

Special Interest Articles:

- Sending your child back to school safely.
- Try our Total Enhancement Package
- Knee News.

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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE OPENS FOR BUSINESS

Amidst the confusion of the end of 2001, the Enhance clinic opened its doors for business. This was the culmination of months of preparation and sees the beginning of what we hope will be a long and fruitful association with the Canberra and Gungahlin region.

Your practitioners at Enhance bring a combined experience of over 20 years working in the sporting field at all levels from local clubs to international competition and Australian teams. Our aim here is to give the highest standard of healthcare to the people of this region,

working closely with other healthcare practitioners who share our aim and level of service.



A Few Back To School Tips

Getting kids back to school can be a monumental task. There are the uniforms, the pencils, the shoes, the bus passes, the lunch box, the list just seems to go on and on. On top of that, they all have to be labeled. As if that wasn't a big enough task in itself, you also need a bag that will fit everything in it, and still allow your child carry it. It's almost an incentive for home

schooling. This article is going to deal with the importance of the school bag. There are all sorts of bags that go in and out of fashion, and tend to wreak various levels of havoc with your child's spine. I'm sure you've all heard of someone that ended up with a scoliosis or bent spine from carrying their heavy school bag on one shoulder, and many other tales of woe

involving school bags that seemed like a good idea at the time. It has now been pretty much accepted, that a back pack is the best bag for a child's spine. The recommendations don't stop there though. There are certain things you need to look for in a back pack, they are not all created equally.....

Continued Page 3.

Special Deals at *ENHANCE*



At Enhance, we have a number of ways in which we give back to you the patient. Firstly, the Total Enhancement package is a \$10 discount when you get a massage and chiropractic treatment in the same day. We feel that in many cases this can be

beneficial to your treatment and as such would like to encourage you to take advantage of having practitioners in the same place, communicating with one another to give you a better service.

Secondly, if you refer a patient to our clinic, and they name you

on their patient information sheet, then we will send you a \$5 voucher to be used with your next chiropractic treatment or massage. There will also be various specials throughout the year, such as the golf and massage gift certificates.

“The prevalence amongst females however was 36%, whilst only 14% amongst males.”

Research Corner – Knee Instability – A woman’s problem?



Knee instability is a common problem in the sporting arena, but is it the sporting arena that is the problem? Recent research carried out in Denmark would suggest that knee instability is not so much related to what sport we play, but our gender and what work we do. This particular study involved competitive athletes aged 14-24. Sports that they were involved in included soccer, handball, basketball, badminton, tennis,

gymnastics, swimming and jogging. There was no higher prevalence in any of these sports. Neither was there any relation to the number of hours per week, or years playing a particular sport.

The prevalence amongst females however was 36%, whilst only 14% amongst males.

It was also found that occupational position had an effect on knee instability. Those who spent many years in occupations that

involved predominantly standing, and those that were in occupations involving many sitting hours per day were both linked strongly with knee instability.

This would tend to indicate that there it is a good idea to keep changing your position when at work, and that there is much research needed into women’s sport.

Scand J Med Sci Sports 2001
Aug 11(4)

Back Packs.....Continued from Page 1

Many back packs are designed with fashion rather than function in mind, and when that is put onto a developing spine, you want the emphasis to be strongly on function and safety. Here is a list of things to look for in a school bag:

1. There must at least be a waist strap, and preferable a chest strap as well. This holds the load of the bag close to the body, and decreases the stress on the spine.
2. The straps

must be adjustable. As you well know, every child is different, and your child will grow throughout the year, make sure that the bag can too. Also check that the straps don't slip.

3. The size of the bag should mean that the top of the bag is even with the child's shoulders when adjusted properly.
4. When loading the bag, heavy

items should be placed as close to the child's back as possible.

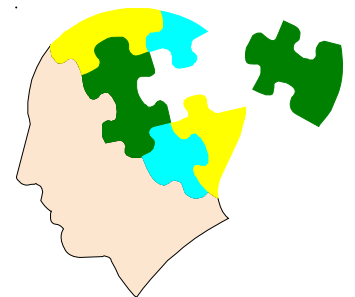
5. The back pack should have sections so that heavy items can be placed and won't move excessively.

If you have any questions about your child's school bag or its adjustment, feel free to pop into the clinic for a free school bag assessment to give your child the best chance of a healthy back in the future.



Did You Know ?

- ❖ Assuming that all the offspring survived, 190,000,000,000,000,000,000 flies could be produced in four months by the offspring of a single pair of flies.
- ❖ In ancient China people committed suicide by eating a pound of salt.
- ❖ According to research conducted a few years back, billiards champions have the highest average age of any sport, 35.6 years.
- ❖ All porcupines float in water.
- ❖ Granite conducts sound ten times faster than air.





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ENHANCE
*Your
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Why Massage?

Massage is an ancient therapeutic remedy that was and is still used for a variety of purposes. The word massage comes from either the Greek word "massein" meaning to knead; Latin "manus" meaning hand or Arabic "mass" meaning to touch. But whatever its origin massage is the manipulation of body tissue with rhythmic pressure, for the promotion of well being.

The oldest account of massage was found in an ancient Chinese medical text dated back to 2598BC. Ancient Greek and Indian texts also refer to massage, describing it as an effective therapy for sport or war injuries. Massage has long been thought to result in numerous beneficial effects. Such as increased blood flow, the circulation is stimulated by the pressure of massage and also the heat produced from the friction of moving the hands over the body. The increase in blood flow hastens the healing process following injury as long as no inflammation is present. The deeper the massage the deeper the circulation is effected, if circulation stimulation is superficial little benefit, if any

would occur in more deeply placed muscles.

Soft tissue of the body which includes muscles and tendons have the ability to be 'stretched out. Massage techniques take advantage of this and specifically work on loosening tight soft tissue.

Muscles that spasm or cramp, respond well to being massaged. Even though pain accompanies the massage, the muscles tend to relax as a result of it.

Muscles that are massaged after being exercised also benefit. The amount of muscle soreness experienced in the following days is reduced, this is achieved by flushing out the metabolic waste products within the muscle.

Massage is also useful to promote healing, following injury increased blood flow (after swelling subsides) speeds up repair, so getting back to life as normal can happen a lot sooner.

Training causes muscles to tighten. This is due to the repetitive contraction of muscles. If muscles aren't adequately 'stretched out' the result is shortened, tight

muscles. Massage can help in reducing the tightness. But if tightness persists undue stress will be placed on nearby structures, therefore predisposing us to injury.

Massage is a great form of relaxation and we can all do with a bit of relaxation from time to time.

By incorporating massage into stretching and strengthening programmes, the risk of injury to muscles and joints may be reduced.

Relaxation reduces training induced muscle soreness and as part of an injury prevention programme, massage has a lot to offer.

Be sure to use massage to your advantage.

