
ASCEND NEWSLETTER

Think Well | Be Well | Eat Well | Move Well | Live Well



Welcome to the Ascend Chiropractic and Wellness Newsletter! We're very excited to create this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

Exercise Without the Joint Pain

Exercise is recommended to improve just about any health complication. While the benefits of exercise are clear, sometimes it may not feel like it's benefitting your joints. To decrease the impact and stress on your joints, but still get a beneficial workout, water exercises are a great option. Exercising in a pool reduces the downward stress of gravity as the buoyancy of water helps to support your spine and joints. This reduces the risk of injury or pain during certain exercises. The warmth of the pool also can be soothing to the joints. Here are several ideas of what to do for a pool workout:

1. Jog in place. Keep your knees high
2. Side to side jumps. Quickly jump from side to side, keeping your feet together
3. Skaters. Leap side to side, touching your toe to the ground behind your leg on each side
4. Flutter kick. Hold onto the edge of the pool with your arms extended and kick your legs quickly
5. Crunch. Position yourself with your back against the side of the pool with your arms outstretched at the edge and legs extended. Pull your knees to your chest, keeping your feet together
6. Leg swing. Same positioning as the crunch, but keep your legs extended as you slowly swing them in a clockwise circle. Then switch the direction of the circle to counter clockwise

If you have concerns about your joint pain and exercise, don't hesitate to discuss it with Dr. Dan at your next appointment!



HALLOWEEN JALAPEÑO MUMMIES

Not sure what snack to bring to the Halloween Party?
Here's a festive and healthy recipe for you!

You can view the instructions at:

<https://www.gritsandpinecones.com/easy-halloween-jalapeno-mummies/>

Tip of the Month

To prevent/relieve lower back pain, it's important to strengthen the muscles surrounding the spine. Try out these exercises, and any Dr. Dan suggests to you, to aid in lower back pain.



Start on both hands and knees, keeping your head down and spine in a neutral position. Slowly extend your right arm out while simultaneously extending your left leg behind you. Hold this position for 2 seconds, and then slowly return to the starting position. Repeat on the other side. Perform 10 repetitions on each side.



Get into a pushup position but bend your elbows and rest your weight on your forearms. Your body should form a straight line from your shoulders to your ankles. Engage your core, squeeze your glutes, and hold for 30 seconds. If you need to modify, go onto your knees.

Sign up for an appointment today at:

ascendchiropracticmn.com

or call:

952-300-2050