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How to Enjoy Summer Activities Without Back Pain

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The summer months are generally active for everyone. There are events and day trips, added work around the house and summer sports activities, for example, that require us to be more physically active than we would be in the winter months. That being said, the extra activities can put additional strain on our backs that can result in pain and stiffness and hamper our planned activities.

We've prepared a few tips to ensure you're aware of situations that could pose a risk for developing back pain so you can enjoy summer to the fullest, pain-free.

1. Taking the family out for day trips

If you're taking your family out for a fun-filled day to the park, zoo or amusement park, back pain might be the last thing you're worried about. However, while carrying extra packs, bending, twisting or even picking up small children, you're bound to experience aches and pain. Through all the chaos of your family day out, it's important to be aware of the strain you are putting on your back and take frequent breaks.

2. Enjoying a day on the golf course

If you decided to take a Friday afternoon off to enjoy a day of golf in the sunshine, you're definitely lucky! Warm up before your game with a few quick stretches and stay hydrated in the warm sun. Be aware throughout the game that you maintain proper posture and take breaks as needed to avoid fatigue or excessive strain.

3. Hosting outdoor parties

For many Canadians, backyard BBQ's and pool parties are a summer staple. These events can be a lot of fun, and safety isn't always top of mind. But let's take a couple of things into consideration: lifting heavy objects to rearrange furniture for extra room or participating in summer sports. It's important to relax and have fun, just exercise caution when partaking in summer activities with potential for risk.

4. Activities on the water

A weekend or day on the lake is the perfect way to spend hot summer days. Exhilarating watersports like tubing and wakeboarding are really fun, but can also cause serious back injuries. Before you hit the water, ensure that you are well-aware of the risks involved and be safe!

Depending on what you have planned for summer, you don't want one day of fun to ruin the following day or the rest of your summer. It only takes a few moments to evaluate the situation and decide whether or not it's worth it to continue. Take extra care during the summer months to warm up, focus on good posture, and exercise sound judgement when evaluating the risk of injury.

June 13th-18th Bring a friend/co-worker week!

Send a co-worker or friend, that could really use a neurological spinal check-up! On this very special week they will receive a complete and thorough FREE neurological, orthopedic & spinal check-up! Book your appointment today!

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