiber like oats, peas, beans and pears, slow the absorption of sugar into your bloodstream and increase serotonin. The next time you go to the grocery store you may want to pick up junk food that will satisfy your taste buds, but that won't help your mood. Make sure you grab some of the foods suggested above that will make you happy and healthy!

Key Dates

October

- ▶ 1st-9th - Tulsa State Fair
- ▶ New Patient Orientation
Every other Wednesday at 6:00 PM
Every other Thursday at 6:00 PM
- ▶ 31st - Halloween

November

- ▶ 22nd - Thanksgiving (office closed)
New Patient Orientation
Every other Wednesday at 6:00 PM
Every other Thursday at 6:00 PM
- ▶ 23rd - Day after Thanksgiving (office closed)

CONDITION OF THE MONTH

Work-related Musculoskeletal Disorders

Every day activities can put strain on your body that you are not even aware of. For example, when working many people experience heavy lifting, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures and performing the same similar tasks repetitively. All these things can lead to work-related musculoskeletal disorders. MSDs affect the muscles, nerves, blood vessels, ligaments and tendons. Some common examples of musculoskeletal disorders are carpal tunnel syndrome, tendinitis, rotator cuff injuries, epicondylitis, trigger finger and muscle strains and low back injuries. If affected by any of these work-related MSDs most workers will become restricted in their job and even experience and loss of work time. In 2013, according to the Bureau of Labor Statistics, 33% of all worker injury and illness were MSD cases.

We want to give you some helpful tips to reduce work-related musculoskeletal disorders. One thing is ergonomics, which helps lessen muscle fatigue, increases productivity and reduces the number and severity of musculoskeletal disorder. Ergonomics is relating to or designed for efficiency and comfort in a work environment.

You can do things such as make sure your computer is at eye level, make sure your chair gives you correct back support, make sure your arms parallel to the floor and make sure your elbows and knees are at 90 degree angles. You also want to be able to identify the problem, this is an important element in the ergonomic process. If you can report and problem early you can prevent or reduce the progression on symptoms. Early reporting can also prevent the injury from developing into a serious problem. Another thing you can do is make sure you or your job offer training to make sure employees are aware of ergonomics and its benefits.

Make sure the next time you're at work you pay attention to your body. Are you sitting in the correct position with everything you need at eye level or in easy reach? Are you lifting things correctly? Are you preventing yourself from working in awkward positions? All these things can help you excel at your job and how you feel overall. You can also use these hints in your everyday life. Take care of your body even during your busy work day!

FOR MORE INFORMATION ON THESE TOPICS VISIT:

www.osha.gov

www.coreproducts.com

www.healthline.com

TULSA CHIROPRACTIC ASSOCIATES

3315 EAST 47TH PLACE, SUITE 120
TULSA, OK 74135

WWW.TULSACA.COM

PHONE: 918-622-9655

FAX: 918-622-9657

EMAIL: INFO@TULSACA.COM