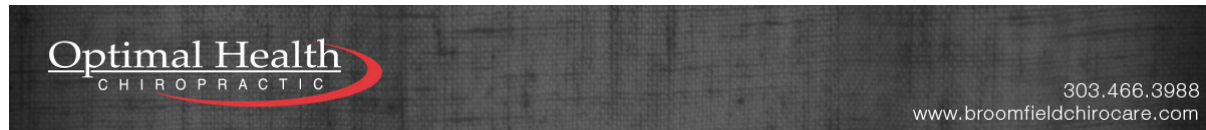


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All About Muscle Cramps



When thinking of newsletter topics each month, we try to tap into different issues patients are facing or different topics that seem to be coming up. Muscle Cramping is a condition that troubles many people in our office that we spend a lot of time trouble shooting. This month we're here to explain what muscle cramps are, what could be causing them and how to prevent them.

Cramping of a muscle is defined by an involuntary severe contraction of a muscle that does not relax. If cramping is something you have experienced you know the pain associated with not being able to relax a muscle. It's definitely an uncomfortable experience!

Cramping can occur in any skeletal muscle but happens most often in the larger muscles of the leg. Typically cramping occurs because of inadequate stretching or hydration - both preventable causes. Other causes of muscle cramping can include, intense heat, poorly trained muscles, decrease in the balance of salt and minerals in the body (you know, those electrolytes we were talking about last month!).

Some people are more susceptible to cramping than others. Factors that may cause more cramping include being ill, out of shape or taking medications that cause cramping to occur. Athletes are more likely to cramp in the beginning of their season when they haven't been training. Also, as you age you also become more susceptible due to muscle atrophy (muscle loss).

Some things that may help to relieve cramping once it starts are resting, stretching, heat and hydration. When hydrating, low sugar sports drinks will help the cramping subside faster because they also replenish electrolyte balances in the body. Preventing cramping from happening in the first place is also a good idea and can be done by hydrating well, stretching and conditioning slowly rather than going straight in to difficult exercise routines.

If you have any questions, please reach out and ask. Muscle cramping is an uncomfortable, often preventable occurrence, that we'd love our patients to never have to deal with! We're here to help you feel your best.



October Dates to Know

why you should get a massage this fall:

1. SUMMER SANDALS HAVE BEEN YOUR STYLE STAPLE.
2. YOU'VE BEEN EXTRA ACTIVE.
3. YOU SUFFER FROM SEASONAL DEPRESSION.
4. YOU'VE BEEN GETTING POOR SLEEP.



More Massage Updates

October Dates You'll Want to Note

It's almost that time of year... fall break!

Don't worry, it's just a short break from the office and we're adding extra shifts and just taking a couple of days, so there'll be plenty of time to get in, but just want to make sure everyone knows and can take full advantage.

We will be OPEN ALL DAY Wednesday October 18th (that means an extra afternoon shift!).

We will be CLOSED Thursday, October 19th and Monday, October 23rd.

We will be OPEN ALL DAY Tuesday, October 24th (that means an extra morning shift).

So if you're usually a Thursday patient, Wednesday might be a good option for you or if you are a Monday regular, maybe try Tuesday that week.

Save your adjustment time now! To get on the schedule, give us a call, text or book online: optimal-health-chiropractic.booksy.com

More Massage Updates

There always seems to be updates on the massage side of thing! Our latest massage update to pass on is that Sierra will no longer be massaging in our office on Saturdays starting the end of October. We will miss having her and her talented hands, but are grateful that Trisha is going to pick up right where she ends, starting October 28th. So keep scheduling those Saturday massages.

And, as a reminder, we still have Diane providing barefoot massages and lymphatic drainage Monday - Thursday, Elizabeth massaging on Thursday mornings and Trisha is also massaging on Thursday afternoons (in addition to the upcoming Saturdays)!

As always, you can schedule by calling or texting (720-610-2627) or booking online at <https://www.messagebook.com/biz/OptimalHealthMassageTherapy>.



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