

MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness

Welcome to our Festive December Newsletter!

Embrace the spirit of giving this season, West Milford Chiropractic and Wellness is teaming up with the Highlands Family Success Center for a Toy Drive until Wednesday, December 20th! Below you can find the items we are looking to collect. Explore ways to combat the imbalance of Lower Cross Syndrome with effective stretches and exercises. This month's article has a hearty, protein packed vegan chili recipe for you to try during the cold months! Treat yourself or loved ones to a rejuvenating massage with Stacy at Angelic Touch Massage for 20% off! Plus, enhance your holiday ambiance with an exquisite table centerpiece! Happy Holidays!

TOY DRIVE

Help Local Families in need by donating!

Collecting Until Wednesday, December 20th

1554 Union Valley Road, West Milford NJ

New Unwrapped Toys, Board Games, Books, Gift Cards, Hats & Gloves, and Grocery Gift Cards!



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Bring on the Holiday Season!
Toy Drive Collection

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Lower Cross Syndrome

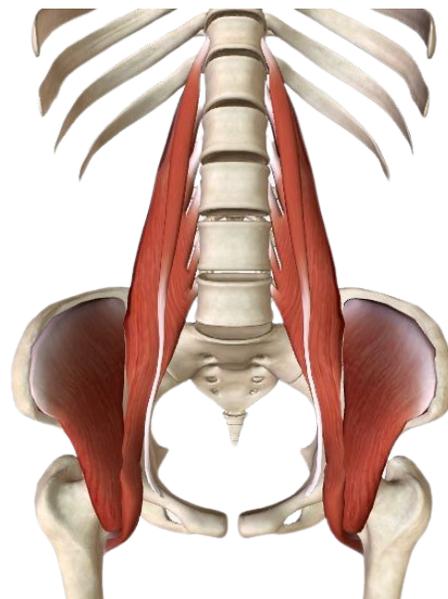
BY DOCTOR NICOLE TORP

Our September back to school newsletter featured upper cross syndrome to get ready for those desks again, but now as we head into December, we're going to look at another muscular imbalance called lower cross syndrome (LCS).

Lower cross syndrome is something most people experience to some degree. This includes tight hip flexors (especially the psoas) and lower back muscles (paraspinals), and deactivated core and glutes. This can cause a wide range of problems from the feet up to the lumbar spine. People with LCS are more susceptible to lower back pain, sciatica, radiculopathies, hip pain, medial knee pain, ankle pain, plantar fasciitis, and more.

I'd like to specifically highlight a muscle called the iliopsoas (psoas). The psoas is a muscle that originates on the front of your lumbar spine and attached to the front of your hip. If this muscle is tight, it pulls your trunk forward. If this happens, your lower back muscles have to contract in order to keep you standing up straight. This imbalance changes the angle of your pelvis, putting a lot of pressure on your lower back (your lumbar spine and the top of the sacrum).

ILIOPSOAS MUSCLE



A way to combat this imbalance is to stretch the hip flexors and lumbar spine muscles, and perform activation exercises for the core and glutes. This will help put the pelvis at a neutral angle, alleviating the pressure on the lumbar spine and sacrum.

Activating the core: If you think you need to do sit-ups to activate the core, you're not alone, however this can sometimes cause more damage. Your abdominal muscles are only responsible for about 30% of flexion, after that, there hip flexors



actually take over (the muscles we are trying to calm down). Try the exercises given instead that are better at targeting the core specifically.

Activating the glutes: I like to recommend these in a standing position, and specifically targeting the muscles in a weight bearing position so that they are functional for every day life. If these seem easy, you can add resistance, but remember this is to activate the muscle and not to build.

Stretching the hip flexors and lower back: Remember not to bounce in these stretches. It should be gentle and not causing any pain.

If at any point these stretches or exercises are causing pain or exacerbating any current symptoms, don't continue and find alternatives.

Another important component of balancing these muscles are a balanced pelvic floor. This can happen to anyone, but is almost guaranteed in a post partum patient. This will be highlighted in another article, however if you would like to discuss if it would benefit you, reach out to discuss and obtain resources.

Have a great holiday season, wishing you warmth and happiness!

- Dr. Nicole



LOWER CROSS SYNDROME STRETCHES & EXERCISES



Theraball Crunches

Lying on your back across the ball (with the ball at the level of the mid-back), place hands behind head and both feet flat on the floor. Tighten abdominal (core) muscles as you do a cruncher (short sit-up). Return to starting position; repeat.

Repeat 10 Times | Hold 3 Seconds | Complete 3 Sets

Upper Spinal Twist - Open Book

This stretch is to stabilize lumbar spine and pelvis. Mobilize thoracic spine and scapula. Lie on your left side with your knees and hips stacked together. Bring arms together. Slowly rotate right arm over to your right as you keep your back and pelvis stable. Look to your right shoulder. Hold 1-2 minutes with deep breathing. Repeat on the left side. As you get more functional, you should be able to touch your arm, upper back on the floor.

Repeat 1 Time | Hold 1 Minute



Psoas Stretch

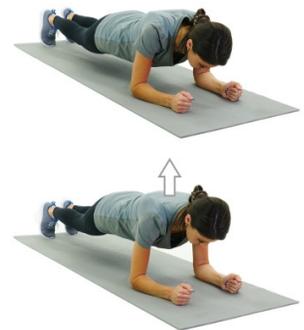
Get into a half kneeling position with a cushion under your left knee. The right foot will be planted on the floor in front of you as shown in Fig 1. Squeeze your left glute and scoop your pelvis up toward your face. You should feel a stretch in the front of the left hip. For more stretch, keep the squeeze in your glutes and reach your left arm up over your head and bend torso towards the right as shown in Fig 3.

Repeat 3 Times | Hold 30 Seconds | Complete 2 Sets

Plank Plus

Perform a plank on your elbows and while holding this position, protract your shoulder blades forward to raise up a few more inches and then lower back down and repeat. The amount of time you hold this for will depend on ability. Try to increase the number of seconds you hold it by a couple seconds every 2-3 days.

Repeat 1 Time | Hold 1 Minute



Hip Abduction - Standing

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat. Use your arms for balance support if needed for balance and safety. **Make sure the toe of the moving leg is pointed forward and that the leg is slightly behind the standing leg. Toe turned out and going forward will not target the glute, it starts targeting hip flexors**

Repeat 10 Times | Complete 3 Sets

VEGAN CHILI RECIPE

PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | SERVINGS: 4



INGREDIENTS:

- 1 MEDIUM ONION CHOPPED
- 4 CLOVES GARLIC FINELY MINCED
- 1 GREEN PEPPER CHOPPED
- 1 MEDIUM CARROT GRATED
- 5-6 MEDIUM DICED FRESH TOMATOES
- 5 TBSP TOMATO PASTE
- 2 CUPS WATER OR VEGETABLE BROTH
- 4 CUPS COOKED BEANS (KIDNEY BEANS, BLACK BEANS, PINTO BEANS, WHITE BEANS OR 1 CUP OF EACH)
- 2 TSP COCONUT SUGAR OR SUB MAPLE SYRUP
- 1 TSP GROUND CUMIN
- 1 TSP ONION POWDER
- 1 TSP GARLIC POWDER
- 3/4 TSP SALT
- 1/2 TSP BLACK PEPPER
- 1/4 TSP SMOKED PAPRIKA
- 1/4 TSP CAYENNE PEPPER
- 1-2 HOT RED CHILI PEPPERS
- 2 TSP OIL OF CHOICE FOR FRYING

DIRECTIONS

STEP ONE: IN A LARGE PAN OR POT OVER MEDIUM HEAT, ADD IN THE OIL. SAUTÉ THE ONION AND PEPPER FOR ABOUT 5 MINUTES, ADD THE GARLIC AND SAUTÉ FOR AN ADDITIONAL 1-2 MINUTES, STIRRING OCCASIONALLY.

STEP TWO: MIX IN THE TOMATOES AND SAUTÉ FOR ANOTHER 3 TO 5 MINUTES.

STEP THREE: NOW ADD ALL REMAINING INGREDIENTS, INCREASE THE HEAT AND SIMMER FOR ABOUT 30 MINUTES OR LONGER, STIRRING OCCASIONALLY. ADD MORE WATER OR VEGETABLE BROTH IF THE CHILI GETS TOO THICK.

STEP FOUR: RECOMMENDED STEP - POUR ABOUT 1 TO 1 1/2 CUPS OF THE CHILI INTO A DIFFERENT POT. BLEND THIS PART USING AN IMMERSION BLENDER UNTIL SMOOTH. YOU CAN ALSO BLEND IT IN A REGULAR BLENDER. POUR THE BLENDED CHILI BACK INTO THE LARGE POT AND STIR TO COMBINE.

STEP FOUR: SERVE WITH RICE, PASTA, POTATOES OR FLATBREAD. GARNISH WITH FRESH CILANTRO OR PARSLEY.

*RECIPE SOURCED FROM ELAVEGAN.COM!

HOLIDAY TABLE CENTERPIECE

ADD A BEAUTIFULLY DESIGNED FRESH FLOWER ARRANGEMENT TO YOUR TABLE THIS HOLIDAY SEASON MADE BY KELLY, OUR CHIROPRACTIC ASSISTANT!

PICK UP HERE AT THE OFFICE 12/22 BETWEEN 8AM-6PM

SCAN THE QR CODE TO ORDER OR LET THE FRONT DESK KNOW AND WE WILL ADD YOU TO THE LIST!



SMALL CENTERPIECE: \$35

LARGE CENTERPIECE: \$50

@daysofdahlias | @audreydesignx

Angelic Touch



Massage

To Schedule an Appointment with Stacy

Call or Text: 201-452-2054

Convenient Online Scheduling:

www.angelictouch.massagetherapy.com

20% OFF

Gift Certificates 12/1 - 12/23

Located here at West Milford Chiropractic & Wellness!

1554 Union Valley Road | West Milford, NJ

Services Offered at Angelic Touch Massage:

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Create Balance within your Body, Mind & Spirit

