

Dr. Elaine Screaton DC

Staying Active While Injured

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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!



@drelainescreaton

One of the most common questions I get asked in my office is 'can I workout with this injury?' or 'can I walk my dog with this injury?' or 'when can I get back to doing _____?' Many are surprised to learn that in most cases it is entirely possible to remain active while recovering from an injury. There are exceptions to the rule, but for the majority of injuries, *some* level of activity is possible, and in fact *encouraged!* Below are some general rules of thumb with respect to activity while injured. Of course, if you have specific questions for me, best way is to book an appointment so we can discuss specifics of your concern.

1. Listen to your Body! If you listen, your body will tell you what it needs. Initially after an injury that might be complete rest, but as you heal that will likely change to doing activity like you would have before injury. If your body tells you to rest, it's best to listen. But if it says it's ready to try activity, then do that!

2. Modify, Modify, Modify! Modification is *not* a dirty word! In fact, it is a great way to stay active while recovering. Modifications could look like reducing distance/time of your walk/run, replacing certain aggravating exercises at the gym with something not painful, doing an exercise body weight instead of weighted, or in the short term trying a new activity altogether! There is almost *always* a way to modify activity around an injury, and almost *always* those modifications are only temporary. Modifications also change as you heal, typically requiring less modification!

3. Move Painfree! While staying active, do your best to remain as pain-free as possible. It might not be possible to avoid all pain entirely, but avoiding as much as possible will mean faster recovery, as each time you aggravate the injury you are slowing recovery. Hence, modifications exist!

Roasted Cauliflower Soup



Serves: 4 servings

Time: 1 hour

I just made this recipe as an appetizer for Thanksgiving, and it is fantastic, a nice hearty soup for a cool fall day!

Ingredients:

- 1 large head of cauliflower, cut into bite size florets.
- 3 Tbsp Extra Virgin Olive Oil
- Kosher Salt
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced.
- 4 cups vegetable broth
- 1/4 cup cheddar cheese
- 2 Tbsp unsalted butter
- 1 Tbsp fresh lemon juice
- 1/4 Tsp ground nutmeg
- 2 Tbsp finely chopped green onion
- 1/2 cup pepitas/pumpkin seeds
- 1/4 tsp smoked paprika
- 1/4 tsp cumin
- 1 dash cinnamon

Directions:

1. Preheat the oven to 425F. Line a large rimmed baking sheet with parchment paper.
2. On the baking sheet, toss the cauliflower with 2 Tbsp of olive oil until lightly coated in oil. Arrange in a single layer, and sprinkle with salt. Bake until cauliflower is tender and golden brown, (about 25-35 minutes) tossing halfway.
3. Once the cauliflower is almost done, in a dutch oven or large pot, add 1Tbsp olive oil over medium heat until shimmering, then add the chopped onion and 1/4 tsp salt. Cook, stirring occasionally until the onion is soft and translucent (5-7 minutes). Add the garlic and cook until fragrant (30 seconds), then add the broth and bring to a simmer.
4. Once the cauliflower is done, remove from the oven, and transfer to the pot with the broth, and simmer for 20 minutes. Meanwhile, lower oven temperature to 350F. Mix pepitas, 1/2 Tbsp olive oil, 1/4 Tsp smoked paprika, 1/4 Tsp cumin, 1/4 Tsp Salt, dash cinnamon and place on a small parchment lined baking sheet. Bake for 10-15 minutes turning halfway through.
5. Once soup is done cooking, remove from heat and let cool for a few minutes. Transfer soup to a blender and work in batches to blend mixture (or if you have it use an immersion blender in the pot) until smooth.
6. Stir in cheese and butter into soup. Next, add the lemon juice and nutmeg. Check for seasoning, and add more salt or lemon juice if needed.
7. Serve with pepitas and green onion as garnish. This soup keeps well in the fridge for a few days, or can be stored in the freezer several months. Enjoy!