

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



Special Interest Articles:

- ENHANCE news
- HICAPS News
- Exercise-Don't Stop
- Safety issues

Individual Highlights:

- Research Corner 2
- Powerballs 3
- Did you Know? 3
- Chiropractic Safety 4

Well here we are in March already. The kids are back at school, uni's back in session, and what do you know, there's holidays on the horizon again. Check out the dates below for

ENHANCE opening times over the Easter break, Canberra Day and ANZAC Day.

Pete will be away over the Easter period as he takes on the medical director role for the FIVB world tour beach volleyball event in Adelaide over that period.

March will see the end of the water polo summer competition. Good luck to the ANU Dragons in their bid to take home a title in the finals at the end of March.

As one sport finishes, others start up, we wish all the best to

the Gungahlin Jets AFL teams, the Gungahlin United Football Club, and also the Woden Valley Football club who are also on the *ENHANCE* sponsor list this year.

Check out the next page for the good news on HICAPS and why you should keep exercising. Later in the issue we introduce you to a novel rehab device, and have a chat about how safe chiropractic adjustments are for

your neck. In the meantime....

Enjoy the reading and *ENHANCE Your Health*.

off the mark by Mark Parisi
www.offthemark.com



ENHANCE will be closed on the following dates:

- Monday March 10 – Canberra Day
- Friday March 21st – Good Friday
- Sunday March 23rd – Easter Sunday
- Monday March 23rd – Easter Monday
- Friday April 25th – ANZAC Day

Outside this we are open every day, 7 days a week, with new starting times of 5am on Mondays and Fridays from April.

HICAPS For Massage at ENHANCE



Many of you would be familiar with the HICAPS system which allows you to claim your health fund benefit on the spot when you have your chiropractic treatment. This means that you just have to pay the gap, so less to pay upfront, and saves

you a trip and lines at the health fund office, that's if you can still find one! This system has worked well for the past 6 years and is now working even better. Massage is now covered by HICAPS although only with selected

health funds. Feel free to ask at reception if your fund is participating, and if you are joining a new health fund, make sure you check with them as to whether they participate in the HICAPS system.

Research Corner – Just KEEP doing it

“...you will not lose as much weight resuming your previous exercise levels as you gained by stopping them.. “

We're often encouraged to get back into our exercise routine as a New Year's resolution, or at the start of the summer, or some other time that someone in the fitness industry runs an ad campaign.

It would seem, according to a recent study out of Berkeley in California, that it is more important to keep doing your exercise rather than restarting all the time with periods off in between. It has been shown and is generally accepted, that if you stop exercising, you will gain weight. If you start exercising, you

should lose weight. According to this study though, for low to moderate exercisers, you will not lose as much weight resuming your previous exercise levels as you gained by stopping them. This is particularly important to those seasonal sport players who rest completely over the off season. Make

sure you find an alternate exercise to do over the winter if your summer sports get too cold, otherwise you might find yourself having to work twice as hard to work off that winter comfort.

Williams P., Asymmetric Weight Gain and Loss from Increasing and Decreasing Exercise. Med Sci Sports Exerc 2008



“If you lose weight, you'll have more energy. Why do you think they call it FATigue?”

Powerball – Power in your hand

What's a powerball? Who uses them? What do I need one for?

Periodically a rehabilitation device known as a powerball or dynabee or therabee pops up in a sporting store or toy store. They are marketed as fun and sometimes to build strength, and probably do both.

There is no strong research currently to substantiate the claims that these hand held gyroscopes do all that they claim to, but anyone that has picked one up will agree that they are fun, and your arm feels

as though it has worked pretty hard afterwards.

So why? The powerball uses a gyroscope within a hard plastic shell to exert an increasing force in different directions as the user rotates it. Because it exerts this force in a non-linear and non-predictable fashion, the user is forced to use muscles quickly and react to maintain the momentum and grip on the ball.

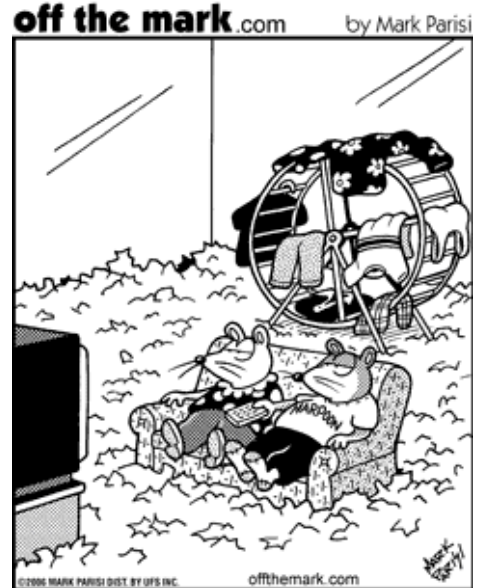
This makes the powerball a useful tool for rehabilitation of shoulder, elbow and wrist injuries, as well as a

strengthening and preventative tool for those involved in sports and occupations that require grip strength and co-ordination.

The Powerballs that we stock at *ENHANCE* have a counter on them so that use and improvement can be measured and progressed meaningfully. If you'd like to have a look at a powerball or wish to know if it could be helpful for your sport, profession or injury, ask one of the *ENHANCE* staff to give you a demo.

Did You Know ?

- 1 The hair of an adult can stretch 25% of its length without breaking.
- 2 90% of all living things in the sea are made up of plankton.
- 3 The starfish has five limbs and can re-grow four of them, as long as it's central body is not harmed.
- 4 Prior to being introduced, Australia did not have any members of the cat family, hoofed animals, apes or monkeys.
- 5 It takes approximately seven years for a lobster to grow to about half a kilogram.
- 6 In Pacific Grove, California, it is a misdemeanor to kill a butterfly.
- 7 The literal translation of the word wonton is "swallowing a cloud".
- 8 90-95% of all sensory perceptions are accounted for by sight.
- 9 Lungs are 100 times easier to blow up than a child's balloon.
- 10 Animals that lack defensive structures, such as teeth or claws, are said to be muticous.
- 11 There are more people in the world who eat alligators than there are alligators that eat people.
- 12 When viewed from above, rainbows appear doughnut-shaped.
- 13 The first known contraceptive was crocodile dung, used by the Ancient Egyptians in 2000 BC.





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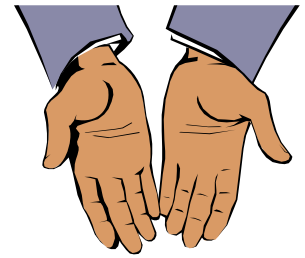
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ENHANCE
*Your
Health*

Is Your Neck Safe in Our Hands?

Have you ever wondered how safe chiropractic really is? Certainly here at **ENHANCE** you would have been told of the risks involved in treatment before you started. Every now and then you'll hear somebody say that chiropractors are dangerous or that they can give you a stroke or kill you. This is pretty alarming if you have an appointment coming up to help with that headache or neck pain or your regular check up. There have been cases where neck manipulation has been given the blame for causing strokes in the past, whether by massage therapists, chiropractors, physios or doctors. There have been studies performed that have attempted to estimate how common this might be, and have come up with figures that show it to be quite rare. Other research has suggested that the chiropractic adjustment doesn't actually take the neck far enough to even cause the damage that is claimed. Recent research out of

Canada by David Cassidy and his crew is now putting even more doubt on the role that chiropractic treatment might play in these rare but significant events. Cassidy's research looked at strokes occurring in the whole of Ontario Canada over a 10 year period. With the system there, they were able to check if the patient had been to their chiropractor, GP or both in days and weeks leading up to their stroke. What they found was quite interesting. In patients less than 45 years of age, they were just as likely to have seen their GP prior to the stroke as their chiropractor. In patients over 45, they were more likely to have seen their GP than their chiropractor prior to



the stroke. Suggestions made from the analysis of the data were that it wasn't the treatment that initiated the strokes, but rather people with impending strokes, often suffer from neck pain and headache, which is why they seek care from their chiropractor or GP. You can rest assured that chiropractic treatment is safer than many of the lifestyle choices people make every day.

Cassidy J.D. et al., Risk of Vertebrobasilar Stroke and Chiropractic Care, Spine 2008

