

VOL. 1 ISSUE 1 · JUNE 2023

MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness



WELCOME TO OUR *NEW* MONTHLY NEWSLETTER!

We are very excited to announce that we will now be offering a monthly newsletter! This month's focus is lower back, where Dr. Justin goes over how chiropractic care, stretches, and exercises can help with pain and function. As we shift into summertime, try out this month's featured plant-based recipe for a Tabouli Salad that is quick and easy to make and has many listed health benefits. Sign up at the front desk if you'd like to receive our future newsletters via email!



FOURTH OF JULY RAFFLE

Follow us on Instagram or Facebook, then show the Receptionist & ask for a Raffle Ticket EVERY office visit from June 1st to June 30th for your chance to win a

HYPERICE HYPERVOLT GO 2!! 😁

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LOWER BACK STRETCHES & EXERCISES



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 10 Times | Hold 3 Seconds | Complete 3 Sets | Perform 1 Time A Day

CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat. Next return to a lowered position and arch your back the opposite direction.

Repeat 10 Times | Hold 5 Seconds | Complete 3 Sets | Perform 1 Time A Day



SINGLE KNEE TO CHEST STRETCH

While lying on your back, use your hands and gently draw up a knee towards your chest. Keep your other knee straight and lying on the ground Bilateral.

Repeat 5 Times | Hold 10 Seconds | Complete 2 Sets | Perform 1 Time A Day



SUPINE FIGURE 4

Lying on back, cross one ankle over the opposite knee. Reach through and pull back on bottom leg for a stretch Bilateral

Repeat 3 Times | Hold 30 Seconds | Complete 1 Sets | Perform 1 Time A Day



HIP FLEXOR

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

Repeat 1 Times | Hold 10 Seconds | Complete 1 Sets | Perform 1 Time A Day



*Home Exercises sourced from www.hep2go.com!

Managing Lower Back Pain

BY JUSTIN DI MAIO

Warm weather often comes with spring cleaning, yard work and occasionally, lower back pain. Lower back pain is one of the most common complaints of people worldwide, and is a leading cause of chronic disability in the US. It is difficult to prevent episodes of lower back pain from ever occurring, but what can be controlled is the management of these episodes as they arise. Proper management of these episodes, combined with continued healthy practices to maintain strength in the core and lower back, are often the key to not letting lower back pain dictate your life.

There are a variety of ways people can create a healthy foundation to minimize the chances of lower back injuries from occurring and maintain current injuries from progressing. Healthy exercise habits that promote core strengthening, lumbar mobility, and maintaining flexibility in the lower extremities are very important. Yoga, Pilates and strength training are excellent examples of classes people can take that can help support the body in different ways. People with a previous history of low back pain should first speak to their healthcare provider before taking on new activities, as there may be certain movements that can both help or irritate existing conditions.

If someone does sustain a lower back injury, there are a variety of healthcare providers that can be of use in managing care. Orthopedists, physiatrists and chiropractors are often utilized to determine a diagnosis and create a treatment plan to help the

body heal. Other providers that can aid in this process include physical therapists, acupuncturists, massage therapists and others. Managing a condition with multiple healthcare providers can result in quicker recovery, as it will allow each of them to focus on how they can help the patient most efficiently.

Quick Tips to Help Avoid Back Injuries

- Avoid sitting for long periods of time. Sitting forces your back to bear all of your upper body weight, while standing allows your weight to be distributed through your legs.
- Bend with your knees when reaching for something low. Leaning forward, especially for a prolonged period of time, builds tension in the lower back, and may make it uncomfortable to rise back up.
- Perform tasks as close to the front of your body as possible. Twisting and extending backwards often creates a force joints in the spine do not like.

At any stage, whether you are dealing with a new injury, fear an old injury resurfacing, or want to avoid sustaining one, there are many various ways to approach it. If you have any questions about what type of care can benefit your situation, the chiropractors at our office are always available to help you manage your healthcare and improve your quality of life!

- Dr. Justin

PRODUCT HIGHLIGHTS:

NUTRADISC

SUPPORTS DISC & CONNECTIVE TISSUE HEALTH

\$50.00



- THIS FORMULATION INCLUDES A BLEND OF VARIOUS NUTRIENTS TO ADDRESS THE JOINTS AND SUPPORT SOFT TISSUE. AMONG THE INGREDIENTS IS MERIVA, A UNIQUE CURCUMIN EXTRACT THAT IS HIGHLY ABSORBABLE FOR THE BODY
- THE BLEND OF ENZYMES INSIDE ARE SPECIFICALLY INCLUDED FOR FIBRIN DEPOSITION
- GLUCOSAMINE AND CHONDROITIN WORK SYNERGISTICALLY WITH ONE ANOTHER

NUTRA DISC® IS A ONE-OF-A-KIND CREATION THAT AIDS WITH TISSUE AND JOINT CONCERNS. THIS REVOLUTIONARY BLEND OF COMPONENTS WORKS TO HELP THE BODY STAY HEALTHY AND MAINTAIN OPTIMAL JOINT FUNCTION, WHILE FURTHERING THE PRODUCTION OF COLLAGEN AND FACILITATING CARTILAGE REBUILDING.



VENOM BACK VIBRATING THERMAL WRAP

VENOM BACK ENHANCES THE SOOTHING RELIEF OF A HEATING PAD WITH COMPRESSION AND VIBRATION. THIS THERAPEUTIC COMBINATION CREATES A HEATED MASSAGE THAT ALLEVIATES SORE MUSCLES, RELAXES STIFF JOINTS, AND MELTS AWAY TENSION, ACHES AND PAINS. IDEAL FOR WARMUP AND RECOVERY, THE COMBINATION OF WARMTH AND VIBRATION IS UNPARALLELED.

AVAILABLE FOR PICK UP IN
OUR OFFICE!
ONLY \$170 !



Chiropractic Crossword

CHIROPRACTOR
NERVES
THERAPY
LUMBAR
PAIN
SPINE
BALANCE
ADJUSTMENT
JOINTS
NECK
DOCTOR
BONES
HEALTH
WELLNESS
XRAY

H	E	A	L	T	H	W	H	R	N	E	C	K
P	C	R	G	P	P	A	I	N	Y	M	H	S
R	N	W	E	L	L	N	E	S	S	Q	I	B
V	M	U	S	C	L	E	Q	W	B	S	R	U
L	D	J	P	O	X	R	A	Y	A	N	O	L
X	B	T	R	R	G	V	H	E	L	U	P	U
J	R	H	B	O	N	E	S	W	A	L	R	M
O	T	E	U	T	Z	S	P	I	N	E	A	B
I	M	R	Q	W	H	R	L	P	C	H	C	A
N	Y	A	D	J	U	S	T	M	E	N	T	R
T	F	P	A	Y	G	M	R	T	O	E	O	V
S	G	Y	I	L	R	D	O	C	T	O	R	T



TABOULI SALAD RECIPE

PREP TIME: 20 MINUTES | SERVINGS: 4



INGREDIENTS:

- 1/2 CUP UNCOOKED BULGUR
- 3 TBSP OLIVE OIL
- 3 TBSP LEMON JUICE
- 1/2 TSP SEA SALT OR TO TASTE
- 1/4 TSP PEPPER OR TO TASTE
- 2 MEDIUM TOMATOES, DICED
- 1/2 CUP FINELY CHOPPED PARSLEY
- 1/2 CUP FINELY CHOPPED SCALLIONS
- 1/2 CUP FINELY CHOPPED MINT

DIRECTIONS

STEP ONE: COOK THE BULGUR ACCORDING TO THE PACKAGE INSTRUCTIONS. (FINE BULGUR NEEDS TO BE STEEPED AND COARSE NEEDS TO BE COOKED FOR 10 MINUTES). ALLOW THE BULGUR TO COOL AND SET ASIDE.

STEP TWO: TO A MEDIUM BOWL, ADD THE OLIVE OIL, LEMON JUICE, SALT, AND PEPPER. WHISK WELL.

STEP THREE: TO THE SAME BOWL ADD THE COOLED BULGUR, TOMATOES, SCALLIONS, PARSLEY, AND MINT. MIX EVERYTHING WELL AND SERVE.

TIPS FOR THE BEST TABOULI SALAD

- ALLOW THE BULGUR TO COOL. THIS SALAD IS BEST SERVED CHILLED, SO ALLOW THE BULGUR TIME TO COOL DOWN BEFORE ADDING IT TO THE TOMATOES AND OTHER INGREDIENTS.
- PRE-MIX THE DRESSING. THE DRESSING WILL EMULSIFY AND BLEND ITS FLAVORS BETTER IF YOU MIX THE DRESSING INGREDIENTS TOGETHER BEFOREHAND RATHER THAN ADDING THEM TO THE SALAD AND MIXING THERE.
- CUT THE TOMATOES SMALL. YOU DON'T WANT YOUR TOMATOES TAKING OVER THE DISH, SO MAKE SURE TO CHOP THEM ON THE SMALL SIDE FOR THIS TABOULI SALAD.
- FINE CHOP THE HERBS. HERBS CAN HAVE A VERY STRONG TASTE WHEN YOU GET A MOUTHFUL OF THEM, SO MAKE SURE THEY ARE CHOPPED FINE TO KEEP THIS DELICATE SALAD IN BALANCE.

NUTRITION FACTS PER SERVING
179KCALS | 12G FAT | 18G CARBS | 3G PROTEIN

*Recipe sourced from www.eatsomethingvegan.com!

HEALTH BENEFITS

PARSLEY: NATURAL DIURETIC
THAT CAN REDUCE BLOOD
PRESSURE AND BLOATING

BULGUR: IMPROVES DIGESTION
AND GUT HEALTH, PROMOTES
WEIGHT LOSS, VITAMINS,
MINERALS AND FIBER



June's Patient Testimonial:



Two years ago I was newly pregnant, and experiencing the most excruciating pain in my tailbone and entire lower back. New to the area I wasn't sure where to go and contacted a family friend who recommended West Milford Chiropractic and Wellness (Tanis chiropractic at the time) and I immediately called and made an appointment. Off the bat the woman working the front desk was an absolute pleasure to speak to, she was quick to listen to my problems and concerns and made sure to get me in as soon as they possibly could. I met with Dr. Justin and we discussed in length my issues and he talked me through what he could do to help. Being pregnant you're always nervous to see a different doctor and wanting to make sure they take good care of you and baby. Dr. Justin made me feel so comfortable and put me at ease. Due to a multitude of challenges between my sciatica, lower back, neck, and carpal tunnel, I continued to see Dr. Justin about once a week until the DAY my son was born! I was actually in his office waiting to be seen when I had to rush out to go to the hospital. Dr. Justin heard that I had to rush out and actually took the time to call me himself to see if I was ok! Most weeks when I went into the office I could barely walk, but then after my adjustments, my pain was much less severe and I could actually walk without crying. Fast forward to after my son was born, I've continued to visit for maintenance and most recently have been struggling with a neck injury. Again, I found myself in their office completely unable to move my neck without excruciating pain! After a few visits with Dr. Justin my neck is WORLDS better, and I am not in agony just trying to play with my son. I am forever in a debt of gratitude for Dr. Justin and the entire staff at West Milford Chiropractic and Wellness for taking such good care of me, for always helping to get me seen as soon as possible, and always providing a positive interaction anytime I call or visit the office!

- Amanda B.



UPCOMING LOCAL EVENTS:

Corn Hole Tournament at
Wallisch Homestead
JUNE 3RD

Greenwood Lake Air Show
JUNE 9TH, 10TH & 11TH

Vera and The Force at
Warwick Valley Winery
JUNE 18TH

West Milford High School
Senior Graduation
JUNE 19TH

