

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



So who moved Easter so close to Christmas? Or is it just that 2006 is rocketing along. School is back, holidays are over and we are getting ready to pack away the surfboards and cricket whites in readiness for the winter sports. This season the

ENHANCE support is being thrown behind two local squads. The Gungahlin Jets AFL and the newly founded Gungahlin United Senior Soccer Club. The senior soccer club is an expansion of the already established

junior soccer club, and looks like putting some pretty competitive teams in this year's Capital Football competitions. This period is going to be a busy one with seminars galore to attend and present, with one seminar drawing all three chiros to Melbourne at once in April.

This coming period will also see another plethora of public holidays in Canberra day, Easter and ANZAC Day. The clinic will be closed on Monday 20th March for Canberra day. For April opening times, see the calendar below.

Simon Thompson is showing good early form with a 2nd and a 4th placing in his first two starts since coming back to Triathlon from injury. We look forward to seeing those turn to 1st placings as Simon find his feet with a bit of race fitness.

In this issue of *ENHANCE* your Health we'll be looking at What the World Health Organisation thinks of chiropractic, as well as Enjoy the read and *ENHANCE* Your Health!

Special Interest Articles:

- *ENHANCE* news
- WHO & Chiro
- Kaprex
- Ankles

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	SUN	MON	TUE	WED	THU	FRI	SAT
APR	09	10	11	12	13	14 Good Friday Closed	15
APR	16 Easter Closed	17 Closed	18	19	20	21	22
APR	23	24	25 Anzac Day Closed	26	27	28	29

Total Enhancement



At **ENHANCE**, we have a number of ways in which we give back to you the patient. Firstly, the Total **ENHANCE**ment 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 – What’s the difference?

In November last year, the World Health Organisation (WHO), the division of the United Nations responsible for health advice and policy, released its first policy document on chiropractic health care.

Sweeney who was chosen by WHO as its consultant for preparation of the first draft.

very strong statement about other professions that claim to do the same thing as chiropractors and hopefully at some stage in the near future these recommendation will be taken notice of by bodies within Australia that claim to be experts in the health industry.

“...not less than 2,200 hours over a two or three-year full-time or part time program, including not less than 1000 hours of supervised clinical training.”

The guidelines are written primarily for government health authorities to help them establish a standard for chiropractic services. This is particularly important in countries where there is no registration or regulation of the profession such as there is here in Australia. In developing these guidelines, there was a great Australian influence by Newcastle chiropractor John

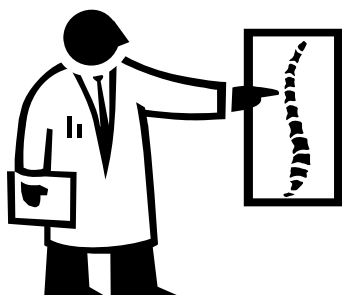
One of the most significant parts of the document is that on the ‘Acceptable Levels of Education and Re-training’ In this section it is stated that for medical doctors and other health care professions, the duration of training depends upon credits from previous education and experience, but not less than 2,200 hours over a two or three-year full-time or part time program, including not less than 1000 hours of supervised clinical training.

Be aware if anyone other than a chiropractor is trying to adjust or manipulate your spine that this difference does exist in levels of competence.

This full report will be available soon at the WHO website www.who.int or www.wfc.org.

Chapman-Smith, D., The Chiropractic Report, Vol 20, 1, Jan 2006

This document makes a



Kaprex: A Safe Alternative to Anti-Inflammatory and Pain Killing Medication

Don't like taking drugs when you have aches and pains? Worried about the risks involved with anti-inflammatory drugs such as Celebrex and Mobic? (1) Well now at **ENHANCE** along with our hands on therapy, we have a "Gut Friendly" Anti-inflammatory called Kaprex.

Produced and researched by Metagenics (2), Kaprex effectiveness has been shown to produce a 50% reduction in joint discomfort (2). This figure is considered a

gold standard for analgesic formulations. This makes Kaprex ideally recommended for pain and inflammation associated with osteoarthritis, rheumatism and injury.

Kaprex's mode of action is different to COX 2 inhibitors and other NSAIDs, thus making it safer. It has been tested in human clinical trials for complications in gastrointestinal, cardiovascular, hepatic and renal health, and no problems were demonstrated. Also no

drug interactions were observed. However it has not been tested in pregnant or breastfeeding women, though going by its active ingredients there is no indication it will be a problem.

Kaprex contains rosemary, hops and olive leaf to produce its pain relieving.

(1)http://www.tga.gov.au/media/2005/050214_co_x2.htm

(2)<http://www.metagenics.com.au>

Did You Know ?

- 1 A pack-a-day smoker will lose approximately 2 teeth every 10 years.
- 2 John Travolta turned down the starring roles in "An Officer and a Gentleman" and "Tootsie."
- 3 The Hawaiian alphabet has 12 letters.
- 4 George Foreman has five sons named George.
- 5 Also George Foreman has no fingerprints due to an accident with drain cleaner.
- 6 State with the highest

percentage of people who walk to work: Alaska.

- 7 If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.

- 8 Half of all Americans live within 50 miles of their birthplace.
- 9 If you are hedenophobic, you have a fear of

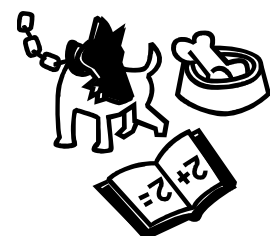
pleasure.

- 10 "Almost" is the longest word in the English language with all the letters in alphabetical order.
- 11 The # symbol is often referred to as a "number sign" or "pound sign." Its actual name is an octothorpe.
- 12 The letters in the abbreviation e.g. stand for exempli gratia - a Latin term meaning "for example."
- 13 No war has been fought where both countries had a McDonalds.
- 14 Blueberry Jelly Bellies



were created especially for Ronald Reagan.

- 15 A group of owls is called a parliament.
- 16 A group of ravens is called a murder
- 17 A group of officers is called a mess.



Ankle Injuries... what to do and when.



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ENHANCE
*Your
Health*

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 its 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. 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 affects the neurology of the joint. 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 with the sports injury team at **ENHANCE**

