

# SELF-CARE SOLUTIONS

SUMMER 2021

## QUARTERLY NEWSLETTER

Wellness through lifestyle medicine and integrative medicine

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Z Lifestyle Physical Therapy

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## Food and Pain Relief

An analysis in *Pain Reports* states that "In summary, diet quality was significantly lower in those with chronic spinal pain. Those with chronic spinal pain consumed significantly less whole grains, dairy, fruit, and fiber, while also consuming more saturated fat and sugar. Although it is unclear if lower diet quality causes chronic spinal pain, it would be still be appropriate to counsel patients with chronic spinal pain to:

- (1) identify and limit sources of added sugar in their diets and
  - (2) replace added sugars with natural ones."
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## Wellness Through Dance

A review in *Sports Medicine* indicates that “Undertaking structured dance of any genre is equally and occasionally more effective than other types of structured exercise for improving a range of health outcome measures.”

Why wait, go dancing! If needed, get some lessons in ballroom dancing, salsa, or the tango.



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## Habit Change Tips

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Here are 5 ways to create a good habit:

1. **Identify** the good habit - (exercise)
  2. **Add** a positive trigger - (walk before lunch)
  3. **Pre-plan** your strategy - (walk, then eat)
  4. Find a way to **track yourself** - (phone calendar)
  5. **Create a reward** for yourself - (gift card at the end of the month)
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## Self-Massage for Pain

Consider using self-massage to your neck, back, knee, or feet using your hands or massage tools such as a Massage Stick, Thera Cane, or a massage ball.

A study in *the International Journal of Therapeutic Massage & Bodywork* found that self-massage may be helpful for knee osteoarthritis.



### Sources:

#### Food and Pain Relief

- Zick SM, Murphy SL, Colacino J. Association of chronic spinal pain with diet quality. *Pain Rep.* 2020;5(5):e837.

#### Wellness Through Dance

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#### Habit Change Tips

- Kwasnicka D, Dombrowski SU, White M, Sniehotta F. Theoretical explanations for maintenance of behaviour change: a systematic review of behaviour theories. *Health Psychol Rev.* 2016;10(3):277-296.

#### Self-Massage for Pain

- Atkins DV, Eichler DA. The effects of self-massage on osteoarthritis of the knee: a randomized, controlled trial. *Int J Ther Massage Bodywork.* 2013;6(1):4-14.

### Images:

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### Bio:

Z Altug, physical therapist and wellness consultant, is available to speak at virtual or live events. Author of *Integrative Healing* (2018).

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