

What You Can Learn From...A Chiropractor

Just in case you weren't sure, there's more to chiropractic than just a good crack of the back. And if you're New York City's Dr. Joseph Caraccilo, you're studying new methods of keeping the body in proper alignment: "In my experience—both working with patients and working out myself—strength training alone isn't good enough." He explains, "You have to incorporate flexibility training." So what is the perfect mix of flexibility and strength training? According to this doc's mantra, it's yoga, yoga, yoga.

"Since chiropractic is a health-care system that deals with the body as a whole," he says, "yoga is an ideal exercise for keeping the bones in alignment and the muscles balanced naturally. Take weight training: In general, you're using metal weights to do unnatural contractions. In yoga

(and especially the more challenging disciplines, like Astanga) you achieve strength and flexibility through natural static con-

traction postures." In other words, you're using your own body weight and muscle strength to hold a pose.

"I'm doing contact yoga with my patients—it's one-on-one yoga," Dr. Caraccilo explains. "I lift and suspend my patients through various postures." And if yoga isn't your thing? "I like activities where you use the body more naturally, like biking, Rollerblading, hiking, rock climbing." Just don't forget the flexibility training. "And remember," he says, "stretching is not a warm-up." He recommends five to ten minutes of walking or another low-impact activity to get blood into the muscles. □



Dr. Joseph Caraccilo

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