

ENHANCE Chiropractic and Massage Sports Injury Centre



ENHANCE News

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Well here we are, half way through the year already. The snow induced injuries have started to roll in, so make sure you hydrate well at the snow and treat skiing or snowboarding like any other form of exercise by getting in the best condition possible for your sport and warming up and cooling down properly.

Check out page 2 for the latest research on stretching and running economy, it might be time to save time on the stretching and hit the gym. There's also no reason why this

wouldn't also apply to your snow sports.

Congratulations to the ACT players who made the Australian Country Water Polo Team to play in the Hawaiian Invitational in August. Pete will also be joining this team to keep them in the water and playing strong.

For all those with their filing cabinets open and keyboards burning up with end of financial year workloads, we have a few tips on page 3 to try and keep you at it and out of here. If that fails, there's nothing better to clear those

tax time blues than a massage from one of our ENHANCE massage therapists. They're available 7 days a week, but make sure you book in advance to avoid disappointment.

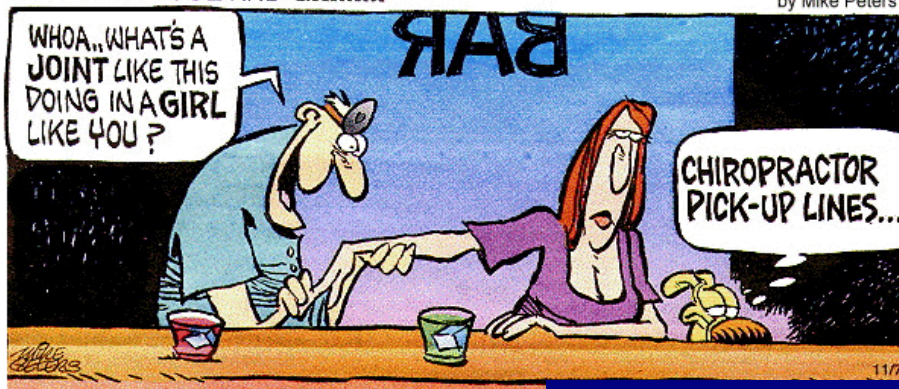
By turning to the back page you'll see a few of the basics behind a rehabilitation program.

Apart from that, there are no public holidays, so enjoy the school hols.

Enjoy the reading and ENHANCE Your Health.

MOTHER GOOSE AND GRIMM

by Mike Peters



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 – Stretching and Running Economy

“...there was no difference in the measures for running economy between the groups.”



Research out of the University of Loughborough in Britain has cast some doubts on the long held practice of stretching and flexibility as a measure of running efficiency.

The researchers divided experienced runners into 2 groups. One group underwent prolonged static stretching before and after running. The other group underwent no stretching at all. The stretching intervention consisted of eight different stretches on each leg. Each stretch being held for

40 seconds. This was repeated 3 times. Measures were taken on various indicators of running economy, as well as flexibility, strength and countermovement jump height.

The results showed, unsurprisingly, that there was an increase in flexibility in the stretching group. At the same time, this group showed a decrease in countermovement jump height and strength. This is consistent with previous findings on the effects of static stretching. Considering these

changes though, it was found that there was no difference in the measures for running economy between the groups.

Combined with other recent research showing an economy improvement with heavy weight training would suggest that it's time to lay off the stretching and pick up the weights.

Allison S, Bailey D, Folland J, Prolonged static stretching does not influence running economy despite changes in neuromuscular function. Journal of Sports Sciences, 1466-447X, Volume 26, Issue 14, 2008, Pages 1489 – 1495

Athlete in the Office

Although you may not be an elite athlete, your everyday duties may still put your muscles and joints under considerable strain if you don't look after them properly. Many work situations see us doing repetitive movements, which at the end of the day can amount to quite a large work load on often small muscle groups. The coming of the computer age has seen many people entrapped behind the keyboard of a computer of some description. Some of these ergonomically sound, whilst others are ergonomically

challenged to say the least! An ergonomic arrangement is one that is designed to put the least amount of stress on your body as you carry out your daily tasks. Whilst this is important, it is also important to look after your body yourself. This can be done with some simple stretching exercises to suit your particular situation. Some basic stretches for the keyboard operators amongst us are done on the forearms. By having your arm out straight in front of you, you can feel a stretch in your forearm extensors

simply by folding your hand down and putting a light pressure on the back of your hand until a stretch is felt. The same arm position, but instead of dropping the hand down, the hand is now held in an upward position and the stretch is felt on the underside. These two stretches help to alleviate a lot of the tension built up from working our fingers over the keyboard. The muscles that you use to do this may not be as big as say those used in running, but are still subject to tiring and soreness from overuse and abuse. Make sure that when you do these

stretches, you are holding them for 12 seconds, and stretching gently. Watch for our next issue where we'll cover some exercises for the desk jockey and student.

Please note that the exercises above are designed to help you prevent injury to yourself, they are by no means a full exercise routine, or are they necessarily beneficial if you have a pre-existing injury. Make sure if you do have an injury that you get it properly assessed before it gets worse.

Did You Know ?

- 1 Beetles taste like apples, wasps like pine nuts, and worms like fried bacon.
- 2 Of all the words in the English language, the word 'set' has the most definitions.
- 3 Honey is the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.
- 4 The average lead pencil will draw a line 35 miles long or write approximately 50,000 English words.
- 5 There is a city called Rome on every continent.
- 6 Right handed people live, on average, nine years longer than left-handed people
- 7 A giraffe can clean its ears with its 21-inch tongue
- 8 Adolf Hitler was a vegetarian, and had only ONE testicle
- 9 Owls are the only birds who can see the colour blue
- 10 Like fingerprints, everyone's tongue print is different.
- 11 "Almost" is the longest word in the English language with all the letters in alphabetical order.
- 12 The placement of eyes on a donkey's head enables it to see all four feet at all times.
- 13 Camels have three eyelids to protect themselves from blowing sand.
- 14 The typewriter was invented by Hungarian immigrant Qwert Yuiop, who left his "signature" on the keyboard





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ENHANCE
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Some Basics Behind Rehab

With the exception of professional athletes, few people know where to turn after suffering an injury that limits their ability to exercise, perform daily activities - or in worse-case scenarios, even move. The rehabilitation process may seem complicated, but it's actually fairly straightforward (depending on the injury) once you know the basics.

So, are you ready for a little insight into how to rehab right?

1. Control the pain naturally. To do this, some say use ice; some say use heat. Just remember one thing: If you are exercising and experience pain and swelling afterward, use ice to take the swelling down. If you feel your muscles are too stiff and painful before you start exercising, use a few minutes of heat to warm up the area. Using ice or heat during rehab is a good way to control pain and discomfort.

2. Increase flexibility. Everyone is infatuated with stretching. However, in some

cases, it may not be the most important part of your rehab. There are a few things to remember with stretching. Don't try to become the next Olympic gymnast. Overstretching is just as bad as not stretching. Also, it's not just about stretching the areas where you're experiencing problems. It's also about stretching the tight muscles around the area, because the whole area works together.

3. Improve endurance. When we think of rehab, most people think of lifting more weights and getting stronger. However, in some cases, your success in rehab has more to do with doing something at less intensity, but improving your ability to do it over and over again.

4. Regain balance. Regardless of whether you have ankle, knee, or low back pain, or even headaches, balance training is very important. The basic balance progression involves doing things on stable surfaces first and then moving to unstable surfaces.

5. Develop strength. This is probably the

most popular goal of all rehab programs. However, make sure you build up your strength while always staying within weight ranges that do not elicit pain. The "no pain, no gain" mentality should be abandoned. Also remember to work on balance and flexibility *with* strength, not just by itself.

6. Functional training. This just means practicing activities you did every day prior to the injury. For workers, this means practicing how to lift, or even how to sit properly if your job is sedentary. For athletes, this means practicing the movements of your sports. Keep in mind that these are just guidelines to increase your knowledge of the various elements involved in successful rehab. Which exercises will work for you will depend on the precise injury and a comprehensive screening process by your doctor. Hopefully, you now understand some of the goals of rehabilitation and can better appreciate the steps necessary to get on the road to recovery. Remember always consult with your doctor whenever you suffer an injury and before beginning any rehabilitation process.

Source: "To Your Health" Vol 3:15
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