

# Dr. Colin Gage \* Dr. Duane Drobot

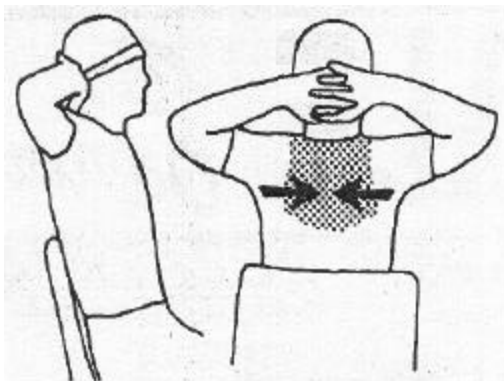
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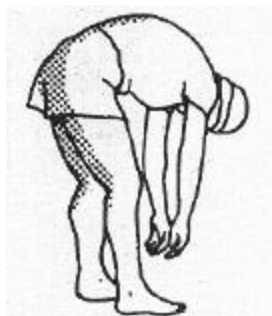
*"treating the cause of your problem, not just the symptoms"*

## Are You In Shape to Watch Hockey Playoffs?

For those of you who are not aware, our Merritt Centennials Hockey Team made it to the Interior Division playoffs this year, beat Prince George four games straight in the semi-finals, and then "swept" Penticton four games straight in the finals. The Centennials are now waiting for a winner to emerge between Victoria and Burnaby of the Coastal League. The first game in that series will be on April 7<sup>th</sup>. The last two games against Penticton, in Merritt, had sold out crowds. Many of those die-hard fans spent three hours per game standing/leaning



With your fingers interlaced behind your head, keep the elbows straight out to the side with your upper body in a good, aligned position. Now think of pulling your shoulder blades together to create a feeling of tension through the upper back and shoulder blades. Hold for 20 seconds, repeat four times.



Start in a standing position with your feet shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Always keep your knees slightly bent so you do not stress the lower back. Let your neck and shoulders relax. Go to the point that you feel a slight stretch in the back of your legs. Hold for 20 seconds. Do not lock your knees or bounce. Repeat four times.

forward/jumping or sitting immobilized on the edge of a hard seat while we “spanked” Penticton. As the household cornbrooms littered the ice when we “SWEPT” Penticton four games straight, I gazed around the arena and noted many of the fans groaning and complaining about how sore their backs had become. As a Chiropractor, I had to do my part to allow the fans to be able to fully appreciate the game and participate in the next “wave” as it circles the barn. Therefore, I thought it would be prudent to demonstrate a couple stretches for the back and shoulders that the fans could do between periods. I chose exercises that are good for almost any occasion, as well as in or around your seat at the game. They are as follows:

If you have any questions or would like more stretches, ask me at the game or call me at my office.

