

ENHANCE Chiropractic and Massage Sports Injury Centre



ENHANCE News

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Welcome to 2010. A new year with new challenges and new opportunities.

With so many people travelling over this period of the year, remember that movement is the key to your body functioning. If you are on long car trips, take regular breaks to not only "stop, revive, survive" but move around and give your body a break from the same position for hours on end.

Sometimes you'll find yourself sleeping at a relatives place on that horrible bed that used to be theirs until they realised that it was doing their backs in, or even worse, that sofa bed that Noah's kids used on the ark. Both of these will see you getting up in the morning feeling like you are about 100. Again, get out and

move. The more movement you do, the more you'll counteract that bed.

In this issue we've got the latest on what computer games you should be playing, as well as our usual starter for the year on how to pick a good school bag, and a New Year's suggestion for your feet. As usual, the "Did you Knows" are

there to keep your supply of random and useless facts topped up.

The ENHANCE clinic will be closed on Australia Day, Tuesday 26th January, open every other day.

Enjoy the reading and ENHANCE Your Health.

Life's Little Adjustments



Corporate Massage



Were you aware that *ENHANCE* offers onsite corporate massage? Many businesses start the New Year with ideas to encourage and reward staff. Corporate massage reduces stress levels and sick leave whilst increasing

productivity and staff morale leading to improved retention levels. *ENHANCE* offers massages for any number of staff and will massage between 5-30mins at your workplace. We have special seated massage chairs,

portable tables or we can simply massage your workers in their own chairs. Pricing will vary depending on the service that you require and the number of staff so call or email us today so we can *ENHANCE* your work place.

Research Corner – Active Gaming Tested

“...only 1 game of those tested that came close to running or swimming, which was the single-arm stand resistance exercise.. “



Many a parent has sat and smiled in my treatment room as I start lecturing their Halo hero, Grand Theft Auto master thief or WWE Smack down star, on time spent in front of computers and electronic games. Generally there is advice on time, regular breaks and posture, which have the kids wishing mum and dad weren't there to hear me agreeing with them.

One of the highlights of electronic gaming in the past few years has been the introduction of active games. One such gaming company set out to see if their “active” games were

in fact of any physical benefit, apart from changing the posture from sitting. The study carried out by Motohiko Miyachi, PhD, of the National Institute of Health and Nutrition in Tokyo and funded by Nintendo (makers of the Wii) were quite positive for would-be exercisers looking to make it fun with their Christmas present.

There was only 1 game of those tested that came close to running or swimming, which was the single-arm stand resistance exercise of Wii Fit Plus.

Some of the others that still fit within guidelines for

minimum exercise standards include boxing, basic run, tennis, single-leg reach, advanced step, hula-hoop, the push-up and side plank. Remembering of course that recommended levels are 30 minutes per day.

So whilst this still doesn't condone electronic gaming for hours on end, nor does it replace outside exercise for kids or adults, it is perhaps a nice way to the bridge the gap.

Miyachi M, et al "Energy expenditure in adults when playing next-generation video games: A metabolic chamber study" AHA 2009; Abstract 1045.



Are you blindfolding your feet?

When people speak about our sensory organs, most think of the eyes, ears and tongue. Some will think of the skin, and in thinking that will go straight to the hands. These are all correct. They all give us information on the world around us, and help us to adapt and interact with that world. One area that is given very little thought however is the feet. Our feet have a relatively large area within the brain

dedicated to receive information. This information helps our bodies adapt and react to the ground that we are on, they help with balance, and they help to set the tone for our posture. If we cover our feet all the time with hard soles or put large pieces of foam between them and the outside world, we essentially blind them to that information that they should receive. Not to mention depriving the feet of

the opportunity to use their muscles by not giving them varied exercise. The other crime against our feet is the hard, flat floors that we put under our feet all the time. This lack of variance takes away challenge and adaptability from our feet, as well as the normal rotation of muscles that occurs with having to be on changing ground. Do your feet a favour today. Get outside. Get your shoes off. Let your feet

experience the world as they are designed. You will start to give the muscles in your feet some exercise, stimulate parts of your brain that have been starved and help your balance. Make sure the kids get out there too. Their developing feet and bodies need stimulation! Even 5 minutes a day is a good start to taking off the blindfold.

Did You Know ?

- 🕒 In a pair of feet there are 250,000 sweat glands that produce approximately 500ml of perspiration daily.
- 🕒 During the first year of a child's life their feet grow rapidly, reaching almost half their adult size. By 12, a child's foot is about 90 per cent of its adult length.
- 🕒 A quarter of all the body's bones are in the feet (there are 52 bones in a pair of feet).
- 🕒 The average person walks approximately 128,000kms in a life time - that's more than three times around the earth's circumference.
- 🕒 The skin on your feet is 20 times thicker than on any other part of your body.
- 🕒 Along with the 26 bones in the human foot, there are 33 joints, 107 ligaments and 19 major muscles and tendons to hold the structure together and allow it to move in a variety of ways
- 🕒 It's best to shop for shoes in the afternoon or late in the day. Your feet actually swell during the day from walking and activities, so a pair of shoes that felt comfortable in the morning might actually be too snug by day's end.
- 🕒 You need to use 200 muscles in your body to walk.



- 🕒 Charlie Chaplin, Hollywood's silent comedian with the splay footed trademark walk, had his feet insured for \$150,000 in the 1920's; a fortune at the time.
- 🕒 A 2½-inch high heel can increase the load on the forefoot by 75%.



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Picking the Right School Bag

Getting kids back to school can be a monumental task. There are the uniforms, the pencils, the shoes, the bus passes, the lunch box, the list just seems to go on and on... and they all have to be labelled.

If that wasn't a big enough task in itself, you also need a bag that will fit everything in it, and still allow your child to carry it. It's almost an incentive for home schooling. This article is going to deal with the importance of the school bag.

There are all sorts of bags that go in and out of fashion, and tend to wreak various levels of havoc with your child's spine. I'm sure you've all heard of someone that ended up with a scoliosis or bent spine from carrying their heavy school bag on one shoulder, and many other tales of woe involving school bags that seemed like a good idea at the time. It has now been pretty much accepted, that a back pack is the best bag for a child's spine. The recommendations don't stop there

though. There are certain things you need to look for in a back pack, they are not all created equal....

Many back packs are designed with fashion rather than function in mind, and when that is put onto a developing spine, you want the emphasis to be strongly on function and safety.

Here is a list of things to look for in a school bag:

1. There must at least be a waist strap, and preferable a chest strap as well. This holds the load of the bag close to the body, and decreases the stress on the spine.

2. The straps must be wide and adjustable. As you well know, every child is different, and your child will grow throughout the year, make sure that the bag can too. Also check that the straps don't slip.

3. The size of the bag should mean that the top of the bag is even with the



child's shoulders when adjusted properly.

4. The back pack should have sections so that heavy items can be placed and won't move excessively.

5. When loading the bag, heavy items should be placed as close to the child's back as possible.

If you have any questions about your child's school bag or its adjustment, pop into *ENHANCE* and get it checked out.

