

## Fitness - Myths and Secrets!

**Hi from your health care team.** These days we see and hear so many fantastic achievements of athletes. Quite ordinary people seem to be able to do amazing things. Some have access to cutting edge technology, others must have superior coaching and a few have 'hidden secrets' that make their performances stand out from the crowd. This issue of our newsletter is devoted to some of those secrets and some of the myths involving fitness and sports. As you can imagine, various myths get passed around the gym or the local sporting team, and we'd like you to be better informed.

**We would like to introduce** Rey Racuyal, a massage therapist who works assisting Anthony. Rey has studied his Diploma in Health Science in Massage Therapy over two years full time at TAFE and has skilled, caring and clever hands. Also introducing Julie Outzen our new receptionist and Anna Paciej who will be our Book-keeper/Receptionist. We trust you'll appreciate their friendliness.

We have a new podiatrist on the team - Jake Foley who will be working in addition to Dollene and Ara providing expert foot care. Come and meet Jake you'll be impressed - and your feet will be happy too!



Anna, Julie, Rey and Jake - friendly new faces!

### Fit Feet Feel Fantastic!!

Just as diet and physical training are important to your performance in sport so is taking care of your feet and ankles. Sports podiatry at Health plus Chiropractic offers a holistic approach to keeping your feet and lower limbs in peak condition. Whether you are a weekend warrior, competitive athlete, or someone who enjoys the occasional walk ..... our team of podiatrists can keep you on the go!

Nowhere is the miracle of the foot more clear than watching the human body in motion. The combination of 26 bones, 33 joints, 112 ligaments, and a network of tendons, nerves, and blood vessels all work together to establish balance, provide support, and allow our body to move efficiently. However, this may not be the case for everybody, and can cause ongoing problems/pain, and increase the risk of sports related injury – especially since the foot experiences up to 4 times the normal forces during exercise.

Some common and more sophisticated sports injuries include:

**Plantar fasciitis (arch/heel pain) -** Arch and/or heel pain is often caused by frequent stress on the plantar aspect, or bottom of the foot. When the plantar fascia, a supportive, fibrous band of tissue running from the heel to the ball of the foot, becomes injured, pain on the bottom of the foot results. Foot instability, with excessive rolling-in, may result in plantar fasciitis. Over training may contribute.

**Shin splints –** Occurs in the muscles that are attached to the shin bone (tibia). The pain is usually an inflammation of the leg muscles and tendons due to stress factors. This condition is usually treated with cold therapy immediately after the workout to reduce inflammation. Proper stretching before the workout should prevent the onset of shin splints. Strengthening of muscles also helps reduce shin splints. Orthotics and correct footwear choice can be used as part of the treatment to assist in reducing tissue stress.

**Achilles tendon and calf pain –** The frequent firing of the calf muscles during routine exercise often creates pain and tightness in the back of the legs, which can also lead to inflammation of the Achilles tendon. Stretching the calf muscles gently and gradually before and after the workout can ordinarily help alleviate the pain and stiffness. Orthotics and correct footwear choice can be used as part of the treatment to assist in reducing tissue stress.

A biomechanical assessment at Health *plus* Chiropractic can determine which factors are contributing to your symptoms. Our podiatrists are on-hand to provide treatments including orthotic therapy, soft-tissue management such as stretching programs and strengthening muscle imbalance, footwear and exercise advice. We also provide rehabilitation programs for current and previous injuries, and offer treatments to help prevent sports injuries in the future. Whatever you do, let us help you reach your full potential.

# How Sports use Chiropractic

Chiropractic has gained significant visibility and popularity in all sports in the past 10 years. Coaches, trainers and athletes now appreciate the importance of biomechanics, balance and full motion in all joints of an athlete.

Most chiropractic benefits actually pale next to the true potential chiropractic has to offer all sports. Under the assumption that no other professional is as well equipped as the chiropractor to evaluate, diagnose and treat the biomechanics of an athlete.

Many professional teams have chiropractors on staff to provide adjustments and treatments to players. Players, however, often are the ones who decide when and how frequently treatment is needed.

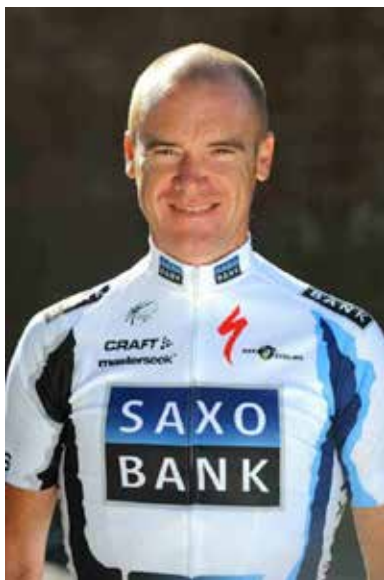
Chiropractic is not only beneficial to the experienced and professional athlete, but is beneficial to the amateur and weekend athlete as well. The practitioner's role is to enhance performance, and prevent and manage injury., The treatment of professional athletes has helped the chiropractor to apply his knowledge of biomechanical injuries and their treatment.

Chiropractors can point out strength and movement imbalances that lead to poor alignment and flexibility and then to soreness or diminishing performance. A series of exercises are often prescribed that focuses on proper ergonomics and balanced limb strength.

Weekend and amateur athletes can learn about the importance of chiropractic adjustments from many professional athletes. No matter which sport you enjoy on your day off, you can find someone you admire in your area of interest that is being treated by a chiropractor.

The list of advocates is long. Boxing heavyweight champion Evander Holyfield; Australian Olympic Gold medallist diver Matthew Mitcham, cricketer Adam Gildchrist, boxer Danny Green, Rip Curl Pro surfer Joel Parkinson, cyclist Stuart O'Grady; the late Australian race champion Peter Brock, as well as champions in virtually every major sport are becoming regular chiropractic patients. Hundreds of athletes sought chiropractic treatment during the Sydney world Masters Games last October. Many of these athletes insist on being adjusted by their chiropractors just prior to competition. They feel that they are not able to perform at their optimum ability without the reassurance that they have full range of motion without restriction in their joints.

Surfing is an example of how athletes can find an extra edge on their competition. Surfing at the highest level is very dynamic with a large amount of core strength required to perform well. Due to the stance taken on the board, the smallest spinal subluxations have dramatic effects on performance.



Stuart O'Grady uses chiropractic to avoid injuries and look after his body during the build up phase of training. Before competition, he will use chiropractic to make sure his body is aligned to generate every possible bit of power through his pedals.

At Health plus Chiropractic, our team of chiropractors have a specialist understanding of the spine and the musculoskeletal system plus expertise in sports, exercise and rehabilitation to help prevent injuries, recover from acute or recurrent conditions more quickly and how to maximise performance.



# Exercise for the Body and Mind

Stress is an inevitable part of life and a certain amount of stress is healthy. However, long-term stress can be damaging to your health. It lowers your immune system and makes you vulnerable to disease. When you are fit and healthy you are better able to cope with life's stresses more efficiently and effectively. Moderate exercise in your daily routine is a great stress release. It also gives you 'time-out' and a different focus, which is great for releasing stress. Moderate exercise will help you feel more relaxed, confident and happy. It causes the brain to produce serotonin, a neurotransmitter that can reduce depression. It also causes the release of hormones called 'endorphins', the body's natural painkillers. Furthermore, if you exercise regularly you'll find that your energy levels improve, as does the quality of sleep.

Recent research at Duke University in the U.S. has found that after sixteen weeks of a "moderate exercise program (30 minutes - 3 times a week) reduced depression just as effectively as drugs" - and without the side effects.

Modern technology can assist in making exercise in sport more effective. Sportsmen and women are also turning to neurofeedback, or brain wave training, a technique that helps athletes reprogram their brains so they can reach a zone of relaxed concentration during such situations. Long used to treat medical conditions such as attention deficit hyperactivity disorder, epilepsy, depression and anxiety, brain wave training is beginning to emerge as a tool for pro and amateur sports people. It has been reported that the soccer team AC Milan, Tiger Woods, and many other top golfers as well as Olympians have found neurofeedback very effective for achieving peak performance.

Josephine and Angelo have been providing neurofeedback training for a variety of people to achieve improved or peak performance.



Abhinav Bindra wins India's first individual Olympic Gold Medal

In the following weblink, South African sports psychologist and neurofeedback practitioner, Dr. Tim Harkness shares his experience in working with Indian Olympic shooting gold medallist, Abhinav Bindra. Harkness used biofeedback to help Abhinav perform at his peak, and win India's first individual Olympic gold medal in 2008.

► Full Story [www.aapb.org/news\\_events.html](http://www.aapb.org/news_events.html)

## Sports Myths and Nutrition

Myth 1 - Taking supplements is just as good as working out. You would think that this would be obvious, but so many people are looking for that miracle pill or energy bar. Nutritional supplements for fitness require fitness and hard work first.

Myth 2 - Nutritional supplements will completely change me in less than a week. While it's true that work out supplements can help you get leaner, stronger, and faster more quickly than without supplements, nothing will change you overnight. Moreover, drastic changes can be hard on the body.

Fact 1 - You will recover more quickly and be able to work out harder with proper sports nutrition. I do not know anyone who enjoys being sore for a week after a workout. Early soreness is a big reason for many people giving up on their new workout plans, so we must reduce or eliminate it as much as possible. Nutritional supplements aid in the healing process by providing the exact vitamins and nutrients your joints, tendons, and muscles need to grow and repair. This allows your muscles to heal quickly and grow rapidly. By recovering sooner and being able to workout harder, you are able to see dramatic results in your body.

Fact 2 - There is a best time to take your sports nutrition supplement. If you have been to the gym before, you have probably heard about the magic hour after your workout. This is a true time frame when your muscles are most depleted and therefore most ready to absorb nutrients and begin the rebuilding process. It is essential to take advantage of this opportunity to feed your muscles the right vitamins and minerals, so you get the most out of your workout. These are just a few facts and myths to get you on a good beginning to sports supplement knowledge. For information specific to your needs see our dietitian who can tailor a diet to suit your work out regime and optimise good health.

Also of interest to watch is the internet video below regarding Neurofeedback & Peak



Performance

# Sports Massage: A secret weapon for athletes. Now it could be yours too!

Ever wondered how professional athletes can play week in and week out giving everything they've got on the playing field and still attend training sessions during the week?

One of the well kept 'secret weapons' that professional sporting teams have been using for years is *Sports Massage*.

Sports massage is designed to get the most out of the athlete's performance, whether it is just a training session, the real game or for rehabilitation after injury. There are two types of sports massage that are both very beneficial to athletes. They are Pre-event massage and Post-event massage.

Pre-event massage aims to prepare the athletes mind and body before the game. A fast and stimulating massage that increases circulation to the muscles going to be used increases the lubricating mechanism of the joints, to help prevent injury. Mental relaxation and focus are aided, and there may be a reduction in anxiety levels, calming the athlete.

Post-event massage is a slow, flowing style that is used after the game, to help decrease muscle soreness, encourages circulation to flush out toxins and wastes increasing the rate of recovery and helps maintain and improve flexibility.

Professional athletes know the benefits of having regular massage sessions to help them give 110% every time during training & playing their sport. This is the 'secret weapon' they use to help them perform at their peak. It could be yours too!

Whether you're a professional athlete, amateur athlete, or a weekend warrior who has a 9-5 job and plays football on the weekend, you all want to perform at a peak level.

Massage may be your secret weapon. Imagine you play on the weekend and give all your best but you feel sore and stiff the next day at work. You will not be able to give 100% effort at work and you feel lethargic, unfocused, and on top of that your muscles are really starting to tighten up and cause you some pain. You wait until the next game and you will feel sore again and maybe not even go into work. The muscle pain and poor rate of recovery is starting to affect other aspects of your life, imagine not being able to play with the kids or not being able to take your loved ones out because you pulled a muscle during the game or simply to sore to do anything.

Sport can become frustrating, and even worse you may start to ask questions such as "Should I give my sport up?" Would you really quit the sport you enjoy and put so much effort into?

This is where regular massage treatments can help. It prevents and helps break down adhesions within the muscles and soft tissues causing your soreness and aches. You may also feel relaxed, focused and ready to give 110% of yourself to your sport, work and the thing that matters the most, your family.

At Health *plus* Chiropractic, our qualified massage therapists are dedicated to give you that extra edge from your sporting competitors and also that extra edge in life.



**Health plus**  
**Chiropractic**

Chiropractors: -  
Dietitian  
Massage Therapists: -  
Podiatrists: -  
Psychologists:-

Anthony O'Reilly, Rachael Veronesi and Bethany Coombes  
Sarah Davis  
Gary Fairhurst, Meaghan Brady, Sarah Egan & Najeeba Chahine  
Dollene and Ara Hadjetian, Jake Foley  
Dr Angelo Schibeci and Josephine Capitani

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.