

Cornerstone CHIROPRACTIC

Health Partners



"Health Care For
the Whole Family"



Health Hope
Healing

January 2012



www.cornerstonechiropractichealth.com

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MORE SUPPORT FOR YOUR SPINE

Keeping your body healthy and making the most of your chiropractic adjustments

Last month's newsletter provided some food for thought on choosing the proper mattress and pillow. This month we'll address support for sitting and standing, the most common daytime activities.

CHAIRS: 70% of all work today is performed in the seated position, and many people also spend a large percentage of the evening seated. Since we spend so much time sitting and since no two of us have the exact same proportions, it is important that we have chairs that fit us individually to ensure that we are properly supported.



In order to have a chair fit properly, it makes sense that they should be available in various sizes. One company that is making recliners in various sizes is Ekornes, in their Stressless line of chairs. Their chairs also provide excellent lumbar (lower back) support.

When it comes to office chairs, you want to have the ability to adjust the seat to fit you. The height should be changeable, and you should be able to pitch it up or down in the front. The backrest should elevate as well as slide forward and back to match your depth. It should provide lumbar support and ideally be able to support your head if you lean back. Lastly, the armrests should elevate to accommodate your arm length. There are many brands on the market, and they have made significant improvements in recent years, so you should be able to find one that works well for you.

Lastly, if you spend a lot of time in the car or if you feel as though your chair doesn't have adequate lumbar support, consider purchasing a **lumbar support cushion**. They are relatively inexpensive and can assist with more comfort in the short term and better spinal health in the long run.

SHOES: When it comes to saving a buck, your shoes should never be the place to do so. It is also worth noting that shoes shouldn't be chosen purely for fashion. Our appearances are not improved if our feet become deformed or if we're limping around because they hurt. Remember, your feet are the foundation for your entire body. Therefore, if your feet and ankles aren't supported properly, it can affect your body all the way up to your head!



Often an unequal leg length may be created without proper support, which puts us at a greater risk of developing arthritis of the knee, hip and spine. Wearing good quality, well fitting shoes with adequate support helps us not only feel better, but also function better and prevent arthritic changes.

Look for the following qualities in a good shoe: proper length and width (have your feet sized by a knowledgeable professional), no or very little heel, the widest point of the shoe should be at the forefoot, the shoe bend should be the same as where your toes bend, and there should be plenty of room for your feet to move within the shoe. Several shoe manufactures that have good shoe styles available include SAS, New Balance, Birkenstock, Born, and Keen.

Product of the month:
Foot Levelers Spinal Pelvic Stabilizers

To add support to the 3 arches of your feet and extra shock absorption to the shoes you have, consider getting scanned for a pair of custom-made Foot Levelers **Spinal Pelvic Stabilizers** at our office. In addition, we also have the ability to have a custom shoe made for you. The Foot Levelers company has paired with several name brand shoe companies to create a product that is a good quality shoe with custom-made support.

For the month of **January**, you can receive **\$20 off** your order of Spinal Pelvic Stabilizers or Custom Shoes. Please let our staff know if you would like to be fitted for a pair of orthotics or shoes and they will set up an appointment time for you to have that done.

Saturday appointments:

Dr. Jennie will be in the office **January 7 & 21** and **February 4 & 25**. Appointments are available from 9am-noon. Call or email for an appointment:

info@cornerstonechiropractichealth.com

****PLEASE NOTE****

If you have a supplemental insurance, such as AFLAC or Combined Insurance, and you have had an accident that warrants a claim, please inform us **BEFORE** your visit.

Stay Informed

Visit our website at cornerstonechiropractichealth.com for the latest health related information. You will find our most recent newsletters, upcoming events, links to our blog and Facebook page, and you can listen to any of our radio shows from the past year.

Happy New Year!

Please be sure to have your insurance card(s) with you at your first visit of 2012. It is necessary for us to verify your coverage and benefits for the year. Thank you!