

Dr. Elaine Screatton DC

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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 in choosing me for your chiropractic and injury needs! As a token of thanks for your referral, you'll receive 10% off your next treatment if a new patient mentions you!

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What is DOMS?

DOMS (Delayed Onset Muscle Soreness) is muscle soreness that begins 24-48 hours after exercise and resolves in 96 hours. In general, DOMS occurs with higher intensity and unfamiliar motions. Most often this happens with an eccentric exercise (lengthening muscle contraction) such as running downhill. Symptoms include muscle soreness, weakness, swelling, and stiffness.

Preventing DOMS

- **WARM UP!** 10 minutes consisting of light cardio and dynamic stretching reduces DOMS intensity.
- **COOL DOWN!** 10 minutes consisting of light cardio to return heart rate to normal, and some static stretching/foam rolling over primary muscles used also reduces DOMS intensity. This could include the use of ice for 10 minutes on those areas that were used most.

Managing DOMS once you already have it:

- Ice (10 minutes per affected location).
- Wear a compression sleeve over affected location.
- Light strength workout to affected muscles. Getting back at it (albeit at a lower intensity than what caused DOMS) might be the best way to reduce DOMS symptoms

Connolly, Declan A.J, Stephen E. Sayers, and Malachy P. McHugh. "Treatment and prevention of delayed onset muscle soreness." *The Journal of Strength & Conditioning Research* 17.1 (2003):197-208.

Red Pepper Pork Chops with Succotash



Ingredients:

- 2 Tbsp extra virgin olive oil
- 4 boneless centre-cut pork chops (3/4" thick, 4-5oz each)
- Salt and Pepper
- 2 Tbsp red pepper jelly
- 1 Tbsp whole grain Dijon mustard
- 1 cup frozen lima beans
- 3 ears corn, shucked
- 1 red bell pepper, chopped
- 1 tsp chopped fresh thyme
- 1 Tbsp butter
- 3 Tbsp chopped fresh chives

Directions: 35 Minute Prep Time.

1. Heat 1 Tbsp olive oil in a large nonstick skillet over medium heat.
2. Season the pork chops on both sides with salt and pepper.
3. Add pork to the skillet and cook, turning once, until lightly browned (about 6 minutes).
4. Add the red pepper jelly and mustard to the skillet and increase the heat to high.
5. Cook, flipping the pork a few times until well glazed and cooked through (3-6 more minutes depending on thickness). Remove from heat.
6. Put the lima beans in a small microwave safe bowl with 2 tbsp of water, microwave until tender (about 5 minutes) then drain.
7. Cut the kernels off the corn cobs.
8. Heat the remaining 1 Tbsp olive oil in another large nonstick skillet over medium-high heat. Add the lima beans, corn, bell pepper, and thyme. Season with salt and pepper.
9. Cook, stirring occasionally until the vegetables are tender, 6-8 minutes. Stir in the butter and 2 Tbsp water until the butter is melted. Remove from heat and stir in the chives.
10. Serve, and enjoy!

Recipe courtesy of FoodNetwork.com