

# ENHANCE *Your Health*

ENHANCE *Chiropractic and Massage Sports Injury Centre*

## ENHANCE News



So here we are with the spring edition of *ENHANCE Your Health*. I hope everyone has survived the winter and is ready for the weather to start to warm up. See the article on Page 3 about chilblains to be aware of for those last few frosts that September will no doubt have in store for us. In preparation for the warmer weather, there are also some tips on how to use kayaking to help your back, not hurt it.

Country Water Polo team where the women managed a bronze medal after a tough week in the pool. The men worked hard against some tough opposition and questionable officiating to get 7<sup>th</sup> place in their competition. Well done to all the players on a hard fought tournament.

Coming up in September the *ENHANCE* chiropractors will be in action treating at the World Mountain Bike Championships here in Canberra at Mt. Stromlo. In

October, Pete and Sam will be involved in working at the World Masters Games in Sydney. This will be the largest chiropractic coverage in the world, involving nearly 200 practitioners including students and fully qualified chiropractors. The World Masters Games will attract over 30,000 participants from over 100 countries.

Read on and enjoy *ENHANCEing your health*.

### Special Interest Articles:

- *ENHANCE* news
- Avoiding Knee Pain
- Chilblains
- Paddling Tips

### Individual Highlights:

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Pete is just back from a trip to Hawaii with the Australian



## 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.

## Hit the gym and quit the pain

We've seen in past newsletters that knee pain from arthritis can be helped by glucosamine and Tai Chi, but is there any place for going to the gym and strengthening your legs?

Researchers from the University of Iowa looked at the relationship between thigh strength and painful osteoarthritis in the knee.

The study followed over 1600 patients over a 2 ½ year period. Both men and women were included and factors such as overall quad strength, quadriceps to hamstring ratio, x-ray changes and pain variability. All of the

people recruited for this study were determined as having predisposing factors for knee arthritis.

These factors included obesity, previous knee surgery/injury and a history of knee pain. It was found that whilst the ratio between quadriceps and hamstrings bore no relationship with knee pain, outright quadriceps strength did. The patients with stronger quadriceps had less knee pain. It was found however that whilst there was less pain with stronger hamstrings, it made no difference to the arthritic changes as seen on x-ray.

This is a good hint to keep your leg strength up, but also another reminder that just because something shows up on x-ray it doesn't necessarily make it the cause of your pain.

Segal N, et al "Effect of thigh strength on incident radiographic and symptomatic knee osteoarthritis in a longitudinal cohort"

*Arthritis & Rheumatism* 2009; 61: 1210-1217.

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*"...patients with stronger quadriceps had less knee pain ..."*



## Chilblains

Although winter is on its way out, we still have a few frosty mornings to endure. A condition commonly seen in cold weather is Chilblains.

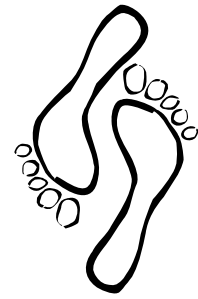
Chilblains are caused by exposure of the feet or other parts of the body to excessive cold. The most common locations on the feet for chilblains to occur are: At the ends of the toes, over the big toe joint and at the heels. They occur

due to an abnormal response of the body to the cold. Adequate levels of blood fail to reach the small blood vessels in areas such as the ends of the toes, leading to a build up of toxins (no oxygenated blood). This produces inflammation at the area that can, in turn, lead to a blister developing. A burning or itchy sensation is often experienced with a chilblain. Feet

should be warmed slowly after being exposed to cold in order to reduce the risk of chilblain

development. It is best to apply warm layers (eg socks) to achieve this. Restrictive footwear should also be avoided to allow for adequate circulation to the feet.

**Do:** Keep feet at a constant temperature  
**Avoid:** Warming feet up or cooling them down too quickly, eg



bare feet on cold floors

### **Avoid:**

Vasoconstrictors such as cigarettes and sleeping with the electric blanket on.

*Courtesy of  
www.thefootclinic.com.au*

## Did You Know ?

- ❶ If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.
- ❷ The human heart creates enough pressure when it pumps out to the body to squirt blood 10 meters.
- ❸ Banging your head against a wall uses 150 calories an hour.
- ❹ The strongest muscle in the body is the tongue.
- ❺ Dueling is legal in Paraguay as long as both parties are registered blood donors.
- ❻ Due to thermal expansion the Eiffel Tower is 15cm taller in summer than in winter.
- ❼ A bolt of lightning contains enough energy to toast 160,000 pieces of bread. Unfortunately, the bolt only takes 1/10,000 of a second - so turning the bread over might prove difficult!
- ❽ The tomato is the world's most popular fruit.
- ❾ A single human hair can support 2.9kg of weight.
- ❿ The real name of Astro (the dog from The Jetsons) is "Tralfaz" -- his real owner appeared one day to claim him but wound up giving him back to the Jetsons.
- ⓫ 'Vodka' is Russian for 'little water'.
- ⓬ Pepsi originally contained pepsin, thus the name.
- ⓭ The first product that Sony came out with was the rice cooker.
- ⓮ 80% of all rose species in the world come from Asia.





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*ENHANCE*  
*Your*  
*Health*

## Paddle yourself fit

With spring upon us and the weather starting to warm up, many people will be heading back to the water. One of the most popular water sports around Canberra is kayaking. We have some great waterways for it and many more on our doorstep. Kayaking is a great sport for your back, as long as you do it properly. In this edition of

*ENHANCE Your Health*, we are going to go through a couple of ways to look after your back whilst paddling.

1. Handle your craft safely. Depending on how heavy your boat is, this might mean having rollers on the roof of your car for getting it on and off safely, it may mean having a trolley to get it to the water. You may need to make sure you always paddle with someone else to help you. Whatever it is, lift safely, and within your limits.

2. Adjust your craft properly. It is important that your position in your boat is set up properly. Having your leg length set incorrectly can put extra pressure on your back, legs and shoulders. Make sure you get somebody who knows what they are doing to help you set your boat up correctly when it comes to seat position or foot pedal length.

3. Posture. Paddling with the correct posture will mean that you are strengthening your back and improving your stabilising muscles. Paddling with a slumped posture can lead to recurrent aggravation of your lower back and neck. Make sure you sit tall, keeping your head over your spine. Not only will this help your balance, but it will protect your neck from strain from having it carried forward. Slumping in your boat will mean



that you can't rotate properly and engage your core muscles to drive the boat forward. Instead, you will be creating a repetitive strain injury on the discs in your lower back. Keep a nice gentle forward curve (lordosis) in your lower back.

4. Practice. Poor technique will not only be inefficient, but will eventually lead to injury. Get an experienced paddler to give you some tips on technique and practice them regularly.

Keeping all that in mind, now get out on the water, enjoy yourself and *ENHANCE your health.*

