

# ENHANCE Your Health

**ENHANCE** Chiropractic and Massage Sports Injury Centre

## ENHANCE News



### Special Interest Articles:

- **ENHANCE** news
- Decreasing knee injuries
- Infant massage
- A good time to exercise.

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Welcome to the winter edition of **ENHANCE** Your Health for 2007.

July marches on and the year just seems to be picking up more momentum.

The baby massage classes have started with a flurry of interest. If you would like to book in for one, or as some others have done, book for an onsite class for your mothers group, leave your details at reception and we'll get back to you in order to organise a suitable time.

The coming months will see Pete off to Brisbane and Adelaide presenting seminars and then over to the USA with the Australian Junior Men's Water Polo team for the World Championships during August.

Father's day is just around the corner. Why not treat dad to a massage at

**ENHANCE** to relieve some of that fatherly stress. Gift vouchers are available for any time period or cash amount, just ask at reception, or give us a call and we can take credit card details over the phone and post it out to you if you don't have time to pop past the clinic.

On the local sporting front Gungahlin Jets continue to do well sitting comfortably 1 second place on the ladder at this stage. Gungahlin United Football club is having a strong showing again this year with some outstanding results from our masters women's side and the U/16 Wolves, both teams undefeated this season so far. Canberra Heat Volleyball team continue to train well with the 2007 season

looming. Keep watch for details of when you'll be able to see Australia's top level volleyball here in Canberra.

Dragons water polo club is performing strongly in both the men's and women's comps this winter season and will be holding a trivia night on August 3<sup>rd</sup> at Belconnen soccer club. Ask Tracey at reception if you'd like to get a table together and have some fun. Finally a hearty good luck to Grant and Alicia and their Step Into Life team as they prepare to tackle City 2 Surf again this year. Remember to have fun and enjoy heartbreak hill!

Enjoy the newsletter and **ENHANCE** your Health!

**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: Tighten up to help your knees**

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*“...those with greater core stability tended to have less knee injuries”*



Core stability is a term that has been thrown around in recent times with seemingly gay abandon. We’ve been told that it is good for low backs. We’ve been told that it’s even good for neck injuries such as whiplash. Now there appears to be some evidence that core stability is even good for knee injuries. A group headed up by Zazulak and Hewett from Yale report that studies on athletes which tested their core stability and then monitored for knee injuries found that those with greater core stability tended to have less knee injuries. Of particular note in this was the strong correlation in females between core stability and the ever popular, and ever dreaded

anterior cruciate injury. The basic premise behind their reasoning for this finding is that better core stability leads to less sway of the trunk during movement, and in particular unexpected and fast movement. When there is more movement there, the knee has to adjust to a greater level and is taken to greater extremes of movement to adjust to this. This puts the knee in positions of less stability itself on both a static and dynamic basis and at a higher level of injury risk. Recommendations to come from this research are that core stability exercises should be introduced as a preventative measure for athletes, especially those in high knee risk

sports, and that testing core stability might make for a valuable preseason screening tool to identify athletes at risk. Have a chat to your **ENHANCE** practitioner about exercises that you could use to increase your core stability and reduce the risk of amongst other things, knee injury.

Ref: Zazulak B, Hewett T, et.al., *Deficits in Neuromuscular Control of the Trunk Predict Knee Injury Risk. A Prospective Biomechanical-Epidemiologic Study.* AJSM Preview April 2007



## Rubbing your baby the right way

Infant massage is sometimes a controversial topic, and here at **ENHANCE** we understand how important doing the right thing by your baby really is. We believe that looking after your health is a life long commitment. That means that you can start it right from the start. It also means though, that you need to do it properly. In the same way that you shouldn't just let anyone touch your baby's spine, you also shouldn't let

just anyone massage your baby. The right person to massage your baby is YOU. We don't offer massage to babies here at the clinic for that very reason. Infant massage helps to create a very special bond between parent and child, so you should be the one forming that bond, not us. There are many other reasons why infant massage is a good idea, including improved sleep, relief with wind or constipation and improved circulation.

Classes can be taken individually or booked as a group to make it more affordable.

The session will cover a number of areas including benefits to your child, a how to guide, do's and don't's, as well as massage for wind, colic and constipation.

All information will be provided in the one class. Parents are welcome to bring their infant otherwise a doll will be provided to practice techniques.

Cost for existing **ENHANCE** clients is discounted to \$70 per person; non **ENHANCE** clients are welcome to attend (\$80)

For group bookings of 3 or more, the cost goes down to \$50 and \$60 respectively.

For bookings or further enquires please contact the clinic on 62416060

## Did You Know ?

- 🕒 The tip of an 8.5mm long hour hand on a watch travels at approximately 0.000000443 km/hour.
- 🕒 Titanic was running at 22 knots when she hit the iceberg
- 🕒 Barbie's full name is Barbara Millicent Roberts.
- 🕒 A law in Fairbanks, Alaska, does not allow moose to have sex on city streets.
- 🕒 Pinocchio is Italian for "pine eye".
- 🕒 Taphephobia is the fear of being buried alive
- 🕒 Being intoxicated had desirable spiritual significance to the ancient Egyptians. They often gave their children names like "How Drunk is Cheops" or "How Intoxicated is Hathor."
- 🕒 Right-handed people live, on average, nine years longer than left-handed people.
- 🕒 The human heart creates enough pressure to squirt blood 30ft.
- 🕒 Dutch painter Vincent van Gogh cut off his left ear. His 'Self-Portrait with Bandaged Ear' shows the right one bandaged because he painted the mirror image.
- 🕒 The longest recorded tapeworm found in the human body was 33 meters in length.
- 🕒 Sex is the safest tranquiliser in the world. It is 10 times more effective than Valium.
- 🕒 You burn more calories sleeping than you do watching T.V.
- 🕒 The average life of a taste bud is 10 days.
- 🕒 Kermit the Frog has 11 points on his collar around his neck.
- 🕒 It's against the law in Chicago to eat in a place that is on fire.
- 🕒 Henry Ford produced the model T only in black because the black paint available at the time was the fastest to dry.
- 🕒 A chameleon's tongue is twice the length of its body.
- 🕒 Rodents teeth never stop growing.



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**ENHANCE**

*Your  
Health*

## Is there a bad time to exercise?

Some would say that perhaps no time is a good time to exercise, whilst others don't seem to be able to help themselves and never stop.

During your course of treatment here at

**ENHANCE** you will often be given stretches and exercises to help progress your injuries, maintain your health or simply help you to manage problems and keep them at bay. Finding time for those exercises is a challenge for everyone, but finding the right time and place, not just a time and place is important.

If your exercises involve stretching, it's important that the muscles and tendons are receiving sufficient blood supply when you stretch them to avoid injuring them. This means a short walk or some gentle exercise or even a warm shower to help with the blood flow before stretching out. This even applies to stretches on the sporting field. A gentle progressive

active warm up is important before you attempt any stretching, and in most cases, stretching is best left for after the game.

Make sure that you are holding your stretches gently and not bouncing them. Stretching works by the amount of time you spend doing it, not how hard you do it.

For most back exercises, and especially those that involve any sort of twisting or bending, you need to wait at least an hour after getting out of bed to do them. When you are asleep your ligaments tighten a little and the discs in your back swell a little. You'll also find that if you have any inflammation, it will often make you stiff in the morning as well. These things all put your back at a higher risk of injury. It must be warmed up gently with movement and or a warm shower. Showers and baths are best taken in the morning to help the body get moving and act as a good



prelude to any exercises that are to be done.

Outside of these times, look for opportunities where your exercises might be able to be done with another activity. That might be whilst watching tv, brushing your teeth, in the shower itself, maybe even in the car at traffic lights. You'll find that there are plenty of opportunities where you can put many of your exercises into your normal daily routine which not only makes them easier from a time management point of view, but also having another activity to attach them to which makes them easier to remember. Ask your **ENHANCE** practitioner for examples of where your specific exercises might fit in best.

