

# SPINE HEALTH NEWSLETTER - MAY 2011

BROUGHT TO YOU BY: WM. BRIAN KARABINOS, DC

## REDUCE AND PREVENT BACK PAIN DURING OUTDOOR ACTIVITIES

Memorial Day for many of us is the official start of the outdoor season, which includes activities such as swimming, golfing, running and tennis. While this increased exercise can bring joy and a more healthful lifestyle, it can also aggravate existing back or neck problems and even create new ones. The following resources are chock full of tips for keeping activity-related back pain at bay. Read the tips below and follow the links to the full article for more healthy tips.

## PREVENTING BACK PAIN FROM SWIMMING

While you swim the lower back can remain hyper-extended during front strokes (the crawl or breaststroke). The upper spine (neck) may be jerked backward repetitively during front strokes while taking breaths when swimming. These motions can cause back pain, but there are ways to minimize pain from swimming.

- Use proper form for front strokes while swimming; keep the body level in the water (hold lower

abdominal muscles up and in) and keep the head straight rather than lifted.

- Swim with side or back strokes instead of front strokes
- Roll the body to the side and keep the chin in when taking breaths during the crawl, rather than jerking the head backward, to reduce the amount of movement in the neck while swimming

Read more helpful swimming tips: <http://www.spine-health.com/conditions/sports-spine-injuries/swimming-and-back-pain>

## ABOUT DR. KARABINOS

Dr. Karabinos' desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities, Dr. Karabinos continually researches, attends seminars & classes to learn and incorporate the latest breakthroughs of chiropractic treatment to HOLME CIRCLE CHIROPRACTIC.

Visit Dr. Karabinos' profile on Spine-Health.com to learn about his latest treatments and his special offers for

## HOW RUNNING CAUSES BACK PAIN

When we run our back muscles work to keep the body upright and in good posture during the duration of the run. Our joints and discs are jarred and compressed by the force of the body leaving the ground and landing on every stride when running or jogging. To minimize pain from running, try the following:

- Wear top-quality cushioned running shoes
- Run on softer surfaces (grass or padded track)

- Do more frequent, but shorter runs as opposed to marathon running



Read more helpful running tips:

<http://www.spine-health.com/conditions/sports-spine-injuries/running-and-back-pain>

## PREVENTING LOW BACK PAIN FROM GOLF

Warming-up before playing golf is important when it comes to back pain prevention. First, start with stretching the shoulder and torso by holding a golf club behind the neck and shoulders and then rotating the torso.

Read more helpful tips to prevent low back pain and sports injuries from golf:

<http://www.spine-health.com/conditions/sports-and-spine-injuries/golf-and-back-pain>

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