



The shoulder season

Fall is the season for rotator cuff injuries. If you've awoken from a sleep unable to lift your arm properly, or if you've overdone it at the softball game, usually it's your rotator cuff to blame.

The rotator cuff is a group of small muscles in your shoulder, which help to guide the joint through proper motion. They don't do the work of lifting the shoulder, but serve to ensure the ball of your shoulder joint rotates properly

in the socket. When these muscles are irritated, you will often feel pain with raising your arm, putting on your jacket, or reaching for objects.

Once diagnosed by your [chiropractor](#), rotator cuff problems can be easily helped with treatment, and adequately prevented with some easy stretching and strengthening exercises.

For more information on this topic, please [contact](#) our office.

Fall resolutions

September is a popular time to pull up the bootstraps - back to work after vacation, back to school, and often back into a regular exercise routine.

If you've been neglecting the gym or the trails for a few months, it usually isn't the best idea to jump back in where you left off. Starting a bit slower, and gradually returning to your

previous level, is the ideal way to proceed.

If you're unsure which exercises will aggravate your existing condition, or you would like to learn how to prevent aches and pains, [contact](#) our office for an evaluation.

Upcoming Office Closures

Dr. Debbie Wright will be away from the office from Friday, September 28th to Monday, October 8th. She will be back to regular schedule on Tuesday, September 9th, 2007.

[Chiropractic](#) will not be available on Saturday, October 6th and Monday, October 8th. [Massage therapy](#) and [acupuncture](#) will be available as usual. Regular schedule will resume on Tuesday October 9th, 2007.

Topics in this issue:

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