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Monday: 12pm-7pm

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Thank You!

I would like to thank you for your continued confidence and trust for choosing me for your chiropractic and Injury needs! The greatest compliment is you referring your family and friends!

@drelnescreatton



Ten Tips for Spring Cleaning

So it is SPRING! And as the weather warms, many of us begin thinking about a spring cleaning, whether its just a thorough clean of your home, or tidying and purging. This event can be problematic for the back though, so here are 10 tips to help keep your back safe while tidying!

- 1. Make a Plan.** First, decide what needs to be done, then create a schedule or plan to follow to keep you on track. This should include breaks as well!
- 2. Warm up!** Cleaning is a workout! Spend 5 minutes warming up the legs, back, and shoulders by going for a walk, doing squats and lunges, and some shoulder rotations.
- 3. Recruit Help!** Find a friend or family member to help you out!
- 4. Give yourself time.** Instead of trying to cram in everything over one weekend, spread it out over many days, thus lessening the load.
- 5. Use your legs!** When doing any lifting be sure to use your legs and hips (and NOT your back) to keep your back safe.
- 6. Use your core!** Engaging your core by imagining you are pulling your belly button into your spine is a great way to protect your back!
- 7. Use BOTH hands.** Make use of both arms, to try to balance the load to avoid strains from overuse.
- 8. Cushion your knees.** If you are doing work on the floor, use a cushion or knee pads to prevent excess strain on the knees.
- 9. Avoid over-reaching.** Try to work at a distance where your elbows are close to your side, to prevent strain in your shoulders.
- 10. Use proper tools for the job.** If you need to reach something high, use a step-stool or ladder. To clean the floor, use a mop or broom. Bottom line: use a tool designed for the job. It'll make your back happy!

Steak with Spring Veg & Spicy Mustard



Serves: 4 servings Time: 30 Minutes

Recipe courtesy of bonappetit.com

Ingredients:

- 1 lb boneless New York strip steak, patted dry
- Kosher salt & pepper
- 5 garlic cloves (1 grated, 4 thinly sliced)
- 1/3 cup dijon mustard
- 1 tbsp sherry vinegar or red wine vinegar
- 1 Tsp honey
- 1-2 pinches cayenne papper
- 1/3 cup + 3 Tbsp olive oil
- 1 bunch green onions (thinly sliced)
- 10 oz frozen peas (or fresh if you're lucky)
- 1 bunch asparagus (trimmed and

Directions:

1. Season steak generously with salt & pepper.
2. Whisk 1 grated garlic clove, 1/3 cup dijon mustard, 1 Tbsp sherry vinegar, 1 Tsp honey, cayenne, 1/3 cup olive oil, and 1 Tbsp water in a medium bowl to combine. Season to taste with salt and pepper.
3. Heat a medium skillet (or cast iron pan) over medium high heat. Coat steak in 1 Tbsp olive oil. Once pan is hot, place steak in pan, turning every 2 minutes until golden brown on all sides. Cook to desired temperature. Medium rare will be about 10 minutes. Place steak to a plate.
4. Heat remaining 2 Tbsp olive oil in same skillet over low. Add sliced garlic cloves, and all green onions (except for 2 Tbsp to save for serving), and cook until soft and translucent (about 3 minutes)
5. Add peas and a splash of water and cook, stirring and mashing to break up slightly until tender (about 5 minutes). Add asparagus, season with salt and pepper. Cook, stirring until asparagus is tender (about 5 minutes). Remove from heat.
6. Slice steak and serve over vegetables in skillet, with mustard sauce and reserved green onions scattered on top of steak.