

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts on Chiropractic Care:®



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Ask The
Experts

on Chiropractic Care

Dr. Yoon Han

Do you have low back pain?

Perhaps you need to check how you are walking.

Low back pain is the 2nd most common symptom after flu. 80% of people in the world experience low back pain at some time in their life. This is because we sit too much, and have not enough movement.

Have you thought about how much you walk each day? Have you asked yourself, "How am I walking?" If you walk incorrectly, it could injure your spine and ruin your posture; as well as giving you low back pain.

We need a minimum of 10,000 steps each day, but on average men walk 4,000 steps a day while women do 2,600 steps.

Why do we need to take 10,000 steps a day? An average person takes in 2500 calories per day. From that, we use 1500 cal for sleeping and breathing. Another 700 cal is burned by activities like walking. If person is to burn the remaining 300 cal, you will need 10,000 steps. If you are walking well, you will lose weight, decrease cholesterol level and give your body a chance to reduce low back pain.

But the point is how you walk!!

When you check your posture while you are walking, you may be surprised how bad it is. You might notice that you walk with hunched back.

Now I am going to explain what we will call "power-walking," which is used to maintain the health of your spine. You need to stretch your muscles before start walking.

1st, straighten your back

2nd, as you walk, give a good swing to your arms. Your elbows are bent and moving in a natural motion. Maintain an L shape elbow.

3rd, walk 10,000 steps. You should start with fewer steps in the beginning, and then increase steps daily. Do 3-4 times a week. If you usually take in more calories, you will need to do more than 10,000 steps.

4th, walk with short stride (height-100cm) from heel to toe.

5th, drink water during walking.

6th, if it is a hot day, walk in the morning or after sunset.

7th, if you have problems with your feet, you may need orthotics in your shoes to prevent injury to your ankle, knee and low back.

If you have any knee pain, low back pain, or a heart problem, consult us before you walk.

www.powers-jans.com

Chiropractic

can help you be your best!



Call 403-529-9069
for a FREE consultation!