



## Special Interest Articles:

- ENHANCE news
- Shoulder injuries
- Running Shoes

## Individual Highlights:

- Research Corner 2  
Running Shoes 3-4  
Did you Know? 3

## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

We have all our staff back now and going strong. Massage and Chiro are available 7 days a week. Gift certificates are available for that difficult person to buy for. We also have a new massage therapist amongst our ranks in Tracey Lawson. Tracey is available on weekends, and the odd day through the week.

Tracey is also helping out with the Canberra City Soccer Club as a sports Trainer. Speaking of which, a big congratulations goes to Steve and his boys who took out the pre-season Federation Cup this year with a convincing 3-1 win in the final. This bodes

well for the season ahead for City's flag ship team. Good luck to all the Canberra City teams this year. We have the players to make finals in all divisions, let's see it come to fruition this year! To follow the fortunes of our boys, follow the link on the Enhance website links page.

Now that the weather is finally starting to cool down, remember to use your warm clothes wisely. Our bodies are designed to accommodate some level of temperature change, and will do so if done slowly. The body struggles if you make big changes too quickly. When you leave the house, put your warm jacket on.



When you get to the car, take it off again. When you enter a building after being outside in the cold, take your coat off. This will help your body to respond better to the change when you go back outside. If you have gotten used to the inside temperature with a jacket on, then your body will feel as though you have no jacket at all on when you go back outside due to the greater temperature change which would have otherwise been buffered by your jacket.





## Total Enhancement

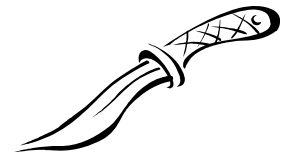
At Enhance, we have a number of ways in which we give back to you the patient. Firstly, the Total Enhancement package is a \$10 discount when you get a massage and chiropractic treatment in the same day. We

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 – To Cut or Not To Cut...




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“..After one year, 20 participants (10 in each group) reported a score of 80 or higher. “



Shoulder injuries are common and often referred for treatment through surgical means. Researchers compared surgery vs. exercise training in patients suffering from shoulder pain to determine which has the more positive outcome. Shoulder pain in this study was defined as rotator cuff disease and nerve impingement.

Eighty-four participants were randomized into a surgical intervention group (41 patients) or physiotherapeutic exercise group (43 patients). All patients were evaluated before intervention and filled out a questionnaire regarding pain and impairment. The

exercise group received 19, 60-minute sessions consisting of the application of heat, cold packs, or soft-tissue treatments, followed by muscle training and rotator cuff strengthening exercises.

**Results:** Both groups were evaluated at three, six and 12 months. Pain was measured using the Constant score totaling 100, which includes pain measured on a visual analogue scale, as well as measures in daily activity limitations, range of motion and shoulder strength. Before intervention, the exercise group Constant score was 34.8, while the surgery

group was 33.7. After intervention, the exercise group Constant score improved to 54.8, 55.5, and 57.0 after three, six and 12 months, respectively, while the surgery group's scores were 49.2, 53.8 and 52.7. After one year, 20 participants (10 in each group) reported a score of 80 or higher.

Although the researchers note some study limitations, they ultimately concluded that they "are now more reluctant to recommend surgery" for shoulder impingement.

*Reference:* Haahr JP, Østergaard S, Dalsgaard J, et al. Exercises versus arthroscopic decompression in patients with subacromial impingement: a randomised, controlled study in 90 cases with a one year follow up. *Ann Rheum Dis* 2005;64:760-764.

## Running Shoes – what you should know.

Running shoes can be the making or breaking of an exercise program. The right shoes will have you running comfortably and enjoying putting them on. The wrong shoes however could have you consistently sidelined with injury and pain every time you set foot out of the door. Here are a few tips to help you select the right shoe for you.

### Proper Shoe Fit:

- Know what type of shoe is best for your foot.

- Buy shoes that are appropriate for your foot type and training intensity, not for cosmetics, celebrity endorsement or cost.
- Always get fitted for shoes in the evening. Feet are larger at the end of the day. There should be at least a centimetre between the longest toe and the end of the toe box.
- Wear running socks when trying on

shoes to ensure a proper fit.

- If you wear orthotic inserts, take them along and try them in the new shoes before buying them.
- If they don't feel good in the store, don't buy them. Running shoes do not need to be "worn in" to be comfortable.

### Running Shoe Care:

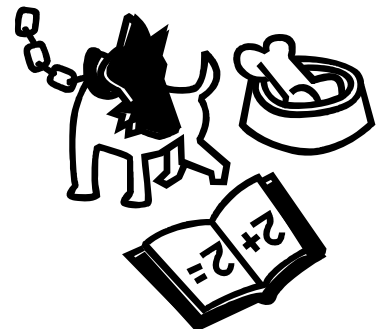
- Wear running shoes only for running.

Cont. P4.



## Did You Know ?

- ❖ Venus is the only planet that rotates clockwise.
- ❖ Marilyn Monroe had six toes.
- ❖ "Dreamt" is the only English word that ends in the letters "mt"
- ❖ Apples, not caffeine, are more efficient at waking you up in the morning.
- ❖ All US Presidents have worn glasses. Some just didn't like being seen wearing them in public.
- ❖ Almonds are members of the peach family.
- ❖ The plastic things on the end of shoelaces are called aglets.
- ❖ Walt Disney was afraid of mice.
- ❖ The dot over the letter 'i' is called a tittle.
- ❖ Most dust particles in your house are made from dead skin.
- ❖ Pearls melt in vinegar.
- ❖ Ingrown toenails are hereditary.
- ❖ The first owner of the Marlboro Company died of lung cancer.
- ❖ Turtles can breathe through their butts.
- ❖ The word "set" has more definitions than any other word in the English language.
- ❖ Michael Jordan makes more money from Nike annually than all of the Nike factory workers in Malaysia combined.
- ❖ A snail can sleep for three years.
- ❖ Los Angeles's full name is "El Pueblo de Nuestra Senora la Reinade los Angeles de Porciuncula" and can be abbreviated to 3.63% of its size, L.A.
- ❖ The longest one-syllable word in the English language is "screeched."





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## Running Shoes cont.

- Wearing them for walking or playing other sports can break down the motion control cushioning of your shoes.
  - Don't kick off your shoes without untying them. This will destroy the heel counter.
  - Avoid running in wet shoes. A wet midsole has 40% to 50% less shock absorbing capability.
  - Don't wash running shoes in the clothes washer, it will deform their shape.
  - Exposure to excessive heat will degrade the components of the shoe. Let them dry naturally after exposure to water.
- ### Running Shoe Replacement:
- Excessively worn running shoes may lead to injury.
  - Replace shoes every 600-900km or every 6 months. Estimate your weekly mileage and mark your calendar as a reminder.
  - Outsoles are made of durable compounds and are a poor indicator of shoe life. In most cases, the midsole will wear out long before the outsole, especially in heavier runners.
  - Midsole wear can be subtle and manifest by excessive wrinkles and

compression of the sock liner.

- Running shoes may lose between 30% and 50% of their shock absorption after about 400km of use. Even sitting on a shelf, their shock absorbing capabilities are significantly reduced after 1-2 years.
- Alternating between two pairs of running shoes will extend the life of the midsole longer than wearing each pair consecutively.

Reference: Asplund, C.A, Brown, D.L., *The physician and Sportsmedicine* 2005, Vol 33, 1

