



Monthly Employee Highlight:

Meet Bobbie

Bobbie is our front desk specialist. She is the first to greet our patients and field all calls and questions to the office.

In addition to her daily administrative activities, she is also responsible for a plethora of additional insurance and billing duties. Bobbie always has a smile on her face and she is willing to laugh even during trying situations.

She is very dedicated to her job and strives for a job well done. In her free time she enjoys spending time with her grandson and singing karaoke.

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Wellness Essentials

Don't Let Yardwork Steal the 'Spring' In Your Step

As the snow begins to melt, most of us are getting into a gardening mode. The ideas of Spring weather rejuvenates us as life comes into buds. The extra work that comes with this may prove to be problematic for the spine and associated



muscles. Follow the three simple suggestions outlined below and save yourself from a painful injury. Properly "training" for gardening, just as you would for a sport, will allow you to get out there and enjoy the beautiful weather without a hitch.

Allegany Chiropractic Center



Are you sponsoring a health event that you would like to see us attend? Just let us know!



Ask us about the ITG Diet if you are looking to lose fat and maintain muscle mass.



1. Stretch:

Stretching before and after gardening can prepare the spine for new activities and then loosen the tightened and fatigued muscles afterward. A prepared and properly stretched muscle is half as likely to be injured than one that is not.

Refer to December 2016 Newsletter for the best low back stretch!

2. Hydrate

Proper hydration as the weather begins to warm is of utmost importance. Sweating depletes the water in your body and causes you to require more than usual. Remember in general, you should be drinking 1/2 of your body weight in ounces of water. For example, if you weigh 200lbs you should drink 100 ounces of water **PER DAY!**

3. Lift Properly

-Bend at your **knees** and not at the waist. (Stoop down.)
-Move the item you are lifting as **close to you** as possible and hold it against you.
-Stand up, **pushing with your legs**, while the item is in your arm and against your body.
-Once standing, **do not twist** at the waist to transfer object.