

ENHANCE Your Health

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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



The leaves are starting to change, the weather is cooling somewhat and we are heading into Autumn. This brings on the winter sports and if you'll excuse our indulgence, another report on preparations for soccer. This is particularly relevant with our increased sponsorship of Gungahlin United Football club, which will include juniors and seniors this year.

ENHANCE will also once again be involved in sponsoring the Gungahlin Jets AFL

club in 2007 for the third year in a row.

On a sad note, we say goodbye to Nick in this issue. Nick is following his heart and moving back to Sydney in March where he'll take up a position at a practice in Moorebank. If you have any friends or relatives in that area let us know and we'll pass on Nick's new details so that they can get the great care that you've been enjoying from him here. From all the staff here at

ENHANCE we wish Nick all the best, and we're sure he'll be as

much of an asset to his new clinic as he has been here.

April will see a couple of closures here in the clinic. Firstly we'll be closed on Good Friday, Easter Sunday and Monday, as well as Canberra day on 19th March. There will also be no chiropractors here on the weekend of 13-15th April as Pete presents and Ben and Jenn attend a sports chiropractic seminar in Sydney.

	SUN	MON	TUE	WED	THU	FRI	SAT
APR	1	2	3	4	5	6 Closed Good Friday	7
APR	8 Closed Easter Sunday	9 Closed Easter Monday	10	11	12	13 No Chiro Available	14 No Chiro Available
APR	15 No Chiro Available	16	17	18	19	20	21
APR	22	23	24	25 Closed Anzac Day	26	27	28

*Correct at time of print, but may be subject to change without notice.

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 – Cure for the common cold

“...The number of colds in the intervention group was lower in the first three months of the study and was approximately three times lower than the stretching group at the end of the 12-month study.. “

There seem to be endless remedies for the common cold, but wouldn't it be great if you could prevent one from occurring in the first place? According to a recent study supported by the National Cancer Institute, one year of moderate-intensity exercise reduced the incidence of colds in postmenopausal women.

The group of participants included 115 overweight and

obese, sedentary, postmenopausal women from the Seattle area. Women were randomly assigned to either a moderate-intensity exercise group or to a control group that did not exercise. The exercises consisted of 45-minute sessions, five days per week for 12 months. The control group attended weekly 45-minute stretching sessions.

The number of colds

in the intervention group was lower in the first three months of the study and was approximately three times lower than the stretching group at the end of the 12-month study. To find out more about the benefits of exercise and other natural ways to prevent/fight colds, see your chiropractor.

Chubak J, McTiernan A, Soresen B, et al. Moderate-intensity exercise reduces the incidence of colds among postmenopausal women. *American Journal of Medicine* 2006;119:937-942.



Bending it Like Beckham

Professional soccer players manage goal shots at impossible angles, in front of hundreds of thousands of spectators, and against some of the world's best goal keepers! So what are their secrets?

Mind over matter – Training the mind

Mental training can play a vital role in improving kicking

technique.

Visualisation and centering are some of the most appropriate methods for kicking sports. Visualisation involves running through the performance of a sport skill in the mind. For this to have the most effect, the skill should be imagined at real speed; visualising skills at slower speeds can lead to sub-optimal 'patterns' in

the brain i.e. the motor system becomes better at the skill, but only at lower speeds. When visualising you should find a quiet spot and run through skills in your mind in varying conditions, and levels of fatigue. For example, practice kicking at challenging angles, or in wind/rain, your least favourite foot/ position, or against a particular opposition.

Regular visualisation can improve confidence and maximise potential for successful kicking. Sometimes writing a "script" in your head will help you to be more focused for similar situations in a game i.e.:

- I will place the ball on the line, and walk back 6 paces
- I will assess the goal keepers position
- Etc

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Did You Know ?

- ③ The stonefish, which lives off the coast of Australia, is the most poisonous fish in the world.
- ③ A slug has four noses.
- ③ Octopuses have 3 hearts.
- ③ A goldfish can live up to 40 years.
- ③ A starfish doesn't have a brain.
- ③ The slowest growing finger nail is on the thumb nail and the fastest growing is the finger nail on the middle finger.
- ③ The sensitivity of a woman's middle finger is reduced during menstruation.
- ③ Benjamin Franklin wanted the national bird to be a turkey.
- ③ According to Illinois state law, it is illegal to speak English. The officially recognized language is "**American.**"
- ③ Widow is the only female form in the English language that is shorter than its corresponding male term (widower).
- ③ The town of Tidikelt in the Share Desert once went ten years without rainfall.
- ③ An earthquake on **Dec. 16, 1811** sent the Mississippi River backwards.
- ③ Sunday, July 20, 1969: Neil Armstrong was the first man to walk on the moon, Edwin Aldrin was the second. They were members of Apollo 11, and landed in the Sea of Tranquility. The Lunar Excursion Module was named the "Eagle." Michael Collins stayed onboard the mother ship, "**Columbia.**"
- ③ Easter is the first Sunday after the first Full Moon after March 21.
- ③ It was discovered on a space mission that a frog can throw up. The frog throws up its stomach first, so that the stomach is dangling out of it's mouth. Then the frog uses its' forearms to dig out all of the stomach's contents and then swallows the stomach back down again.
- ③ The very first bomb dropped by the Allies on Berlin during World War II killed the only elephant in the Berlin Zoo.
- ③ The first kind of **PENCIL** was a bunch of **GRAPHITE** sticks held together by string. Then someone decided it would be better to push the graphite into the inside of a hollow wooden stick.
- ③ Wet air is lighter than dry air.
- ③ Lightning is 5 times hotter than the surface of the sun.
- ③ Clouds can reflect so much ultraviolet light from the sunlight they dramatically increase the ultraviolet reaching the ground.
- ③ Butterflies get their name from the yellow brimstone butterfly of Europe that is first seen in the early spring or "butter" season.



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Bending it Like Beckham (Contd)

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Centering can be used for games involving field kicking to control anxiety or nerves, which may interfere with concentration, i.e. taking penalties in rugby/soccer or goal kicks in AFL. This technique started more than 2000 years ago by Tibetan monks, and is still used today to improve focus and concentration.

How to do it:

1. Stand with feet shoulder width apart
2. Relax upper body, paying particular attention to neck and shoulders
3. Focus on the movement of your abdominal muscles
4. Breathe in slowly and deeply, seeing your stomach extend with each breath in
5. Focus and relax, feeling your body get heavy as you continue centering

For maximum benefit you should practice this skill (preferably in front of a mirror) for a minute a day for

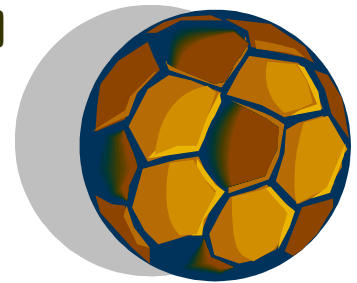
two weeks, and then you will have the skill for life and only need to practise once a week to maintain it.

Ham it up

Those involved in kicking sports are more prone to hamstring injury, and many players are plagued with recurrent hamstring strains, which can prevent optimal performance, or prevent playing altogether. However research shows that players who included eccentric hamstring stretches were less likely to injure their hamstrings. (*eccentric muscle action: the lengthening of a muscle under tension*)

How to do it:

Kneel, with trunk upright, have a partner hold your ankles. Lean forward "using" your hamstrings to prevent your self



falling to the floor

This is a very challenging exercise and should be done with caution

If it is too challenging, an alternative option is using a hamstring curl machine, while emphasising phase of lowering the weight; lift weight to a count of "one" and lower to a count of "five".

Eyes on the ball

Japanese researches have discovered that players who spent more time looking at their ball prior to kicking had higher scoring averages than those who had less "quiet eye" durations. This supports the accepted wisdom that you should look at the ball when kicking and not where it is going to go, so avoid lifting the head and eyes to improve the accuracy of kicks.

