

# Today's Chiropractic Weekly Handout

## Chiropractic Care & Stress Reduction

Dr. Charles M. Laycock



If we're alive, we have stress. That much is a given. In fact, we are well-designed to cope with stress, but these ancient mechanisms can often go awry. Just as allergies and other hypersensitivity reactions represent extreme responses of normal physiological processes, the high levels of stress many of us experience on a daily basis represent abnormal responses of

normal physiological processes. The high levels of stress many of us experience on a daily basis represent abnormal responses of our built-in fight-or-flight mechanisms.

Stress is normal, but daily ongoing internal stress is abnormal. Chiropractic care can often provide substantial help, by reducing or eliminating extra sources of stress in our bodies. For example, restricted spinal joint mobility can lead to high levels of physiologic stress in muscles, ligaments, and tendons that support the joints. Stress in these soft tissues causes build-up of metabolic toxins and drains resources, such as oxygen and nutrients, that are needed elsewhere. These physiologic stresses create a vicious cycle of increasing stress in many areas of the body. Mechanical stress leads to mental stress, and mental stress leads to more muscle tension and even pain.

Chiropractic care directly addresses the spinal source of much physiologic stress. The result is a body that works more efficiently and more effectively. The result is increased health, happiness, and well-being!!

## Exercise Of The Week

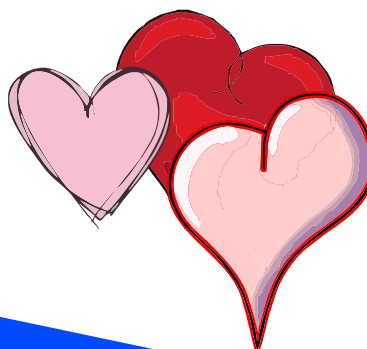
### Ilio-Tibia Band Stretch



**STARTING POSITION**  
Begin standing next to wall. Side to be stretched should be closest to wall. Place hand on wall for stability and support. Leg closest to wall crosses behind opposite leg.



**MOVEMENT**  
Gently lean hips toward wall until stretch is felt in the outside hip region. Hold for 20-30 seconds or for prescribed duration. Repeat for prescribed repetitions. Alternate sides as directed.



Valentine's Day is just around the corner!  
A Massage Gift Certificate makes a great gift for your special Valentine!!

## Today's Chiropractic Clinic

614 S. 225th Street  
Des Moines, WA 98198

(206) 878-BACK (2225)

[www.todayschiropractic.net](http://www.todayschiropractic.net)

~Serving Our Community Since 1990~

### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm