

Happy 2013 Holiday Season from the SCC team!



Greetings from Dr. Eva Chan

Wow, I can't believe that it has almost been 3 months since the arrival of Tobias! Despite the sleep deprivation, and the amount of attention the little guy demands, Warren and I have made time the past several weekends to physical and mentally recharge.

I'm eager to get a head start on 2014 and look forward to seeing all practice members again upon my return on January 6th.

I'd like to thank Dr. Kelly Caverly for the outstanding work she has done taking care of all of you while I have been away on maternity leave.

Happy holiday season and I will see you all in early 2014!

Yours in health,

Dr. Chan



5 tips for a healthy back this winter

Winter is here. Keep these 5 simple, yet effective tips in mind as you navigate through winter's many hazards. Don't let a bad back keep you from being active this winter!

- 1) Dress for the weather.**
Layered clothing keeps muscles warm and your skin

dry so you don't get chilled.

- 2) Shovel snow often and regularly.**
Frequent shoveling means moving smaller amounts of snow at once!
- 3) Watch your weight.** Extra pounds, can cause and make back pain worse. Integrate "lighter-eating" days into your festive celebration schedule.
- 4) Warm up before activity.** Take time to warm up with overall conditioning followed by simple stretching.
- 5) Take your time.** Allow for more time to get to your destination. A fall on the ice can result in contusions, sprains, or even fractures and concussions.

General Clinic Updates

Holiday Closure:

Clinic will be closed December 25th & 30th, 2013 and January 1st, 2014

Returning:

Dr. Eva Chan will be returning on January 6th, 2014

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Welcome Tricia Jacques



SCC welcomes Tricia Jacques, a registered physiotherapist!

Tricia is personally and professionally committed to helping you manage and resolve your physiotherapy related conditions. She has a treatment style that includes professional skills, active listening and empathy for her patients.

For more information Tricia can be reached at:
tricia@1on1physio.com

Quarterly Quote

"Your body is a temple, but only if you treat it as one."