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ENHANCE Chiropractic and Massage Sports Injury Centre

New Year, New Challenges

Welcome to the second edition of ENHANCE *your health* for 2003. So much has happened already this year and yet it still feels like we are only just getting over Christmas. We'd like to extend our sympathy to all those that were affected by the bushfires, and congratulate all those that stepped up to help out at that time. See p 2 for a special report on that and one of the heroes.

Here at ENHANCE things are moving along. We have the pleasure of welcoming two new staff members to ENHANCE. Firstly welcome Ann-Maree to the front desk where she'll be looking after phones and reception area for us three days a week. And Welcome to Lucy Ward who takes over where Michelle left off on the massage side of things. As things continue to grow throughout 2003, we hope to offer you

more services, better service and more availability.

Also news worthy this month, Pete has been approved as a preferred provider for the ACT Academy of Sport. This is an appointment of great significance seeing as there has never been a chiropractor as an approved provider for ACTAS. This should see more of Canberra's elite athletes enjoying the benefits of chiropractic care in the future.



Local Legend



Amidst the devastation of the bushfires that affected most Canberrans in January a great number of people pulled together to help in any way they could. One person that we would like to make special mention of is Andrew Dale;

owner of the G-SPOT food caravan located at Gungahlin Lakes car park. Andrew closed down his business for over a week to spend all of his time and effort helping out at the temporary helicopter base set up at Goldcreek high school ovals. Andrew

used all of his stock from the caravan to feed those working down there as well as organizing for cranes, clothes washing, water and the list goes on. Great effort Andrew and I am sure all of your regular customers at the caravan are glad to see you back.

“men with the greatest amount of activity reduced their risk 30%, compared to sedentary men.”

Research Corner – Exercise – Quality or Quantity?

There is a long-standing debate as to whether the intensity or the duration of exercise is more important for good health. It's been shown that men who exercise at high intensity cut their risk for heart disease nearly in half, compared to sedentary men, yet similar risk reduction also applies to low-intensity exercise, and varying levels of energy expenditure.

Almost 50,000 men ages 40-75 completed multiple questionnaires from 1986-1998 assessing diet, lifestyle, medical history and exercise. In this study in the *Journal of the American Medical Association*,

walking/hiking; jogging; bicycling; tennis; swimming; rowing; calisthenics; outdoor work; weight training; and racquetball were all considered as types of exercise.

Higher amounts of physical activity did translate into corresponding reductions in risk for coronary heart disease (CHD); men with the greatest amount of activity reduced their risk 30%, compared to sedentary men. But wait - high exercise intensity also independently lowered risk for CHD - 17% more than low-intensity exercises. Activities that offered the most significant reductions in

CHD risk included running, weight training and rowing. A faster walking pace was found to reduce heart-disease risk more than a slower pace, regardless of the total time spent walking.

So, which is better: intense exercise for a couple of hours per week, or low-intensity exercise for several hours per week? There is no definite answer. It appears, though, that regular aerobic exercise each week, combined with some high-intensity training, may be optimal.

Reference: Tanasescu M, Leitzmann MF, et al. Exercise type and intensity in relation to coronary heart disease in men. *Journal of the American Medical Association* 2002;288(16)



Who ya Gonna Call?

In a recent study published in the journal *Spine*, doctors in the USA carried out a phone survey to assess therapies used to treat back and neck pain. This becomes significant when you consider that back pain affects up to 75% of the adult population and 15-30% of adults experience back pain in any one year.

They found that of those reporting back or neck pain in the last 12 months, 37% has seen a General Practitioner, 20% had seen a chiropractor, 14% a massage therapist, 12% relaxation therapy and the last 17% made up by various other treatments or none at all. General Practitioners were rated "very helpful" by 27% of users, Chiropractic and

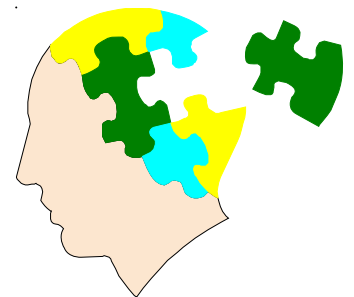
Massage were rated very helpful by 61% and 65% respectively.

Reference: Wolsko, P.M, MD, MPH ,et.al. Patterns and perceptions of care fro treatment of back and neck pain: results of a national survey. Spine 28(2):292-297, 2003



Did You Know ?

- ❖ Japan is one of the most competitive soft drink markets in the world. Approximately 1,000 new soft drinks are launched in Japan every year, of which only a small number survive. There are more than 7,000 different soft drinks sold in the country.
- ❖ Before 1850, golf balls were made of leather and were stuffed with feathers.
- ❖ Even if the stomach, the spleen, 75 percent of the liver, 80 percent of the intestines, one kidney, one lung, and virtually every organ from the pelvic and groin area are removed, the human body can still survive.
- ❖ Honey bees have shown a preference for yellow and blue.
- ❖ A person who is lost in the woods and starving can obtain nourishment by chewing on his shoes. Leather has enough nutritional value to sustain life for a short time.
- ❖ The substance that human blood resembles most closely in terms of chemical composition is sea water.





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Ankle Sprains – what you should do.

If I were to ask all those that had ever sprained their ankles to stop reading now, I might as well not write any further. Ankle sprains are a very common injury with most people knowing how to treat one in its acute stage. However most peoples knowledge ends there and unfortunately rehabilitative care is somewhat ignored.

When you sprain an ankle, there are a number of injuries that you can actually do to yourself. You may simply overstretch a ligament or muscle tendon, giving some low grade inflammation and a bit of pain and discomfort. You may go further and tear a ligament, muscle or tendon. You may even break a bone or two if you do a good enough job. Very commonly, regardless of the soft tissue injury, you may cause joint dysfunction, or subluxation, whereby one or more of the

joints in your foot or ankle no longer go through their full normal range of movement. This may or may not cause pain on its own, but will certainly delay the healing of the injury and increase the chances of further injury.

Re-injury is very common with ankle sprains, as many of you would know. The single biggest reason for this is lack of suitable rehabilitative care. As I mentioned earlier, everyone knows the basic **Rest, Ice, Compression and Elevation** routine for the acute stage of the injury. After this however, it is important that scar tissue is kept to a minimum, inflammation is reduced as quickly as possible, and the ankle is retrained in how it is to respond when out under stress. From when we begin to walk, we are training our ankles how to react to various surfaces and conditions, when to tighten certain

muscles and when to slacken off others, when to give, and when to remain firm. Much of this is lost when we damage our ankles, as the injury effects the neurology of the joint. Make sure that when you injure your ankle again, that you take care of not only the acute stage with R.I.C.E., but follow it up with a full assessment and rehabilitation program as is performed in this clinic.

