

December 2010 Spine Health Newsletter

Keep your Back Healthy this Winter Season

Brought to you by:
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Dr. Karabinos is a proud Doctor Member of Spine-health. He is committed to educating his patients through the leading back pain and neck pain resource www.spine-health.com. Below are some articles that Dr. Karabinos recommends.

Take an in-depth look into keeping your back healthy during winter in this month's newsletter. With winter in full swing it's time to think about how you can keep your back healthy during the cold winter months and how to keep any back pain you currently have from getting worse. Cold weather (and slippery conditions) brings their own set of challenges to the body and your back, not to mention it is more difficult to get out and exercise, which is a key element of most back rehabilitation programs.

Snow Shoveling Techniques to Prevent Low Back Injuries

Keeping a few guidelines in mind during the winter season will lessen the chances of developing new back problems or worsening your low back pain while shoveling, e.g., bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight.



Click here to learn more about proper shoveling techniques: <http://www.spine-health.com/wellness/ergonomics/snow-shoveling-techniques-prevent-low-back-injuries>

4 Ways to Handle the Holidays and Back Pain

The holiday season brings many opportunities to start new initiatives to improve your health, but it can also bring on additional stress that can worsen chronic back pain and can intensify feelings of frustration and despair that come from dealing with the pain.

Click here to learn about the 4 ways to handle the holidays and back pain: <http://www.spine-health.com/blog/good-health/4-ways-handle-holidays-and-back-pain>



Preventing Winter Sports Injuries

Outdoor activities can be an excellent way to get some fresh air and exercise, but the cold temperatures and icy surfaces can also lead to more injuries. Learn tips to help you minimize your risk of injury while enjoying winter sports such as skiing, skating, hockey, sledding and even shoveling.

Click here to learn about the 4 ways to handle the holidays and back pain: <http://www.spine-health.com/blog/exercise-fitness/preventing-winter-sports-injuries>

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 new and returning patients

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

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