



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. Sheldon Cheriak



The Experts®  
you need to know

on Chiropractic Care

Dr. Wallace Jans

### SPRING FEVER

After the long, unrelenting cold we experienced in February and early March, spring seems exceptionally sweet this year. Has your Cabin Fever now become Spring Fever? This is not the type of fever measured with a thermometer, but a state of heightened or intense emotion or activity. It's the compelling need to get outdoors and enjoy the sun, the warmth and the fresh air of April.

Spring Fever can compel us to embark on a host of springtime activities with great intensity. These are usually things we haven't done for months and we may feel the need to do them all at once. This frenzied activity, although enjoyable, can be very hard on the body. Every spring in our clinic we see numerous incidents of people who did too much too fast. The resulting injuries often set people back to where they cannot do any of their favourite activities for weeks. A little planning and preparation

could have prevented the setbacks. Although these people maybe wouldn't accomplish everything to their heart's desire, at least they would have the enjoyment of getting some things done. Instead they spend the best spring days convalescing.

What can you do to help prevent springtime injuries? Here are some proven strategies:

- Warm up by doing some walking and stretching before each session of work or play.
- Start activities slowly. Remember that you are doing motions and using muscles you haven't used for some time. Don't plan to do everything in one day.
- Start with short sessions of activity. With each new day you should be able to go a little longer. Take frequent breaks.
- Keep hydrated. Adequate water is vital to keep your body working properly.
- Use proper equipment. Whether it's tools or sports gear, make sure they are right for the task and in good condition. Have the tools rusted?

Does the bike need oiling and the brakes adjusted? • Get your spine and possibly your extremities adjusted. Proper motion and alignment of the joints assures proper nerve function and helps prevent injuries along with improving performance.

Chiropractic care can help you prevent springtime injuries. If, however, Spring Fever gets the best of you and you do get carried away, chiropractic can also help speed recovery so you don't miss out on the best of spring. Call today for a free consultation.

**Chiropractic Care for Spring Fevers**



**Call 403-529-9069 for a FREE consultation.**



The Big White House on 6th St. just off Kingsway 737  
- 6th Street SE

Ph: (403) 529-9069

www.powers-jans.com

Check our blog  
[www.powers-jans.blogspot.com](http://www.powers-jans.blogspot.com)  
For the latest news and events at our office  
Find us on Facebook  
[www.facebook.com/PowersAndJans](http://www.facebook.com/PowersAndJans)