

# 3 Counties News

Chiropractic Newsletter

Winter 2012



## Are you prepared for Winter?

**I bet you've had your car serviced before the bad weather comes – but what about your spine? If you are suffering from any aches and pains come in and see Catherine for that pre-Christmas spinal service!**

This time of year as we head into the winter we must remember to take care of ourselves as well as our cars before the cold weather really sets in! For those of you with arthritis you'll know that the cold, damp weather can increase the aches and pains. Some of you may be planning your ski trip; others will be preparing the garden for winter. Whatever you may be doing now is the time for that Chiropractic check-up you have been putting off. MOTs are not just for cars you know! Here are some top tips to keep you pain free during the colder months to come:

### **Wear Winter Friendly Footwear.**

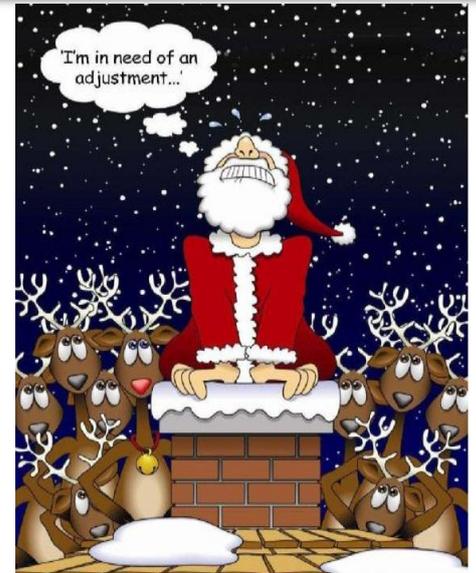
Some shoes are better suited for slippery surfaces. Make sure when you're walking outdoors during snowy or icy weather that you're wearing shoes with good traction such as winter boots, or invest in some over shoe grips like these: [www.yaktrax.co.uk](http://www.yaktrax.co.uk) (Catherine has some – they're great!) When walking, we typically walk heel to toe, but on slippery pavement,

attempt to set your foot down evenly, heel and toe at the same time. Walking carefully and slowly is your best bet, instead of walking at your normal pace, when outdoors.

**Wrap up warm.** Lots of warm layers will help conserve body heat and improve blood circulation. Complaints of joint pain increase during colder weather because your blood doesn't circulate to your extremities as well in the colder months. Pain receptors are more sensitive in cold weather and a drop in barometric pressure, such as before a rain or snow storm, can also cause any inflamed tissues to expand and become more painful. Sprains and strains are much more likely if your muscles are cold.

### **Consider taking a supplement.**

Up to 60% of the UK population are deficient in Vitamin D and this can lead to generalised bone pain - 2,000 IU of vitamin D per day is advisable for anyone suffering from joint problems. Other supplements which may help include Glucosamine and Chondroitin, Omega 3 oils, Ginger and Turmeric. Make sure you talk to your pharmacist first if you are taking regular medication.



3 Counties Chiropractic Clinic is running a **Chiropractic countdown to Christmas** with handy back care tips and exercises every day throughout December.

Just [follow us on twitter](#) or keep an eye on our [Facebook page](#) to make sure you stay pain free over the festive period. Merry Christmas!



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