



## All In the Wrist?

Pain in your wrist means there's a problem in your wrist, right? Maybe - maybe not.

*Double Crush:* Double Crush occurs when nerves going to or from the wrist are pressured in the carpal tunnel *and* the spine, shoulder, neck or elbow. Resolving carpal tunnel problems requires looking beyond the wrist.

*The Tunnel:* The 8 small bones of your wrist are called carpals. They form a "tunnel" for the nerves and tendons that control your fingers to pass through. If any of the bones forming this

tunnel loses its proper alignment, nerve pressure, inflammation and pain can be the result.

*Chiropractic May Help:* In carpal tunnel cases, chiropractic adjustments often produce excellent results. If you have wrist pain, email our practice or give us a call.

## Save Your Knees

A Canadian study found that 81% of joint replacement patients were classified as overweight or obese. But most knee problems can be avoided:

*Lose Weight.* Carrying around extra fat puts extra wear and tear on your joints, impairing function.

*Strengthen Leg Muscles.* Something as simple and inexpensive as walking or climbing stairs can do wonders to strengthen your knees.

*Wear Supportive Shoes.* When properly fitted, shoe orthotics help support the arches of your feet, giving your entire body a more stable platform.



## Emotional Fuel

Giving positive feedback can be a powerful tool to reinforce a desired behavior. And it's a skill anyone can learn. Keep these things in mind:

*Do it Now.* Positive feedback is most effective when it is delivered as quickly after the desired behavior as possible.

*Do it Publicly.* While negative feedback should always be delivered privately, positive feedback is most effective when given in front of others.

*Be Specific.* Don't give a general, "Well done, Sally." Instead, identify the specific reason or detail that's prompting your acknowledgment. "Great presentation in the sales meeting, Sally," is much more effective.

*Do it Often.* Since positive feedback is "emotional fuel," don't neglect the small victories. Celebrate them too.

*Be Authentic.* Don't offer empty praise. Mean it when you say it!

Giving positive feedback takes practice. Today, be on the lookout and try to catch someone doing something great. You'll make their day... and probably yours, too.

## Meals Matter

Research shows that when families eat together, teens are less likely to smoke, drink or use illegal drugs.



Plus, they tend to do better academically. But with families' crazy schedules, finding times for sharing a meal can be a challenge. Here are some tips that may help your family get these positive effects:

- **Pick a Meal** Find a meal that works for your family - it doesn't have to be dinner. Turns out, the positive effects are not limited to the evening meal.
  - **Plan Menus** Design an entire week's worth of meals in advance. Reduce stress by having the ingredients you need in advance.
  - **Prep Ahead** If you have time in the morning, wash and trim the vegetables, make the salad and/or thaw the meat you intend to cook that evening.
  - **Think Fast** Many nutritious meals can be stir-fried or grilled, two speedy ways to cook quickly. Save meals that are more elaborate for weekends.
  - **No TV** Keep this time sacred. Share stories and the highlights of your day without the distraction of the news, phone calls or texts.
- Given that frequent family meals have such a positive influence on children, it's worth the effort to find ways to make this a habit in your family.