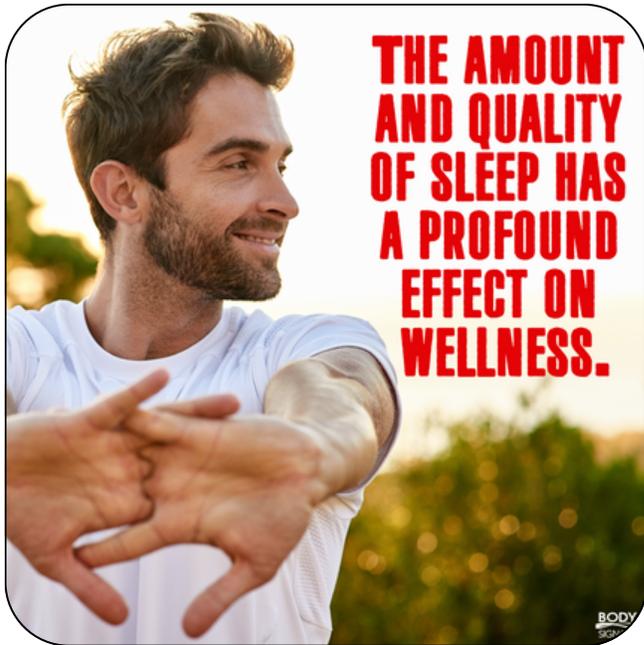


OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

# ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY



**Are you tired of waking up exhausted?**

**Is pain keeping you up at night?**

**Are you struggling with chronic sleep issues?**

**Is stress sabotaging your sleep?**

## WE CAN HELP!

**SAY GOODBYE TO SLEEPLESS NIGHTS!**

**FIND OUT HOW CHIROPRACTIC CARE CAN TRANSFORM NOT JUST YOUR SPINE, BUT YOUR SLEEP QUALITY TOO!**

**DON'T WAIT... CALL US TODAY!**



### THE IMPORTANCE OF LISTENING TO YOUR BODY (BODY SIGNALS):

**As we embrace the changing seasons, it's time to focus on a fundamental aspect of our health that often gets overlooked: SLEEP**

**In this issue we will explore the vital role sleep plays in our well-being, common sleep challenges, and how Chiropractic Care can help you achieve the restful nights you deserve!**

**RESEARCH THAT MATTERS:**

## **How Chiropractic Care can help with Sleep Issues**

When your spine is misaligned, it can lead to pain, discomfort, and tension that makes it hard to settle down for the night. Regular chiropractic adjustments help restore spinal alignment, relieving pressure on nerves and reducing muscle tension. This not only alleviates discomfort, but also encourages relaxation, making it easier to drift off to sleep.

Additionally, chiropractic care can reduce stress and anxiety, two common culprits that interfere with our ability to fall and stay asleep. By prioritizing your spinal health, you're not just enhancing your physical well-being; you're also paving the way for more rejuvenating sleep.

Restless leg syndrome is another issue that prevents people from sleeping. This condition can stem from muscle tension and nerve compression. Chiropractic care will identify these problem areas, resulting in a more restful night!

By addressing physical issues and improving overall well-being, chiropractic care can help regulate your sleep patterns.

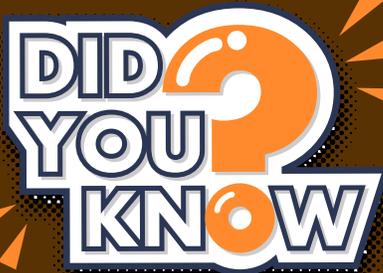


**WHAT DID THE SKELETON SAY TO  
THE CHIROPRACTOR?**

**YOU CRACK ME UP!**



**DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE LUNCH AND LEARN  
LECTURES AT YOUR PLACE OF WORK?!**



**CONTACT LISA AT  
LSHAW@OLYMPIACHIROANDPT.COM  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**

## **THE CRITICAL ROLE OF SLEEP IN RECOVERY & WELLNESS:**

**SLEEP IS MORE THAN JUST A TIME FOR REST; IT IS A VITAL PROCESS FOR RECOVERY AND WELL-BEING.**

**DURING SLEEP, YOUR BODY ENGAGES IN ESSENTIAL HEALING AND REPAIR PROCESSES. HERE'S HOW CHIROPRACTIC CARE SUPPORTS THIS CRUCIAL ASPECT OF HEALTH:**

- **MUSCLE RECOVERY: QUALITY SLEEP ALLOWS YOUR MUSCLES TO REPAIR AND RECOVER, ESPECIALLY IMPORTANT FOR THOSE ENGAGED IN PHYSICAL ACTIVITIES OR THOSE RECOVERING FROM INJURIES.**
- **BOOSTING IMMUNE FUNCTION: ADEQUATE SLEEP STRENGTHENS YOUR IMMUNE SYSTEM, HELPING YOU FEND OFF ILLNESS, HEAL, AND MAINTAIN OVERALL HEALTH**
- **MENTAL CLARITY: SLEEP IS VITAL FOR COGNITIVE FUNCTION, IMPACTING MEMORY, FOCUS, AND EMOTIONAL WELL-BEING**

**CHIROPRACTIC CARE COMPLEMENTS THESE RECOVERY PROCESSES BY ENSURING YOUR BODY IS IN OPTIMAL ALIGNMENT, REDUCING STRESS AND DISCOMFORT, AND PROMOTING RELAXATION. BY PRIORITIZING SLEEP AND INCORPORATING CHIROPRACTIC ADJUSTMENTS, YOU CAN ENHANCE YOUR BODY'S ABILITY TO RECOVER AND THRIVE!**

**Give us a Google Review!**



**HELP US TO SPREAD THE GIFT OF HEALTH AND WELLNESS TO OTHERS!**

**Healthy recipe to try!**



**CLICK ON PICTURE FOR THE RECIPE**

# Did you know?

OCTOBER IS NATIONAL  
CHIROPRACTIC  
HEALTH MONTH!

THIS MONTH RAISES  
PUBLIC AWARENESS OF  
THE IMPORTANCE OF  
MUSCULOSKELETAL  
HEALTH, THE BENEFITS  
OF CHIROPRACTIC  
CARE, AND ITS  
NATURAL,  
WHOLE-PERSON,  
PATIENT-CENTERED AND  
DRUG-FREE APPROACH  
TO HEALTH AND  
WELLNESS.

## WHAT IS THE BEST PILLOW AND SLEEP POSITION?:

A GOOD PILLOW SUPPORTS THE  
NATURAL CURVE OF YOUR NECK,  
PROMOTING SPINAL ALIGNMENT AND  
BETTER SLEEP. MEMORY FOAM, LATEX,  
OR ORTHOPEDIC PILLOWS ARE IDEAL FOR  
REDUCING NECK STRAIN.

YOUR SLEEP POSITION IMPACTS YOUR  
SPINE'S HEALTH:

- **BACK SLEEPERS:** USE A PILLOW UNDER YOUR NECK AND KNEES TO MAINTAIN ALIGNMENT.
- **SIDE SLEEPERS:** A FIRM PILLOW FOR THE NECK AND ONE BETWEEN THE KNEES HELPS REDUCE PRESSURE.
- **STOMACH SLEEPERS:** THIS POSITION STRAINS THE NECK. IF UNAVOIDABLE, USE A THIN PILLOW TO MINIMIZE STRESS.

## LOCAL OCTOBER FUN:

Get ready for a day of all things autumn at the Fall Fun Fest hosted at the Bartlett Nature Center on Saturday, Oct. 19.

Join us for a Pumpkin Fun Run 10:31 am, explore our Eco-Friendly Fair 9 am, and check out the Student Art Display. Warm up with hot cider and enjoy games and activities for all ages.

Saturday, October 19th 9am



Bartlett Nature Center James "Pate" Philip Visitor Center 2054 W. Stearns Rd



Get to know our  
**Employee of the Month!**

**SHANNON MADAY**



**Job Title: Front Desk Coordinator**  
**Length of time at Olympia: Almost 7 years!**  
**Favorite Food: Sushi**  
**Favorite Movie: The Breakfast Club**  
**Pets: 3 dogs-a mastiff Cooper, 2 pit bull mixes Bella & Fozzie**  
**Fun facts: I am a die hard Bears Fan!**



**FUN IN COLORADO**

**CHIROPRACTIC  
CONFERENCE IN  
DENVER!**



**WE**



**OUR PATIENTS .....**

**PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWLETTER  
WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!**

**ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!**



## **FROM OUR PHYSICAL THERAPY DEPARTMENT:**

**HOW PHYSICAL THERAPY CAN HELP WITH SLEEP ISSUES:  
RELAXATION EXERCISES ARE BENEFICIAL FOR SEVERAL REASONS,  
INCLUDING REDUCING MUSCLE TENSION, PROMOTING IMPROVEMENT  
IN CIRCULATION, REDUCING STRESS & ANXIETY, AS WELL AS  
SUPPORTING MENTAL WELL-BEING.**

**SOME WAYS PHYSICAL THERAPY CAN HELP WITH RELAXATION  
INCLUDE: IMPROVING MUSCLE FLEXIBILITY, TEACHING BREATHING  
EXERCISES IE. DIAPHRAGMATIC BREATHING, & PERFORMING  
EXERCISES THAT INCORPORATE GENTLE MOVEMENT PATTERNS.**

**TO PERFORM DIAPHRAGMATIC BREATHING FOLLOW THESE STEPS-  
STEP 1: SIT OR LAY DOWN IN A COMFORTABLE POSITION**

**STEP 2: TAKE A MOMENT TO RELAX YOUR SHOULDERS, NECK, & JAW.**

**STEP 3: PUT ONE HAND ON CHEST & ONE HAND ON STOMACH**

**STEP 4: BREATHE IN THROUGH YOUR NOSE FOR 4-5 SECONDS. FOCUS ON  
EXPANDING YOUR ABDOMEN. YOU SHOULD FEEL YOUR HAND ON YOUR  
ABDOMEN RISE WHILE THE HAND ON YOUR CHEST REMAINS RELATIVELY  
STILL.**

**STEP 5: EXHALE. EXHALE SLOWLY THROUGH  
YOUR MOUTH FOR A COUNT OF 6, FEELING  
YOUR ABDOMEN FALL. MAKE A SLIGHT  
"WHOOSHING" SOUND AS YOU EXHALE TO  
ENCOURAGE RELAXATION.**

**STEP 6: REPEAT. REPEAT THIS PROCESS  
FOR 5-10 MINUTES. FOCUS ON MAINTAINING  
A SLOW, STEADY RHYTHM WITH YOUR  
BREATH.**

**STEP 7: RETURN TO NORMAL BREATHING.**



*Exercise*  
**is good for**  
*improving sleep.*

## **EXERCISE ESSENTIALS: EXERCISES FOR RELAXATION AND SLEEP**

**THIS IS A GOOD OPTION FOR AN AT-HOME EXERCISE TO HELP YOUR BODY RELAX**

**CHILDS POSE IS A GREAT STRETCH TO DO TO PROMOTE RELAXATION AND RELEASE MUSCLE FATIGUE**



**ASK US TO SHOW YOU HOW TO DO THIS EXERCISE!**

### **EXERCISE INSTRUCTIONS:**

#### **. CHILD'S POSE (RELAXATION)**

**HOW: KNEEL ON THE FLOOR, THEN SIT BACK ON YOUR HEELS WHILE EXTENDING YOUR ARMS FORWARD AND LOWERING YOUR FOREHEAD TO THE FLOOR. HOLD FOR 1-2 MINUTES.**

**BENEFIT: STRETCHES THE LOWER BACK AND HIPS, PROMOTING RELAXATION.**