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**thrive** chiropractic  
wellness centre

## The hazards of raking

Before you reach for your rake this fall, consider the possible results: upper, lower back or neck strain and pain in the shoulders.

Just as playing sports can injure your body, the twisting, turning, bending and reaching of raking can also cause injury if your body is not prepared.

What can you do to help prevent the needless pain yard work may cause?

1. Do back and trunk stretches spread over the course of your work, and when the work is finished.

2. Stand as straight as possible, and keep your head up as you rake.
3. When raking, use a "scissors" stance: right foot forward and left foot back for a few minutes, then reverse.
4. Bend at the knees, not the waist, as you pick up piles of leaves or grass.
5. If you do feel soreness or stiffness in your back, use ice to soothe the discomfort. If there's no improvement in two or three days, see your [chiropractor](#).

[Email us](#) for more information.

## What is the core? (A message from Craig)

As a personal trainer it is very common for people to want to start a training program that focuses on "the core". However, I feel most people are not even 100% certain what it is. The core, which is all the muscles that support your spine, is broken into your inner unit and outer unit.

Your inner unit is made up of 4 muscle groups that are very deep and are not activated during traditional abdominal exercises (crunches, twists, etc.) These exercises train the outer unit.

A proper core conditioning program

will strengthen both the inner and outer units in balance as well as help support and stabilize your spine. (most people have over strengthened their outer unit so will need to focus on inner unit to restore the balance)

When trained properly, your core should act as your body's natural weight belt, lifting the pressure off of your lower back. For more information on proper core training contact Craig Boyd, director of trainers at Precision Athletics:

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### Topics in this issue:

- The hazards of raking
- What is the core?
- Upcoming office closures

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## Upcoming Office Closures

There will be no office closures for October