

# Happy Back and Full Tummies



I don't do much cooking, but I sure do like to eat! 'Tis the season for baking and cooking which encompasses hours and hours of standing in your kitchen.

Little did I know, but there is a lot of time in a day dedicated to prepping meals, making treats for the kids, and having a family dinner.

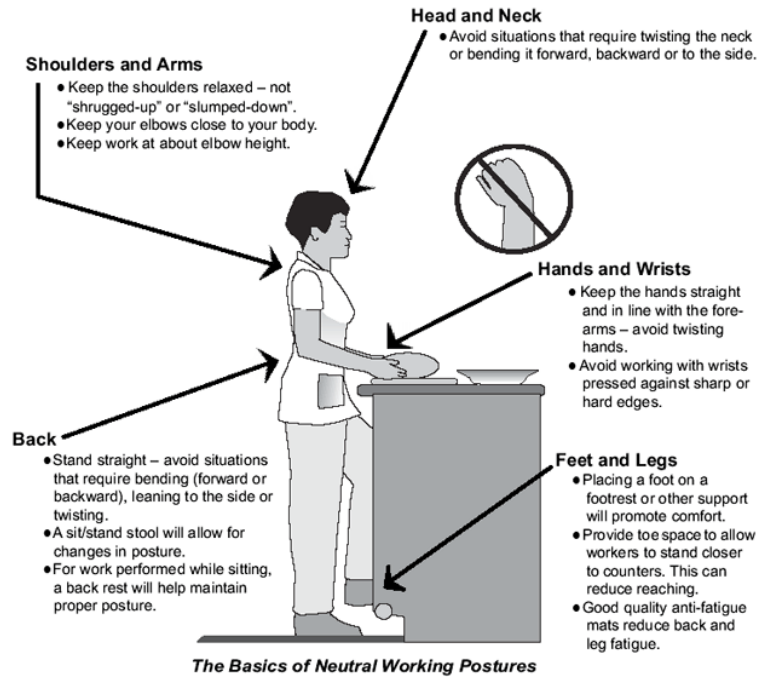
However, what I DO know is that it can be after minutes for some or after an hour for others, but we all feel pain starting to be a part of our life's recipe.



## Here are 5 techniques to focus on when standing in the kitchen:

1. **BAKE BREAK**- the food is in the oven, sit down and rest, put your foot up on a stool or do a stretch
2. **ROLL** your chin in and lengthen the back of your neck to stand up taller
3. **LEAN** forward to stretch your back on the counter and round it out
4. **MEASURE** your weight distribution on your feet and keep it even
5. **STACK** your joints by keeping your hips under shoulders and over your ankles

Hopefully these few tips help to make your recipes turn out better than mine if not then Skip the dishes! Happy Holidays and Best Wishes!



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*Shahin Pabani is a Physiotherapist who has been working with our company since June 2012. Originally she worked at our first clinic in Creekside and now she is working at our Mahogany location. She graduated from Pacific University in Oregon, with a Doctorate in Physical Therapy and has a Bachelor of science in Kinesiology from Stephen F. Austin State University in Texas. Shahin has specific interest in orthopedics, clinical and program development, and would also like to promote physical activity with the youth and elderly. Not only has she been successful academically, but Shahin also played Collegiate Division 1 soccer for Stephen F. Austin for 4 years. In her spare time, Shahin enjoys spending time with family and friends, playing soccer, softball, tennis, and volunteering with various community initiatives.*