

Dr. Elaine Screatton DC

Contact Me:

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Office Hours:

Monday: 12pm-7pm

Tuesday: Off

Wednesday: 11am-7pm

Thursday: 11am-7pm

Friday: 9am-5pm

Saturday: 9am-12pm

Out of Office Alert

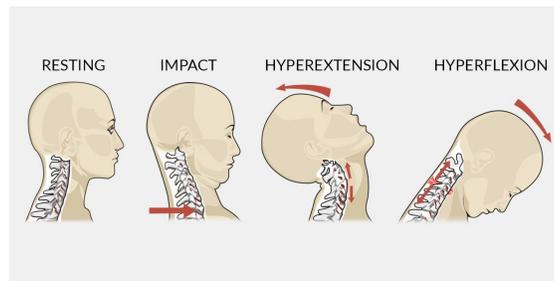
Dr. Elaine will be out of the office from Friday July 26-August 5 2019, returning to the office on Tuesday August 6 2019. Dr. Forrester will be available during my absence, so feel free to book in with her if needed!

@drelainescreatton



What is Whiplash?

Whiplash is most commonly associated with neck pain resulting from a motor vehicle accident (MVA), although it can come from any scenario where the head suddenly jerks forward then backward creating excess strain on the muscles and joints in the neck. This is sometimes referred to as a hyperflexion/extension injury because of how the neck and head move.



Symptoms of Whiplash:

- Neck Pain, decreased range of motion and tightness in the neck
- Pain when moving your neck side to side, up and down.
- Pain or stiffness when rotating the neck (such as when doing a shoulder check)
- Headaches at the base of the skull that may radiate up the back of the head potentially into the forehead or temple area.
- tenderness or pain in shoulder and upper back

How you can get Whiplash:

- Car Accident or *near* car accident (ie slamming on the brakes)
- Carnival Rides (ie roller coasters etc at Callaway Park)
- From a Fall (with or without hitting head)
- Contact Sports (like hockey, football, or boxing)
- Collision or Fall in a high speed sport (like snowboarding, skiing)

Mango BBQ Chicken



Serves: 4 servings Time: 1 hour

Recipe courtesy of foodandwine.com

Ingredients:

- 2 Tbsp butter
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- Kosher salt and pepper
- 1 cup diced fresh mango
- 1/4 cup ketchup
- 2 Tbsp Worcestershire sauce
- 2 Tbsp apple cider vinegar
- 1/2 tsp dried mustard
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 8 chicken thighs (or chicken of your

Directions:

1. In a large heavy skillet, heat the butter over medium-high heat until hot. Stir in the onion and garlic with 1 Tsp salt and 1/2 tsp pepper, and cook, stirring occasionally, until the onion is golden (about 8 minutes). Transfer the onion mixture to a blender and puree with the mango, ketchup, Worcestershire sauce, apple cider vinegar, mustard, coriander, cumin, cayenne. Season with salt and pepper to taste. This is your BBQ Sauce.
2. Reserve 1/2 cup of the BBQ sauce, then toss the remaining sauce with the chicken and let marinate at room temperature for 30 minutes.
3. Preheat the grill.
4. Grill the chicken, basting occasionally with reserved BBQ sauce until charred in places, 35-45 minutes.
5. Enjoy with your favourite fresh garden salad.