

Special Interest Articles:

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- Chiropractic Week 19-25 May
- All about balls

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ENHANCE Chiropractic and Massage Sports Injury Centre

Expanding staff and times

Well we said at the beginning of the year things would be changing at ENHANCE this year, and they are. Firstly a warm welcome to our new members of staff. Ben Muir has moved from Sydney to join the team on the chiropractic side. Candice Field joins the massage team as we farewell Vince. Vince has been asked to go to Paris to help set up a day spa which is a great compliment to his

abilities and we wish him all the best.

In expanding the chiropractic staff, we are able to expand the chiropractic hours of availability. We will now have chiropractic available 7 days a week as with the massage.

Also new to the clinic next month are the Swiss Ball classes. These will be conducted in classes of no more than 3 or 4 people. We have a range of classes tailored for your

individual needs. See the back page of this newsletter for some more info on Swiss balls and look out for more information on the classes as they become available.



Canberra City Soccer Club on board



This month, as well as announcing our new employees, we also get to announce our involvement with the Canberra City Soccer Club. City have moved up into the Canberra Premier league this year after a very successful season last year. City boasts 10 senior

men's teams and 6 women's teams in the ACT State league competition. As a club moves to this level it is important that it have the support behind it to do so. As such the ENHANCE clinic will be there to keep the players on the field and get the ones in the injury bin

back quicker. The Commitment by the ENHANCE clinic to Canberra City will include man hours, expertise and financial support as well.

We wish the Club all the best and look forward to a great season in 2003.

"At the end of the study, there were no significant changes."

Research Corner - Exercise without exercising?

Wouldn't it be great if all you had to do tone up and lose that layer of Easter egg was to sit back in your favourite armchair, strap on some electrodes and kick back and relax. Well it would be nice if it were true, as you are lead to believe by the television. Electronic Muscle Stimulators (EMS) have been in use since the 1960s for rehabilitating muscles after surgery. They were also used in the 70s by eastern bloc countries to try an enhance muscle strengthening in athletes. These days they are being sold off to people keen to get that perfect body without doing any work for it. In order to test

this idea, researchers in the USA took 29 healthy volunteers and divided them into different groups, some using the EMS, some using a machine that had been set so as not to transmit any electrical current. The subjects used these machines for 45mins a session, 3 sessions per week for 8 weeks. At the end of the study, there were no significant changes in either group in skin folds, body weight, percentage body fat, fat weight or lean body weight.

free method of increasing muscular strength or losing body fat for the otherwise healthy consumer.

Reference: The Journal of Strength and Conditioning Research, vol 16 (2) 165-172

The take home message from all this if you need one is that EMS does not appear to be a quick and pain



Those who know, trust a Chiro

From the 19th to the 25th of May its National Chiropractic Care Week. This year's focus is on establishing the real facts about the safety and efficacy of Chiropractic treatment.

In Australia, there are nearly 200,000 patient visits to Chiropractors each week.

In a study comparing

a course of Chiropractic care with a course of anti-inflammatory drugs. Chiropractic care was shown to be 250 times safer.

Australian Chiropractors study at university for a minimum of five years, full-time.

Their training includes anatomy, physiology and diagnostic sciences, as well as Chiropractic

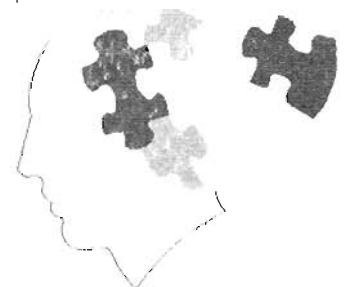
studies. This comprehensive knowledge means they are experts in knowing when a person will benefit from specialized Chiropractic care, and when referral to another health provider is required.

During Chiropractic Care week, we will be conducting free spinal screenings in the clinic, ring to make your appointment.



Did You Know ?

- ❖ In 1850, Levi Strauss was paid \$6.00 in gold dust for his first pair of jeans.
- ❖ Roughly a quarter of the world's people live in China.
- ❖ The windmill originated in Iran in A.D. 644. It was used to grind grain.
- ❖ Rivers in the northern hemisphere scour their right-hand banks more severely than their left-hand banks. This effect is due to the rotation of the Earth.
- ❖ Mae West's 1959 autobiography was titled "Goodness Had Nothing to Do With It."
- ❖ The footprints left by the *Apollo* astronauts will not erode since there is no wind or water on the Moon. The footprints should last at least 10 million years.
- ❖ Olive oil is made only from green olives. Nearly the entire production of green olives grown in Italy is converted into olive oil.
- ❖ Half the foods eaten throughout the world today were developed by farmers in the Andes Mountains. Potatoes, maize, squash, beans, peanuts, pineapples, chocolate, tomatoes, peppers, strawberries, and many others were first grown in the region.



Swiss Balls – Why they are so useful



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ENHANCE

*Your
Health*

Have you ever wondered what those coloured balls are that you have seen around the clinic as well as in gymnasiums? Well, these balls are actually called **SWISS BALLS**. They are so named because they were originally used in the 1960's by Swiss physiotherapists to help children with cerebral palsy facilitate balance and equilibrium reactions. Children with cerebral palsy are not the only individuals who require training of balance and equilibrium, it just so happens that people with low back, neck, shoulder, and knee injuries, and just about any other injury, also need to regain these senses. That is why Swiss balls have grown enormously in popularity in the last few years.

Swiss balls predominantly challenge the muscles at the core of the body to restore stability. Normally we stand and sit on flat stable surfaces. When we sit on a Swiss ball, we are introduced to a less than stable

environment, awakening muscles that had been previously sleeping on the job. The Swiss Ball is a very safe place to start learning how to balance. You can inflate or deflate to adjust the stability to more or less, respectively. This is important, as too great an unstable surface being introduced will be injurious and too little will be a waste of time.

These core muscles are predominantly the abdominal muscles and also the small muscles of the spine. One of the abdominal muscles, the Transverses Abdominus activates first, before any other muscles, for any kind of movement. Move an arm or a leg, and your tummy is firing first. It makes sense that to make a successful movement, you must have a stable foundation from which to make it from. You can't fire a cannon from a canoe!

As you can imagine, the benefits of improving your core through training on a Swiss ball can help many things from neck and back pain to ankle injuries and tennis elbow.

Apart from the above the benefits of using a Swiss ball also include:

1. Ease of use
2. Inexpensive to buy
3. Very safe to use
4. Take up very little space compared to many other types of exercise equipment
5. Can be used to stretch/strengthen various areas of the body
6. Can be used in substitution for a chair either at home or at work
7. Fun to exercise on compared to regular exercise equipment.

