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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News

Well we are well and truly into 2004 with a flying start. Summer is all but over as we prepare for Canberra's wonderful Autumn. Ball classes are under way again and the new stretching and flexibility classes will be starting soon, check page 2 for details.

With the onset of autumn comes the beginning of the soccer season. Once again ENHANCE Healthcare will be supporting the Canberra City Soccer Club in their 2004 season. We would like to take this opportunity to wish

the club all the best for the coming season and we look forward to being involved throughout.

Also, a big thank you and congratulations to all those involved in the corporate triathlon on February 8th. ENHANCE managed to field 4 teams in this great event which involved a 300m swim, 8km bike ride and 3km run. Representing ENHANCE we had Ben Muir, Sophie Payne, Celina Miller, Pete Garbutt, Kevin Miller, Matt Hogan, Alan Payne, Kandy Grant, Celia Peniche, Pat Wallbridge, Lucie Richards and Gary

Baker. With that star studded line up, ENHANCE managed to take out 1st and 2nd places outright. Also 1st Men's team, 1st women's team and 1st mixed team across the line, and then the same within the health/medical category. A great effort by all, and a great day. Everyone finished and had a lot of fun. Look out next year we have a title to defend!!

Pictures can be found on the website in the gallery.



BALL CLASSES INTO 2004



Back Stability classes have started back again, if you are interested in the next intake, just let one of the receptionists know and we'll contact you when

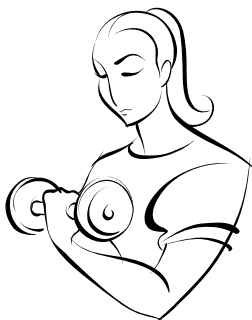
they are ready to start.

After Easter we will be starting a stretching and flexibility class. This will run from 5 weeks

to 10 weeks. If you would like to attend these, let us know soon and we'll fit you into a class.

Research Corner – More reasons to exercise

"women who had "engaged in regular, strenuous exercise" after age 35 had a 14 percent reduced risk of developing breast cancer."



According to the American Cancer Institute, one in eight women in the United States will develop breast cancer during her lifetime, and nearly 80 percent will be diagnosed after age 50.

While most women diagnosed with the disease have no family history or known risk factors, previous research suggests that physical activity reduces the risk.

However, the precise amounts, timing (i.e., when initiated in life) and type of exercise remain unknown - until now.

A study published in the Journal of the American Medical Association

found that postmenopausal women who had "engaged in regular, strenuous exercise" after age 35 had a 14 percent reduced risk of developing breast cancer compared with less active women in their same age group. This is significant because many women take hormone therapy following menopause, which has been shown to increase the risk for breast cancer.

So get off the couch and start exercising! Besides helping prevent breast cancer, a consistent exercise regimen can help maintain ideal weight and reduce the risk of developing

hypertension, diabetes, and cardiovascular disease. If you need help starting (or maintaining) an exercise program, or would like a professional evaluation of what type of exercise may work best for you, schedule an appointment with your doctor of chiropractic.

For more on the benefits of exercise, visit www.chiroweb.com/find/archives/sports/exercise/index.html.

Reference: McTiernan A, Kooperberg C, White E, et al. Recreational physical activity and the risk of breast cancer in postmenopausal women. *Journal of the American Medical Association*, Sept. 10, 2003;290(10), pp1331-36.

Torticollis... What is it??

Have you ever had a torticollis? How about a Wry neck? A crick in your neck perhaps? Or maybe you've just "put it out" and it won't move. Well these can all be one in the same. Torticollis literally means 'stiff neck' and is a term that we apply to a particularly bad stiff neck that is often pulled to one side.

Good news ~ there is no creature called a crick now residing in your neck, neither are any of your bones missing or even "out

of place". There are a couple of causes of this uncomfortable condition, but none of them as nasty as that.

One of the causes is a rib fixation or subluxation. The other most common cause is a joint restriction in your neck. Whilst this may be the root of the problem, there is often an incident that brings this on.

The type of incidences that can trigger a torticollis are:

1. Getting a chill in your neck (yes your mother was

right)

2. Having someone massage what seems to be a normal sore or stiff neck (no it's not their fault, it would have come sooner or later anyway)

3. Probably the most common way is using your head as a pivot as you turn over in bed. It is normal to have movement throughout the night. Switching sleep position, getting up for the baby or the toilet, or even just getting
Cont. P4



Did You Know ?

❖ The can opener was invented 48 years after cans were introduced.

❖ Traffic lights were used before the advent of the motorcar.

❖ One hour before Alexander Graham Bell registered his patent for the telephone in 1876, Elisha Grey patented his design. After years of litigation, the patent went to Bell.

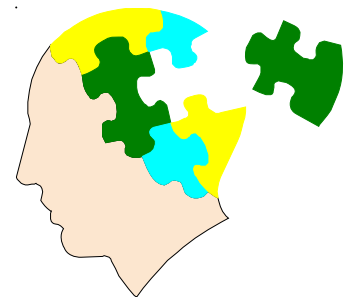
❖ Leonardo da Vinci never built the inventions he designed.

❖ The first vending machine was invented by Hero of Alexandria around 215 BC. When a coin was dropped into a slot, its weight would pull a cork out of a spigot and the machine would dispense a trickle of water.

❖ Thomas Edison filed 1,093 patents, including those for the light bulb, electric railways and the movie camera. When he died in 1931, he held 34 patents for the telephone, 141 for batteries, 150 for the telegraph and 389 patents for electric light and power.

❖ The first electronic mail, or "email", was sent in 1972 by Ray Tomlinson. It was also his idea to use the @ sign to separate the name of the user from the name of the computer.

❖ In 1889, Kansas undertaker Almon B. Strawger wanted to prevent telephone operators from advising his rivals of the death of local citizens. So he invented the automatic exchange.





Platypus Centre
4/4 Riley Cl.
Ngunnawal 2913

PHONE:
(02) 6241 6060

FAX:
(02) 6241 6070

E-MAIL:
healthcare@enhance.com.au

WEB:
www.enhance.com.au

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Torticollis cont.

out of bed in the morning. It is important however to make sure that when you turn your body, you do so with your body, and not pivoting on your head and neck, as they are simply not built for it.

So what should you do once a torticollis sets in?

Well after you have made your chiropractic appointment, you should try applying ice. Your torticollis will respond to either hot or cold, but usually not

both. In the initial stages, cold will do the least damage. If you find that the ice pack makes things worse, then try a hot water bottle or heat pack of some description. If you haven't tried ice on it, do not try to loosen it up under a hot shower, as this could possibly make it worse.

When applying an ice pack to the neck, keep it to the back of the neck and don't bring it too far around toward the front. Apply it for no longer than 15 minutes at a time, with a good 20 min

break in between applications. If you start to feel dizzy, faint, or the ice brings on a headache, remove it immediately.

Whilst it may feel as though your neck is too painful for anyone to touch initially, the sooner you seek treatment, the easier it will be to treat. Your chiropractor may not necessarily adjust this condition on the first visit, but should be able to start some movement restoration and begin the healing process.

