

Dr. Elaine Screatton DC

Contact Me:

Synergea Family Health Centre

9 Arbour Lake Drive NW
Calgary AB T3G 5G8
403-247-2947

drscreatton@gmail.com

www.drscratton.ca

Office Hours:

Monday: 12pm-7pm

Tuesday: Off

Wednesday: 11am-7pm

Thursday: 11am-7pm

Friday: 9am-5pm

Saturday: 9am-12pm

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!

@drelainescreatton



Hiking to Avoid Pain

Summer is near! And for many, the mountains are calling! Before you head out for your first hike of the season, here are some tips to help you hike while avoiding any unwanted pain!

- 1. Warm Up!** Before starting your trek uphill, do some flat land walking. Try doing some air squats and calf raises as well to get those muscles warm!
- 2. Start Slow.** Start off with a route that is shorter for your first one of the season to get your legs under you. As the season progresses, work up to adding more km's and incline.
- 3. Select a good Backpack.** Choose a backpack that has wide shoulder straps, with hip and chest buckles to help reduce the load.
- 4. Load the Backpack Properly.** Heavy items should go closest to you, and lighter items further away from you. Try to only pack what is necessary to avoid unnecessary load.
- 5. Use Good Footwear!** A good pair of hiking boots can go a long way! They provide good arch support, good traction, and good ankle support, and can help steady you on uneven terrain.
- 6. Use Trekking Poles.** These give you added stability on uneven terrain, and can reduce impact on your joints and spine. These when fit properly should touch the ground comfortably when your arms are bent to 90 degrees.
- 7. Stay Hydrated.** Hiking is hard work! Ensure you pack enough water with you for the duration of your hike, more if it is warm out. Water bottles work well, but CamelBak's (or other hydration devices) fit nicely into your pack, making transport easier.
- 8. Take Breaks!** Don't be afraid to stop for a quick break to enjoy the scenery, take a drink of water and have a snack!
- 9. Use Good Technique Walking Downhill.** Keep your hips and knees bent in a partial squat, striking the ground first with your heel then rolling over the arch. This reduces knee impact.

Thai Steak with Noodles



Serves: 4 servings Time: 40minutes

Recipe courtesy of foodnetwork.com

Ingredients:

- 1 1/2 lbs flank steak
- 5 Tbsp vegetable oil (or light olive oil)
- 4 Tbsp Thai Red Curry Paste
- 6 Oz Rice Vermicelli
- 2 Red Bell Peppers, sliced into thick strips
- 12 oz green beans, trimmed
- Kosher Salt and freshly ground black pepper
- 1/4 cup fresh lime juice
- 2 Tbsp packed light brown sugar
- 2 Tsp Fish Sauce
- 1 Tsp Asian Chili Garlic Sauce
- 1 Cup fresh basil

Directions:

1. Bring a large pot of water to a boil. Meanwhile, preheat grill to medium high heat.
2. Pound the flank steak between 2 pieces of plastic wrap until 3/4 inch thick; cut in half lengthwise..
3. Stir 1 Tbsp vegetable oil and curry paste in a small bowl and spread all over the steak.
4. Add the rice noodles to boiling water and cook as package directs. Drain and rinse noodles under cold water once cooked, shake off excess water.
5. Brush the grill with vegetables oil. Making a foil pouch, put the bell peppers and green beans in the tin foil pouch and put onto the grill after tossing veggies with oil, 1/2 tsp salt, and fresh black pepper. Grill until cooked, about 10 minutes.
6. Season the steak with salt and pepper and cook until marked, about 4-5 minutes per side for medium rare.
7. Whisk the remaining 3 Tbsp vegetable oil (or olive oil) with the lime juice, brown sugar, fish sauce, Chili-garlic sauce, add 2 Tbsp water in a large bowl. Add the rice noodles to the bowl, with vegetables and basil. Season with salt and pepper and toss to distribute dressing evenly.
8. Thinly slice steak and add it on top of the noodles. Enjoy!