# ALIGN YOUR SPINE

**BY ROBIN GAUDETTE** Health Hub

ovement 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. 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 aquatics wellness coordinator at the Redmond Area Park and Recreation District. Contact her at robin.aaudette@raprd.ora.

#### **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 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. 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.

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 forgery 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

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

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,

3:18 p.m. in the 700 block of SW Fifth Street, with

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

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.

Criminal mischief — An act of criminal mischief was reported at 10:54 a.m. in the 1800 block of SW

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

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.

Criminal mischief — An act of criminal mischief was reported at 1:05 p.m. in the 2400 block of SW

#### **Redmond Fire Runs**

May 17

FROM

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

1-855-839-0752

the area of SW Quarry Avenue and S. U.S. Highway

9:27 p.m. Authorized controlled burning, 9380 NE Smith Rock Loop, Terrebonne.

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

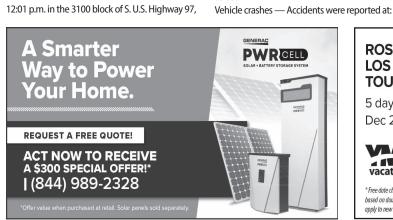
9:53 p.m. Building fire, 401 W. Antler Ave.

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

MKT-P0108





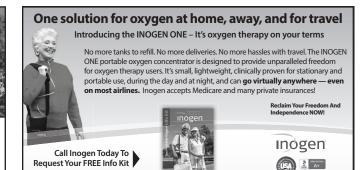
5 days, departs Dec 29, 2021



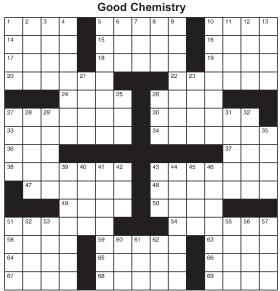


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Free date changes anytime up to 45 days prior to departure for land tours. Deposits and final payments remain non-refundable. Prices are per perso based on double occupancy plus up to \$199 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 630.21. Other terms & conditions may apply. Ask your Travel Consultant for details.



#### CROSSWORD



## **ACROSS**

1 Slap of the tongue 5 Extra impressions, in printing
10 Utah's state flower

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30 Interstice 33 What a judge does on an appeal 34 Church books 36 Ginger, for one 37 Project's ending

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54 Exhausted 58 Author Morrison 63 NBA's Archibald 64 Ballet garb 65 Chemical compounds

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1 Knight at Camelot 2 French friend 3 Fury 4 Golf club

5 Last longer 6 Brandy letters of quali-7 Consume 8 Brit. army unit

9 Like moonlight 10 Valley in California 11 Von Stroheim 12 Departed

13 Wallet stuffers 21 Handle 23 Suburb of Provo 25 USN officer

26 Exclamation

27 Saroyan's hero

hikers again 29 Over \_\_\_\_ 31 Cleo or Frankie 32 "\_\_\_ not well; I doubt some foul play.

28 Headed up a group of

35 Denomination 39 Bone and teeth basis 40 Mountain border. Europe/Asia 41 Rosie was one

42 Affirmative vote 43 Former Fed. agency 44 Arch 45 Travels 46 Insecticide or murder

weapon? 51 Baseball's Mel's family 52 Rake 53 Poker stake 55 20th C. cult in painting, sculpture, etc.

56 Shoshoneans 57 Menu item 60 Merkel 62 RN's ministration

#### SUDOKU

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

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

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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
LAST WEEK Monday, May 24	<b>HIGH</b> 69	<b>LOW</b> 43	PRECIP 0.05
Monday, May 24	69	43	0.05
Monday, May 24 Tuesday, May 25	69 65	43 42	0.05 0.13
Monday, May 24 Tuesday, May 25 Wednesday, May 26	69 65 79	43 42 34	0.05 0.13
Monday, May 24 Tuesday, May 25 Wednesday, May 26 Thursday, May 27	69 65 79 72	43 42 34 43	0.05 0.13 0
Monday, May 24 Tuesday, May 25 Wednesday, May 26 Thursday, May 27 Friday, May 28	69 65 79 72 71	43 42 34 43 32	0.05 0.13 0 0

National Weather Service broadcasts are on 162.50 mhz.

THE REDMOND

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