

Bare Bones

The Thompson Chiropractic Newsletter

Waterford office # 519-443-6663 Simcoe office # 519-426-8330

Dr. Marshall Thompson

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Chiropractic Care & Pregnancy:

Low back pain during pregnancy is a very common complaint. The average weight gain is between 25 & 35 pounds by the end of the pregnancy. This change in mass, along with a forward shift in a woman's center of gravity can put excess strain on the hips and sacroiliac joints. Studies have found that about half of all expectant mothers will develop low back pain at some point during their pregnancy. This is especially true during the third trimester.

In a paper published in Obstetrics and Gynecology, low back pain during pregnancy was mainly caused by sacroiliac (SI) dysfunction (78%). This type of joint problem is very common in most Chiropractic offices. About 80% of the patients in my practice with low back pain have SI dysfunction.

It has been shown that chiropractic treatment of sacroiliac dysfunction is highly effective during pregnancy to relieve pain and discomfort. One study found that complete relief was only found when chiropractic manipulation was included in the treatment plan.

Chiropractic treatment is safe and can be especially attractive to those who are trying to avoid medications in treating their back pain.

And always remember, safe exercise during pregnancy is a must to help strengthen muscles and prevent discomfort.

If you are pregnant and are experiencing any low back pain, please do not hesitate to contact a chiropractor. I would be happy to answer any questions you may have.

Did you know?

Children are always playing rough, tumbling, jumping, and are very active. We, at Thompson Chiropractic believe that children benefit from chiropractic adjustments so that they can maintain healthy, strong bodies as they grow.



We have a winner...

Thompson Chiropractic is pleased to announce our fourth winner for the Complimentary Dinner Gift Certificate (drum roll please)...

Congratulations

Darlene Genovese

Refer a friend or family member to our practice and get your name entered into our contest. Learn more about the contest on page two of this newsletter.

"Caring for people, not just spines."

Country-Style Chicken Stew Provençal

Rustic stews like this one are loaded with sturdy vegetables and flavourful herbs. Excellent comfort food for the chilly autumn weather we're enjoying.

Ingredients:

2 tsp olive oil
1 lb boneless, skinless chicken breast, cut into 1-inch pieces
4 ozs Portobello mushrooms, cubed
1 can (420mL) fat-free chicken broth
¼ cup dry white wine
3 potatoes, sliced
1 can (426g) great northern beans, rinsed and drained
4 carrots, sliced
8 gloves of garlic, minced
¼ tsp white pepper
1 tsp herbes de Provence
¼ cup snipped fresh parsley, for garnish

Heat the oil in a large, non-stick skillet over medium-high heat. Add the chicken and mushrooms, and sauté, stirring occasionally until the chicken is lightly browned, about 8 minutes.

Combine the chicken mixture, broth, wine, potatoes, beans, carrots, garlic and white pepper in the crockery pot. Cover and cook on LOW until the chicken is cooked through, the potatoes are tender and the flavours are blended, 6 – 8 hours. Season with the herbes de Provence & serve garnished with the parsley. Makes 4 servings.



WIN A DINNER ON US!

Our contest continues.

The staff has decided that we should show appreciation to those who refer new patients to our office. A thank you card was just not enough to show our true gratitude for their confidence and enthusiasm in us.

So, we came up with what we feel is the perfect way of thanking you. Approximately every 4 months we will have a draw. This time around we will be drawing for a gift certificate at a local restaurant.

Contest Rules:

1. When you visit the office, you will be given a referral card (or cards) with your name on it.
2. Give this card to a friend or family member who you believe would benefit from chiropractic care or radial shockwave therapy.
3. Tell your friend or family member to bring in the referral card when they come in so it can be entered into our draw.

Remember...the more cards you give out, the greater chance you have of winning!

Accepting New Patients!

Visit our webpage at www.drthompsonchiropractic.ca. More interactive content will be on our website in the near future.

Any questions or comments can be emailed to drthompson@drthompsonchiropractic.com

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