



THE
NEIGHBOURHOOD
CLINIC



NEWS

PAIN FREE LIVING

Computer Syndrome: Ergonomic Work Stations

Many soft tissue injuries have been developing due to work related use of computers. Using computers for prolonged periods of time without moving or stretching can cause sustained tension in the muscles of the shoulders, arms, neck, and back leading to repetitive strain injuries. General achiness, headaches, fatigue, carpal tunnel syndrome, tennis elbow or weakness in the lower arm can result from the repetitious actions of typing and using the mouse.

Ask your therapist for stretches to help reduce these tensions and relieve related pains. Your therapist can also teach you how to set up your work station in a way that is ergonomically correct.

Work surface height: Keeping elbows at 90 degrees, keyboard or table top should be at palm height.

Seat height: Keep feet flat on the floor, use a foot stool if needed. Knee height should be slightly above hip height.

Lumbar support: Place in the hollow of your back, shoulder blades resting flat against back rest.

Shoulder height: Shoulders should hang relaxed at your sides, not up at your ears.

Head and neck position: Monitor should be directly in front of you at eye level.



TIPS

Foods to prevent a heart attack:

Some foods are able to raise 'good' HDL levels and inhibit LDL levels. They are rich in omega 3's and lower blood pressure to help reduce the risk of heart disease.

1. Orange Juice
2. Salmon
3. Spinach
4. Kidney Beans
5. Onions
6. Green Apples

Please participate in a short 10 question survey to help us better your experience at The Neighbourhood Clinic.

To submit your answers, visit:

www.surveymonkey.com/s/3WXDLHF



It should just take a minute!

All submissions are completely anonymous.

Reasons to Stretch

One of the easiest ways to decrease pain and improve posture is to stretch. Stretching and flexibility are like all forms of physical activity; it improves with practice. Stretching should be done regularly for you to notice a significant change. You will be amazed by the results in just a few weeks.

Gently hold each stretch for a minimum of 30 seconds and don't hold your breath. Do both sides.

1. Prepare your muscles and tendons for activity
2. Reduce the risk of injury to muscles
3. Restore full range of motion
4. Improve performance/power in your daily activities
5. Reduce muscle tension
6. Promote circulation to muscles and joints
7. Maintain mobility as we age
8. Prepare muscles and tendons for activity with dynamic stretches



Neighbourhood Clinic welcomes another great practitioner!



R.M.T., D.Acu, D.TCM, B.H.Sc, Osteopathy (in training)
Acupuncture & TCM Practitioner, Massage Therapist

Samuel began his career in 1994 as an apprentice practicing massage therapy and acupuncture. He received a formal education in massage therapy and interned at the Toronto Rehabilitation Institute. In 2000, with his license as a registered massage therapist in hand, he attended the Michener Institute of Applied Health Science, and interned at Mt. Sinai Hospital Wasser Pain Management Center and St. John's Rehabilitation Hospital Acupuncture Clinic. Samuel graduated with an Honors Diploma of Health Sciences in Acupuncture in 2004. Later, he was awarded a Bachelor of Health Science in Complimentary Medicine.

As part of his career development, Samuel interned at two major hospitals in Beijing, China for one year. Upon returning to Canada, he practiced massage and acupuncture at a midtown multidisciplinary clinic.

Currently a 4th year student in osteopathic medicine, Samuel possesses a unique blend of techniques, experience and knowledge gained over fourteen years. He has effectively helped his patients with various aspects of pain management, fertility treatment, the promotion of optimal organ function and various other health goals.



**Best Massage
in Town**
2008, 2009

mount pleasant village

**fall
fair**

Saturday, October 16

10 am - 6 pm

- *Contests *Tastings
- *Give aways *Sidewalk sales
- * Treats for kids in costume
- * Fun for all ages & pets too

*Thanks for all your
well wishes.*

*Our clinic team had a
great day at the CIBC
Run For The Cure!
Join us next year!*



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