

# ALIGN YOUR SPINE



BY ROBIN GAUDETTE  
Health Hub

Movement of the human body is like a symphony. The amount of coordination, efficiency and smoothness that is the most simple of movements is astonishingly complex and interesting. Your spine is the center of movement, but can also be the center of pain for many people. The Cleveland Clinic reported this year that four out of five Americans will suffer from back pain during their life. Correct exercise and proper ergonomics for activities of daily living are at the top of the hit list for keeping this incredible organ safe and healthy for life.



Gaudette

The spine is a column of interconnected puzzle pieces: bones, muscles, nerves, tendons, ligaments and a multitude of joints woven together as the pillar of support and movement for the entire body to function. The spinal column consists of 33 vertebrae:

- 7 cervical (neck)
- 12 thoracic (upper torso)
- 5 lumbar (lower back)
- 5 sacral (pelvis)
- 4 coccyx (tailbone)

The vertebrae of the sacrum and coccyx appear as one bone as they fuse together before birth.

The spine has three natural curves that create the S-shape to the spine providing strength and allows it to act like a spring. With the three curves in proper alignment this optimal position is called neutral spine.

Maintaining a neutral spine distributes body weight evenly — protecting the individual parts from stress, creating efficient movement and giving you a healthier appearance. As in a symphony the musculature of the spine works in a coordinated effort to apply tension to maintain curvature and erect posture. When this orchestra becomes “out of tune” or the different instrumental sections aren’t balanced, there is potential for misalignment of the spine with potential long term consequences.

The cervical spine is responsible for holding up the weight of the head. When in normal position over the thoracic spine the weight of a human head is approximately 8-12 pounds. Misalignment of the cervical spine can be caused by poor posture habits, head placement while looking at computer or cell phone screens, and the improper positioning of a backpack. Generally this can cause a forward head posture, which has trickle down effects to the rest of the spine. The weight of the head in relation to the pressure it places on the spine can increase by four times.

The thoracic spine is responsible for holding the rib cage to protect the internal organs. Forward head posture can have a negative effect on the curvature of the thoracic spine, excessive forward reaching or bending in daily activities or exercise can possibly increase this curve.

The lumbar spine is responsible for holding the body’s weight hence the greater curve in the lower back. Not too much to ask! Sitting or standing in one position for long periods of time, incorrect lifting, and standing on uneven surfaces can begin to cause malalignment in this area.

Ergonomics, the study of people’s efficiency in their work environment looks at making the activities one would do in their job the most safe and efficient to their overall health. Now enter the yearlong work-at-home pandemic to make a mess of the science of ergonomics. In 2020 physicians and chiropractors saw more back pain problems than other years. And the International Association for the Study of Pain (IASP) names 2021 as the Global Year About Back Pain. IASP points out that exercise trumps ergonomic fixes: lumbar supports, lifting devices, job rotations and modifications in preventing back pain.

If you have back pain start with your medical provider or physical therapist, hire a trainer, join a gym, swim at the pool, walk — and focus on your spine.

Robin Gaudette is the aquatic wellness coordinator at the Redmond Area Park and Recreation District. Contact her at robin.gaudette@raprd.org.

## POLICE & FIRE REPORT

The Spokesman will update items in the Police Log when such a request is received. Any new information, such as the dismissal of charges or acquittal, must be verifiable. For more information, call 541-548-2185.

### Redmond Police Department

May 17  
Burglary — A burglary was reported at 1:32 a.m. in the 600 block of NW Jackpine Avenue.  
Thefts — Thefts were reported at:  
11:31 a.m. in the 3500 block of SW Valleyview Drive.  
12:53 p.m. in the 3100 block of SW Quartz Avenue.  
2:08 p.m. in the 900 block of SW Veterans Way.  
2:50 p.m. in the 800 block of SW 17th Street.  
May 18  
Burglary — A burglary was reported at 6:43 p.m. in the 2900 block of SW Pumice Avenue.  
Hit-and-run — Hit-and-run incidents were reported at:  
4:28 p.m. in the area of SW Highland Avenue and SW 11th Street.  
5:10 p.m. in the 400 block of W. Antler Avenue.  
Thefts — Thefts were reported at:  
8:13 a.m. in the 2000 block of SW 30th Street.  
12:01 p.m. in the 3100 block of S. U.S. Highway 97,

and an arrest made.  
2:04 p.m. in the 1500 block of W. Antler Avenue.  
1:52 p.m. in the 1700 block of S. U.S. Highway 97.  
6:35 p.m. in the 300 block of NW Oak Tree Lane, and two arrests made. Both suspects were charged with aggravated identity theft, criminal possession of a forged instrument, forgery, mail theft, theft, giving false information to police and impersonation. One suspect was also arrested on an in-state warrant. The other suspect was arrested on an out of state warrant and also charged with negotiating a bad check.  
9:54 p.m. in the 1300 block of SW Obsidian Avenue.  
Unauthorized entry — A vehicle was reported entered at 6:18 p.m. in the 100 block of SW 16th Street.  
May 19  
Hit-and-run — A hit-and-run incident was reported at 1:11 p.m. in the 900 block of SW Veterans Way.  
Thefts — Thefts were reported at:  
1:25 p.m. in the 4500 block of SW Elkhorn Avenue.  
1:46 p.m. in the 4500 block of SW Elkhorn Avenue.  
Unauthorized use — A vehicle was reported stolen at 11:58 a.m. in the 800 block of SW 11th Street.  
Vehicle crashes — Accidents were reported at:

11:24 a.m. in the area of E. Antler Avenue and NE Ninth Street, with injury.  
6:01 p.m. in the 2400 block of S. U.S. Highway 97.  
May 20  
Theft — A theft was reported at 2:51 p.m. in the 800 block of NW Canyon Drive.  
Vehicle crashes — Accidents were reported at:  
8:12 a.m. in the 1300 block of SW Canal Boulevard, noninjury.  
3:18 p.m. in the 700 block of SW Fifth Street, with injury.  
May 21  
Thefts — Thefts were reported at:  
7:45 a.m. in the 2800 block of SW Quartz Avenue.  
9:23 a.m. in the 1700 block of SW 31st Street.  
11:49 a.m. in the 1600 block of SW Odem Medo Road.  
6:05 p.m. in the 800 block of SW Seventh Street.  
Vehicle crashes — Accidents were reported at:  
1:08 a.m. in the 6400 block of SW Canal Boulevard, with injury.  
4:15 p.m. in the 3200 block of S. U.S. Highway 97.  
May 22  
Criminal mischief — An act of criminal mischief was reported at 10:54 a.m. in the 1800 block of SW Salmon Avenue.  
DUII — Riley Duaine Coe, 27, of Redmond

was arrested on suspicion of driving under the influence of intoxicants at 1:25 a.m. following a weapon reported in the 1600 block of SW Obsidian Avenue, and was also charged with menacing.  
Hit-and-run — A hit-and-run incident was reported at 10:14 a.m. in the 900 block of SW 23rd Street, and an arrest made.  
Thefts — Thefts were reported at:  
22:18 p.m. in the 300 block of NW Oak Tree Lane, and an arrest made. The suspect was also charged with criminal trespass and possession of less than 1 gram of heroin.  
9:11 p.m. in the 3500 block of SW Pumice Avenue.  
Vehicle crashes — Noninjury accidents were reported at:  
3:59 p.m. in the area of SW 27th Street and SW Wickiup Avenue.  
8:04 p.m. in the 700 block of SW Sixth Street.  
May 23  
Criminal mischief — An act of criminal mischief was reported at 1:05 p.m. in the 2400 block of SW Wickiup Court.

### Redmond Fire Runs

May 17  
6:50 a.m. Unauthorized burning, 1100 SW Lake Ct.  
9:49 a.m. Extrication of victim(s) from vehicle, in

the area of SW Quarry Avenue and S. U.S. Highway 97.  
9:27 p.m. Authorized controlled burning, 9380 NE Smith Rock Loop, Terrebonne.  
May 18  
5:28 a.m. Motor vehicle accident, noninjury, in the area of NW 43rd Way, Terrebonne.  
4:50 p.m. Authorized controlled burning, 1250 NE Wilcox Ave., Terrebonne.  
8:28 p.m. Electrical wiring/equipment problem, 1822 W. Antler Ave.  
May 19  
3:07 p.m. Passenger vehicle fire, 3100 SW Highland Ave.  
May 21  
7:57 p.m. Passenger vehicle fire, 19318 NW O’Neil Highway.  
9:53 p.m. Building fire, 401 W. Antler Ave.  
May 22  
12:48 p.m. Gasoline or other flammable liquid spill, 2522 SE Jesse Butler Circle.  
May 23  
12:46 a.m. Motor vehicle accident, noninjury, in the area of U.S. Highway 97 near milepost 128.  
1:15 a.m. Motor vehicle accident, with injury, in the area of U.S. Highway 97 near milepost 124.  
May 17-23: 96 Medical aid or transfer calls

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### CROSSWORD

**Good Chemistry**

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20			21					22	23			
		24		25		26						
27	28	29				30				31	32	
33						34						35
36										37		
38		39	40	41	42		43	44	45	46		
	47						48					
			49				50					
51	52	53					54			55	56	57
58				59	60	61	62			63		
64				65						66		
67				68						69		

CREATORS NEWS SERVICE By Charles Preston

**ACROSS**

- Slap of the tongue
- Extra impressions, in printing
- Utah’s state flower
- General Bradley
- Dayton’s mil. college
- The Man in the Mask
- Latvian capital
- Add
- Actor’s cue
- Before “Margery Daw”
- Speaks out
- Snickers’ trailer
- Cafe req.
- Crafts master
- Interstice
- What a judge does on an appeal
- Church books
- Ginger, for one
- Project’s ending
- Planet
- chemistry
- Honey
- Worst off
- Volcanic product
- Rock of
- Seer

**DOWN**

- Exhausted
- Author Morrison
- Partner of frutti
- NBA’s Archibald
- Ballet garb
- Chemical compounds
- Concept
- Appear
- Western spread
- Timberlane
- Knight at Camelot
- French friend
- Fury
- Golf club
- Last longer
- Brandy letters of quality
- Consume
- Brit. army unit
- Like moonlight
- Valley in California
- Von Stroheim
- Departed
- Wallet stuffers
- Handle
- Suburb of Provo
- USN officer
- Exclamation
- Saroyan’s hero

**Answers on Page 5**

### SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.

6	4			5	8			
				8				
		1	4		9	6		
		6	7			8		
	3						5	
	7			1	3			
	9	7		6	5			
			1					
		2	5			7	6	

MEDIUM # 12

**Answers on Page 5**

### WEATHER

FORECAST	HIGH	LOW	
Wednesday	98	58	Sunny
Thursday	91	53	Sunny
Friday	86	47	Sunny
Saturday	79	41	Sunny
Sunday	67	39	Partly cloudy
Monday	67	40	Partly cloudy
Tuesday	72	41	Partly cloudy

LAST WEEK	HIGH	LOW	PRECIP
Monday, May 24	69	43	0.05
Tuesday, May 25	65	42	0.13
Wednesday, May 26	79	34	0
Thursday, May 27	72	43	0
Friday, May 28	71	32	0
Saturday, May 29	80	31	0
Sunday, May 30	83	40	0

Precipitation to date this year: 1.87 inches  
\* = daily record  
National Weather Service broadcasts are on 162.50 mhz.

# THE REDMOND Spokesman

**Mailing Address:** P.O. Box 6020, Bend, OR 97708  
**Office Number:** 541-548-2184

**NEWSROOM CONTACT:**  
Gerry O’Brien, gobrien@bendbulletin.com

**NEWS ASSISTANT:**  
Lydia Valenti, lvalenti@redmondspokesman.com

**ADVERTISING CONTACT:**  
Debbie Coffman, dcoffman@bendbulletin.com

**OFFICE HOURS:**  
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