

ENHANCE Your Health

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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News

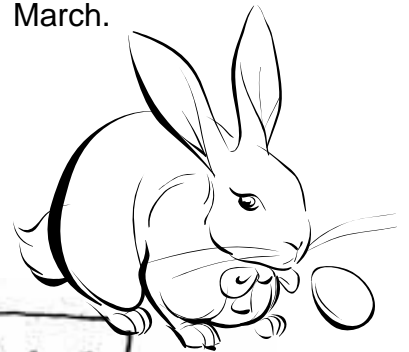


Well here we are, school is back, uni is back and life is back to hectic. This month sees the much anticipated return of Candice. Candice will be returning on April 4 to the massage tables, as well as taking on front desk duties. Make sure you drop by and welcome her back or book in to see her.

We also have the pleasure of welcoming our new massage therapist in the last few weeks.

Brendan Cole has come on board and makes a great addition to the massage team here at ENHANCE. You'll see Brendan around the clinic for increasing periods over the next couple of months. Brendan specializes in sports massage, being one of Canberra's elite hurdlers, but is also available for the regular variety of remedial, relaxation and deep tissue that our therapists offer

here at ENHANCE. The clinic will be closed for a couple of days over Easter. There will be no massage therapists on deck for the whole Easter long weekend, however Ben will be flying the chiropractic flag on Saturday 26th March.



Total Enhancement



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.

Research Corner – Forgiveness for your health?

“..angry people are three times more likely to suffer sudden cardiac arrest than their less angry counterparts “



Thinking negative thoughts and feeling angry are never good for your physical, mental and emotional health; often, these feelings are associated with harboring old grudges toward others. A recent article in the January issue of *Harvard Women's Health Watch* suggests that letting go of old resentment can improve your health. In a word, "forgiveness" is key.

The article, "Five for 2005: Five Reasons to Forgive," outlines how forgiveness can

positively affect your health by helping to reduce stress; improve heart function; build stronger interpersonal relationships; reduce levels of pain and anxiety; and increase happiness. And a study published a few years ago in the journal *Circulation* concluded that angry people are three times more likely to suffer sudden cardiac arrest than their less angry counterparts.

If you are holding on to old feelings of bitterness and resentment, consider

doing yourself a favor by extending forgiveness to those who have hurt you.

References:

Five for 2005: five reasons to forgive. *Harvard Women's Health Watch*. Jan. 2005. www.health.harvard.edu/hhp/publication/view.do?name=W.

Williams JE, Paton CC, Siegler IC, et al. Anger proneness predicts coronary heart disease risk: prospective analysis from the Atherosclerosis Risk in Communities (ARIC) study. *Circulation* 2000; 101: 2034-39.

Ankle Sprains

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 people's knowledge ends there and unfortunately rehabilitative care is somewhat ignored.

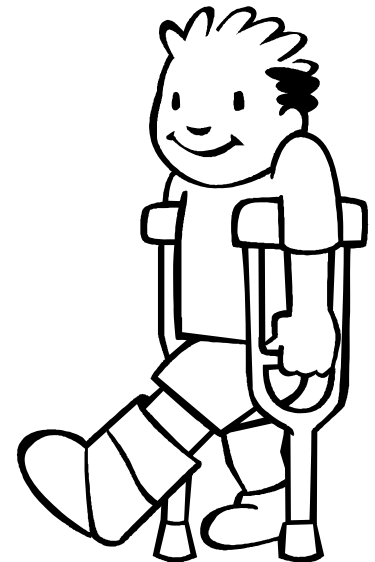
When you sprain an ankle, there are a number of injuries that

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 it's 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.

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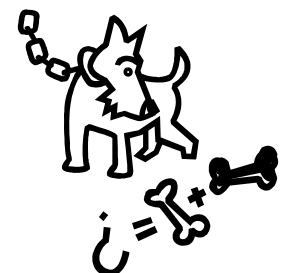
Did You Know ?

- ❖ A shrimp's heart is in its head.
- ❖ In a study of 200,000 ostriches over a period of 80 years, no one reported a single case where an ostrich buried its head in the sand.
- ❖ It is physically impossible for pigs to look up into the sky.
- ❖ Rats multiply so quickly that in 18 months, two rats could have over a million descendants.
- ❖ If the government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal

Regulations, implemented on July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?

- ❖ Most lipstick contains fish scales.
- ❖ Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.
- ❖ Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

- ❖ The liquid inside young coconuts can be used as substitute for blood plasma.
- ❖ Oak trees do not produce acorns until they are fifty years of age or older.
- ❖ The first product to have a bar code was Wrigley's gum.
- ❖ The king of hearts is the only king without a mustache.
- ❖ American Airlines saved \$40,000 in 1987 by eliminating 1 olive from each salad served in first-class.





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Ankle Injuries cont.

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. Retraining the ankle to make these responses is a big part of avoiding re-injury. Walking as normally as possible as soon as possible after the injury is the first part of this. Another good exercise once on your way to recovery

is simply balancing on your injured foot, going up onto your toes, and down into a squat, all still on the one foot.

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 here at **ENHANCE.**

