

ENHANCE Your Health

Special Interest Articles:

- Cold weather training tips.
- Try our Total Enhancement Package
- Osteoporosis...is your child at risk? .

Individual Highlights:

- Deals at Enhance2
- Research Corner 2
- Cold Weather Training Cont. 3
- Did you Know? 3
- Should I be clicking? 4

ENHANCE Chiropractic and Massage Sports Injury Centre

Congratulations HEAT

The ENHANCE clinic would like to take this opportunity to congratulate the Canberra Labor Club HEAT volleyball teams on a great performance in the 2002 Australian Volleyball Season. The Enhance practitioners worked

closely with the men's and women's teams to see the women narrowly miss out on the finals, and the Men to claim a silver medal from their outstanding season, playing 20 games, and only losing two of them. One just happened to be a

close grand final. We'd like to thank the teams for the opportunity to get involved in such high level sports and look forward to more involvement in the future.



Cold Weather Training

As the weather turns a little cooler in the evenings and those early starts don't begin with the same eagerness to jump out from under the covers, it is timely to look at a couple of tips for training in the colder weather.

Layers

Layering your clothing is an important part of training smart in the cold. This works for a couple of reasons. Firstly, the layers trap

air between them, acting to help insulate you against the weather outside, and as such, a couple of medium weight jumpers are more effective than one heavy weight one. Also, by layering, you allow yourself the ability to start warm, when your body is cold, and as your body warms up with the exercise, then you can take off a layer and not overheat. When you layer your

clothes, any close-fitting material that is close to the skin should be made from porous material that allows the sweat to escape. The middle layer is the insulator layer, and should be where the thicker clothing is, and the outer layer or shell should stop the wind and rain getting in.

Cover on top

Your head is a big area for heat loss.

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.

"It is suggested that adolescents partake in some sort of exercise on a regular basis, and ideally some sort of weight bearing exercise.."

Research Corner – Send your kids running

Osteoporosis is not a disease that we tend to worry about in our teenage children, and neither should it be. It is however important to be aware that what we are doing during our adolescent years will have an impact on our bones and their strength later in life. Bone mass is set down in the first 30 years of life, and is most active during the teenage years. It is at this time that researchers have found that the right exercise will give quite an impact on

the amount of bone laid down. Whilst excessive training in specific sports can be detrimental to bone deposition in females, moderate exercise in most weight bearing sports is of great benefit. Osteoporosis has a high incidence in girls that go to levels of excellence in sports such as ballet, gymnastics, synchronized swimming, figure skating and endurance sports such as long distance and marathon running. Also at risk

are athletes from sports with weight classification such as jockeys, boxers, wrestlers and rowers. It is suggested that adolescents partake in some sort of exercise on a regular basis, and ideally some form of weight bearing exercise, such as running or jumping. This tends to give the greatest increases in bone density and helps guard against osteoporosis later in life.

Ir J Med Sci 2001 Jan 170(1)



Cold weather training.....Continued from Page 1

It is important when the weather cools down, that you utilize a hat or beanie to stop your body losing energy through heat loss from your head. Other accessories that should be considered depending on your sports are arm and leg warmers, gloves and shoe covers.

Warming up

I mentioned in the last newsletter the importance of a physical warm up. Winter makes that warm up even more important.

Just because your legs are warm in your tracksuit, doesn't mean that the muscles are warm and ready to run. Your warm up in winter should be longer and more intensive than in summer. At the end of this warm up should be when you are ready to lose one of those important layers that saw you able to venture out of your front door.

Hydration

Athletes tend to drink less in cold weather. You are still exercising, you are still sweating, you are

still dehydrating. Make sure you don't beat the hypothermia, just to fall foul of dehydration.

Stay Warm

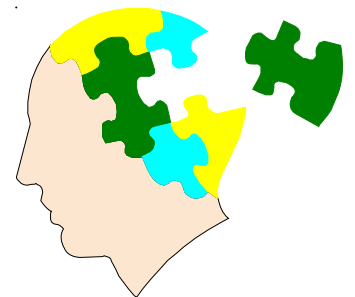
After you have finished your exercise, make sure you get those layers back on as soon as possible and get out of the cold. Your body can do without the extra stress of cooling down too quickly after a good exercise session.

These few simple ideas should help to make your winter workouts more enjoyable and more effective.



Did You Know ?

- ❖ It is impossible to lick your elbow.
- ❖ A crocodile can't stick its tongue out.
- ❖ A shrimp's heart is in their head.
- ❖ It is physically impossible for pigs to look up into the sky.
- ❖ Rats and horses can't vomit.
- ❖ The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- ❖ Over 75% of people who read this will try to lick their elbow





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ENHANCE
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Should I be clicking?

What is that clicking noise? Is it good for me? How much is too much? And should I be doing it myself?

These are all questions that come into the clinic on a regular basis, so I felt it about time we dealt with them here for all to read.

First of all, there are generally two types of clicking that will occur in your body.

1. Tendon flicking.
2. Joint cavitation.

Tendon flicking occurs when a tendon, which usually sits in a bony groove in your body, begins to ride up the edge of that, and then flicks back down, creating a clicking or cracking noise. This is the one that you will hear in your ankle when you roll it around and it clicks every time, or you bend and straighten your knee and it clicks each time you do it. These clicks can lead to ganglion formation or irritation of the tendon, but are usually benign and have no serious sequelae.

The joint cavitation is the clicking that occurs often in your knuckles or back and neck, that once it clicks, you can't reproduce it for about 20 minutes. The joint cavitation is also the noise often heard when a chiropractor adjusts a joint. This noise is caused by a very small separation of the joint allowing the release of a nitrogenous gas. It is the

release of the gas that makes the clicking or popping sound. This gas redissolves back into the joint after about 20mins.

Is it good for me?

Yes, if done appropriately to the right places at the right time. The adjustment occurs in a specific direction to a specific joint.

How much is too much?

In a clinical setting, you will not get adjusted too much. Your chiropractor will only adjust a joint if it needs adjusting, and if it does, then the joint is much healthier after the adjustment than before.

During the chiropractic training course, it used to be normal for a student to receive up to 100 adjustments (or attempts) per day by their colleagues. This is too much, but as a patient, you will never receive this.

If it is so good, why shouldn't I do it myself?

Well, the easiest way to answer that is by example. I have 7 years of university training in this area, and I don't try to adjust myself. Apart from that. You will often find that it feels good to click a joint yourself, especially in your neck or back. The reason for this is as follows. Your body will get a restricted joint in your spine, where it isn't able to move through its full range. In order to compensate for that, the joints above or below will

start to move more. Now because your body relies on movement for bloodflow, regeneration and so many parts of its day to day existence, there will be a message sent to the brain to say that it needs movement at the level of the restriction. This message comes to you as discomfort or pain. In order to remedy this, you move that particular area. In doing so the joint that is compensating, and moving too much, not only moves first, but clicks first. Because your brain sees so much of your body regionally, the message from this click, which is near, but not at the correct level is read by your brain as movement in that area. Having felt as though it has fulfilled that need, you feel good again, having not addressed the problem, but encouraging an already mobile joint to move more. You will find that this type of clicking will give you short term relief that needs doing more and more often with less and less relief. This also further consolidates the joint that is the actual problem and is restricted in its motion. This is why it is important to get a professional to adjust the correct joint in the correct direction and not put a non-specific force through an area for what is a very specific problem.

