

## Special Interest Articles:

- ENHANCE news
- Shin splints
- Pillow selection

## Individual Highlights:

- Shin Splints 1
- Research Corner 2
- Sleep tips 3-4
- Did you Know? 3

## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

Welcome to our Spring edition of *ENHANCE* your Health. I'd like to take this opportunity to congratulate some of the ENHANCE sponsored athletes on recent performances. Firstly Simon Thompson on his amazing effort at the Olympic Games

to come back from 2 falls off the bike and still finish 10<sup>th</sup>. The average elite athlete would have pulled out after the first fall. Congratulations Thomo, we're proud of you. Also the Canberra City Soccer club have had a great season with 6 teams through to the finals



and another 2 missing out narrowly. Divisions 2, 3 and 6 finished 2<sup>nd</sup>, Divisions 4 and 5 finished 3<sup>rd</sup> and Division 7 finished 4<sup>th</sup>. Congratulations to all these teams and good luck for the finals.

## The Low Down on Shin Splints

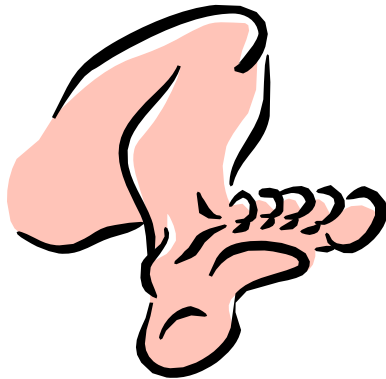
The term shin splints are given to any pain felt in the front of the lower leg after activity, but without direct trauma. Like 'sciatica' though, there can be a number of causes of the pain. Shin splints are most commonly associated with running, or at least sports that involve running.

One of the reasons that running tends to be associated with shin splints is because to a large extent, shin

splints is a repetitive strain injury (RSI) of the lower leg. The repetitive nature of running, lends it to overuse type stresses on the muscles of the lower leg, and particularly when there is an increase in the amount of running being done. This can occur as a result of the non-runner taking up a program that is too intensive too quickly, or the experienced runner increasing their mileage quickly. Other causes can include

running on hard surfaces all the time, incorrect footwear, or aberrant foot biomechanics associated with any of the above. Quite often a foot that isn't functioning correctly will only become symptomatic once it is put under sufficient stress. This is when some of the above activities appear to be the sole cause of the shin splints but is merely sources of aggravation to the

## Shin Splints cont.



real cause.

The sources of pain in the leg can be the tibialis anterior muscle, the peroneal muscles, the casing around the bone, or even the bone itself if true stress fractures are present. The actual structure causing the pain will depend on what has initiated the problem. This will then determine what steps are necessary in treating the shin splints. In the vast majority of cases, muscle release work is necessary, and it is often necessary to stop,

or at least decrease your running for a short period.

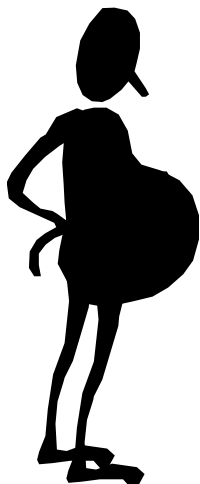
One fairly simple problem that can bring on shin splints is insufficient flexibility of the calf muscles, causing the muscles in the front of the lower leg to be over worked just counteracting the calf muscle tightness. If you think you might be getting a case of shin splints, try a thorough routine of stretching on your calf muscles, being sure to include both the soleus and gastrocnemius muscles.

That means stretching both with your knee bent and with your knee straight.

Shin splints, because of its nature in being caused by overuse, or repetitive strain, is quite often progressive in nature. This being the case, if you leave it, it will not go away. Early treatment is essential to make a quick and effective recovery. If you have any concerns regarding whether or not you may require attention for this please feel free to discuss it with your chiropractor.

## Research Corner – Exercise and pregnancy

*“Pregnancy should not be a state of confinement, and pregnant women should be encouraged to continue and engage in physical activities ... “*



Over the years, there has been considerable debate regarding the importance (and safety) of physical activity during pregnancy. Recently, the American College of Obstetricians and Gynecologists (ACOG) published new guidelines for exercise during pregnancy and the period immediately after giving birth.

This article examines various recommendations related to exercise during pregnancy, but the authors' conclusion

sums it up best: "Pregnancy should not be a state of confinement, and pregnant women should be encouraged to continue and engage in physical activities. Despite the fact that pregnancy is associated with profound anatomical and physiological changes, exercise has minimal risks and confirmed benefits for most women."

As these guidelines emphasize, if you're expecting a child,

certain physical activities are safe and even beneficial; on the other hand, some activities may be dangerous. Before you begin any exercise program during pregnancy, talk to your doctor to ensure that you and your growing child stay as healthy as possible.

*Reference:* Artal R, O'Toole M. Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British Journal of Sports Medicine* 2003;37:6-12.

## Sleep Right, Sleep Tight

In this issue, we follow on the important issue of sleeping. Having chosen a good quality mattress, we now need to determine what we should be doing on this mattress. OK, stop right there. I'm talking SLEEPING. The position in which you have your body on your well supporting bed is important. Any position that you cannot hold comfortably for 5 minutes while you are awake, you cannot expect your body to maintain for 8 hours

whilst you are asleep. People will have all sorts of positions that they consider comfortable, and their preferred position of sleep. The three main ones are a). Back; b). Side; and c). Stomach. Of these, stomach is by far the worst. Whilst sleeping on your stomach, you invariably turn your head to one side or the other. This is an important part for stomach sleeping, as without it, you simply cannot breathe. By holding your neck in a rotated position for

long periods, you begin to put a postural stress on the muscles, ligaments and joints in the neck. You will find that if you turn your head to the side from where you are sitting right now, that it will get uncomfortable before very long at all. If you are also sleeping with a pillow (as you should be in a normal sleeping posture) you put your neck into side bend as well as the rotation. If you happen to be sleeping with two pillows and on your stomach, then stop  
*Cont. P4*



## Did You Know ?

- ❖ A bear in hibernation loses up to 25 percent of its body weight.
- ❖ It is estimated that a plastic container can resist decomposition for as long as 50,000 years.
- ❖ The koala is one of the few land animals that does not need water to supplement its food.
- ❖ Some insects, after their head is severed, may live for as much as

a year. They react automatically to light, temperature, humidity, chemicals, and other stimuli.

- ❖ In Western Samoa, if you drive your car with your hazard lights on, you can drive as fast as you like. Also overtaking on coming traffic has right of way!
- ❖ Hippocrates, the Father of Medicine, suggested that a woman could enlarge her bust line by singing loudly and often.

- ❖ Men loose about 40 hairs a day. Women loose about 70 hairs a day.
- ❖ We have four basic tastes. The salt and sweet taste buds are at the tip of the tongue, bitter at the base, and sour along the sides.
- ❖ Unless food is mixed with saliva you cannot taste it.
- ❖ Not all our taste buds are on our tongue; about 10% are on the palette and the cheeks.





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## Sleep cont.

right here and go and throw one of your pillows away. Apart from the atrocities that you are committing to your neck, your pelvis probably isn't in its happiest state either. Quite often, when people lay on their stomachs, they have one leg out to the side in a figure 4 type configuration. This configuration, maintained for a sustained period will cause stress through the pelvis, lower back and even the knee. So as you can see, stomach should be ruled out as one of your options for a sleeping posture. Either back or side are fine, although a good pillow is essential. There are many types of pillow on the market, and

many of these are good pillows. What makes a good pillow is the ability to support your neck and head in a neutral position whilst you sleep. Whether you are sleeping on your back or side, your neck should be in a neutral position. On your side, this means that if someone were to look at your neck from behind, it would look straight. If lying on your back, there should be support under your neck, maintaining a gentle upward curve in your neck. The majority of pillows that allow this are contoured pillows. If you go looking for a contoured pillow,

make sure you get the right size for your neck. Whilst the life span of a good bed is generally about 10 years, the life span of a good pillow is approximately 18 months to two years. A good pillow will help you to get a better night's sleep, have your neck feeling better in the morning, and decrease the chances of you creating neck problems whilst you sleep. If you have any questions regarding your sleeping posture or pillow, feel free to ask your chiropractor.

