



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY



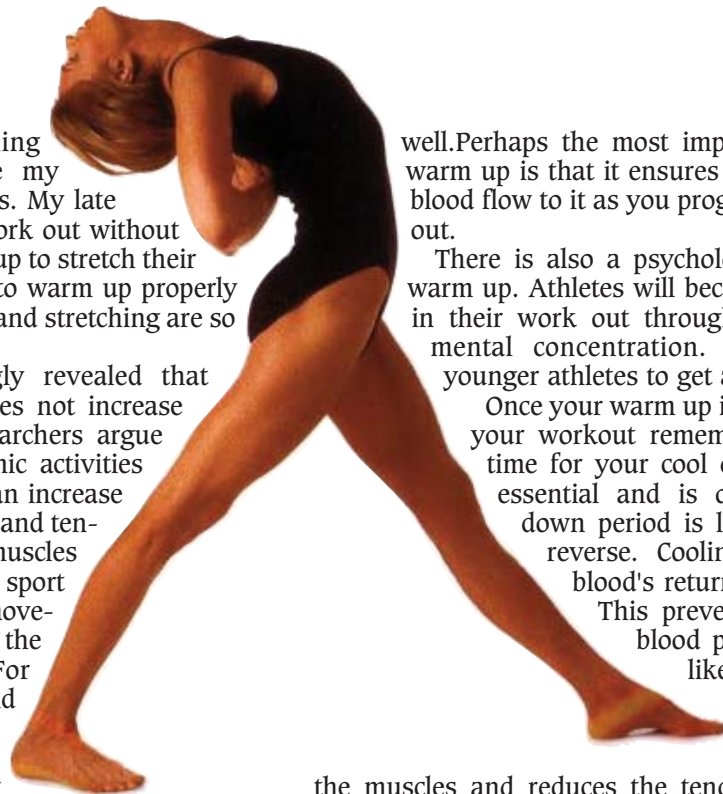
Warming Up, Cooling Down and Stretching

Dr. Susan DeWolfe, BSc., DC, FCCSS

When I am teaching my spinning classes at the gym I often see my busy spinners arriving late for class. My late comers often jump right into the work out without a proper warm up or skip the warm up to stretch their muscles. I always try to get them to warm up properly because warming up, cooling down and stretching are so important.

Recent research has surprisingly revealed that stretching before your workout does not increase your flexibility. In fact, some researchers argue that slow stretches prior to dynamic activities like aerobics, soccer and running can increase the chances of injury to the muscles and tendons. Simply put stretching "cold" muscles can cause muscle tears. Instead a sport specific warm up which includes movements that will be used during the activity are more appropriate. For example a soccer warm up would include easy drills involving running and passing the ball, runners start their runs at a slow paced jog and squash players should start with a easy rally. The warm up should consist of movements that allow you to develop a light sweat and become mildly out of breath without fatigue. It should last around 5-6 minutes.

The goal of a good warm up prior to working out is to increase the body's temperature. This in turn increases the amount of blood and oxygen reaching the working muscles. Warming muscles with increased blood flow alters the stiffness of the connective tissue that surrounds muscles and tendons. Consequently muscles can work harder and there is a reduced risk of injury. A good warm up also prevents the dreaded lactic acid from accumulating early in the exercise session. Muscle contraction and reflex times improve as



well. Perhaps the most important aspect of a good warm up is that it ensures your heart has adequate blood flow to it as you progress through your workout.

There is also a psychological component to the warm up. Athletes will become cognitively involved in their work out through a gradual increase in mental concentration. This especially allows younger athletes to get and stay focused.

Once your warm up is complete you can enjoy your workout remembering to leave enough time for your cool down. The cool down is essential and is often skipped. The cool down period is like the warm up but in reverse. Cooling down maintains the blood's return to the heart and brain.

This prevents too rapid a drop in blood pressure and reduces the likelihood of post exercise lightheaded and fainting! It hastens the removal of lactic acid in

the muscles and reduces the tendency of the muscles to cramp. It also allows the heart rate, breathing rate and body temperature to return to resting levels.

After the cool down is the time to stretch. Muscles are far more responsive to stretching when their temperature is elevated. Stretching after your workout is far more effective, efficient and safer than before your workout when your muscles are cold.

Please remember that every body is unique. A little practice will help you figure out what helps you achieve your optimum performance. If you feel the need to stretch at the beginning of your work out just make sure you have warmed yourself up well before you stretch and remember to stretch after your cool down.

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From Your Clinic Director

The Thanksgiving holiday has come and gone but the hopefully the “thankful” feeling lingers on within all of us. At this time I am very thankful to all the clients and staff here at the Commerce Court Health Centre. The Centre is celebrating its fifth anniversary! I would like to thank all of our clients for trusting our clinic professionals with your health care needs. I appreciate all the referrals of family, friends and co-workers that our satisfied clients so generously give to the clinic.

I would also like to voice my appreciation to all the staff at the clinic. It is wonderful to work in a collaborative environment with staff that truly care for their clients. Finally, I would like to thank our office manager Angela Sofroniou for keeping us organized and maintaining a high standard of customer service.

If you should have any suggestions for improvements within our clinic please let us know. There is always room for change.

Lastly, if you are interested in any of our health care professionals providing on-site seminars at your office please let us know. In the past, our professionals have given presentations at lunch and learn seminars, health fairs, sport venues, etc.. We can provide information on a very wide variety of topics. Just give us a shout!

Enjoy the autumn season!

Cheers.

Dr. Shannon Dales



Next stop... bath tub

Building Renovations

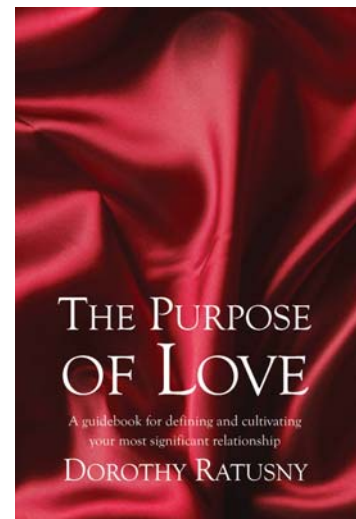
The Commerce Court South Tower is currently under construction. The building is updating the lobby adjacent to our office as well as installing escalators in the stairwell leading up to our office from the concourse.

Please use our courtyard doors to enter and exit the clinic. Access from the concourse (PATH) is available through the West Tower. Please go up the West Building escalators adjacent to Fresh Fast Foods. You can then walk across the courtyard to our office.

There is an elevator lift available for those who may have difficulty using the escalators. It can be accessed from the concourse at the base of the south tower stairwell. Please use the intercom to buzz security so they can escort you up to our office.

We are anticipating the renovations to last until January 2008. We are sorry for any inconvenience this may cause.

Commerce Court Health Centre Staff



For a great fall read, check out Dorothy Ratusny's new book "The Purpose of Love: A guidebook for defining and cultivating your most significant relationship" (Insomniac Press, 2007).



Guide to Buying the Right Running Shoes

by Dr. Beth Douglas BKin(Hons), CK, DC

There are so many different types and styles of running shoe on the market that it can be very confusing knowing which one is the right one for you. The first step is to consult a health professional who is knowledgeable in determining your specific foot type and biomechanics. Armed with this knowledge and a bit of education on how running shoes are constructed, you can be confident that you will find the right shoe.

First of all, find out what type of arch you have. People with low arches are called **pronators** and will need a shoe that will provide some degree of motion control and stability. A shoe with good cushioning is important for people with high arches, called **supinators**.

There are 3 main features of a shoe that you need to consider when selecting a running shoe: shape, type of construction, and midsole (refer to diagram on the right).

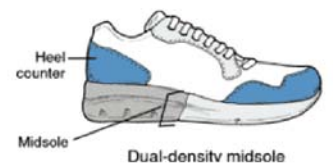
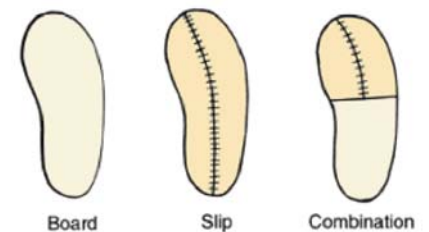
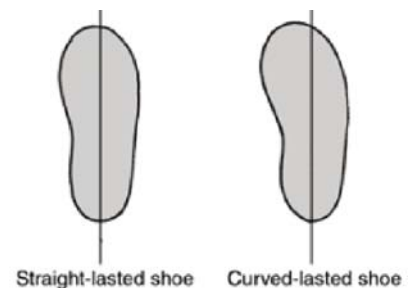
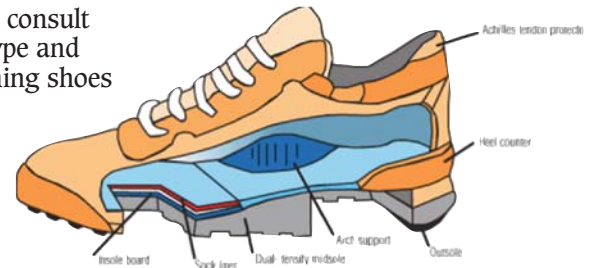
- 1. Shape:** To determine the shape of your shoe, look at the sole. Draw a straight line from the middle of the heel to the top of the shoe. The shape is also called the last.
 - In a Curve-lasted shoe, the line will not pass through the middle of the toe. **Supinators** will find these shoes most comfortable.
 - A Straight-lasted shoe will have a line that does pass through the middle of the toe. These shoes are built to give **pronators** added stability.
- 2. Construction:** There are three types of shoe construction. To evaluate this, take the insole out, and look at what type of stitching is used on the bottom of the shoe.
 - **Board:** The bottom of these shoes will be covered in cardboard, so will not have any stitching visible under the insole. These are more rigid shoes built specifically for **pronators**.
 - **Combination:** These shoes will have stitching that begins halfway along the length of the bottom of the shoe. This is the most common type and is appropriate for mild pronators or mild **supinators**.
 - **Slip:** Here you will see stitching running the entire length of the shoe. This gives the shoe more flexibility which is best for supinators.

For all foot types, it's important to have a firm heel counter. Go ahead and squish it! If it squishes easily, don't bother buying the shoe – they won't last long.

- 3. Midsole:** Most of the cushioning and stability of a running shoe is determined by the midsole.
 - If you **pronate**, you might consider a shoe with a dual-density midsole as this provides some shock absorption, as well as some stability. You can often tell if a shoe has a dual-density midsole because the midsole will be two different colors (but not always).
 - Single density midsoles offer good cushioning but are not great at providing stability. These are better for **supinators**.

Probably the most important thing to consider is COMFORT. Take a bit of a run while in the store – if the shoes are not comfortable when you're trying them on, they won't be comfortable later. Running shoes do not need to be broken in.

And lastly, running shoes have a limited lifespan. To prevent injury, don't forget to replace your runners every 400 to 600 miles OR 6 months, whichever comes first.





RESEARCH CORNER

By Dr. Shannon Dales, DC

Updated Physical Activity Recommendations

The American College of Sport Medicine and the American Heart Association have recently updated their recommendations regarding physical activity for adults (Circulation, August 2007).

To promote and maintain health, all healthy adults aged 18 to 64, should be participating in moderate intensity aerobic activity for a minimum of 30 minutes, five days per week or higher-intensity aerobic activity for a minimum of 20 minutes on 3 days per week. Moderate aerobic activity (brisk walking) is associated with increased heart rate and vigorous intensity aerobic activity (jogging) is associated with rapid breathing and a greater increased heart rate.

Bouts of 10 minute or more of moderate intensity aerobic activity can be accumulated toward the 30 minute minimum. It should be remembered that activities of daily living such as self-care, washing dishes or taking out the trash should not count toward the requirements listed earlier.

In addition to the aerobic requirements, every adult should also engage in an activity that maintains or improves muscular strength and endurance on at least 2 days per week.

Adults older than 64 years should follow the aerobic requirements listed earlier but they should also try to incorporate activities that promote flexibility and balance so as to decrease their risk for falls. Older adults can spend as little as 10 minutes twice weekly on flexibility and balance activities.

Welcome our new team member!



The Commerce Court Health Centre is pleased to announce the addition of Krista Slavinski to our massage therapy team.

Krista grew up near Toronto and graduated from Queen's University with a Bachelor of Science in Biochemistry. She then spent several years traveling throughout Canada, Australia, Asia and Europe before

relocating to Vancouver. In 2002, she graduated from the three year Massage Therapy and Hydrotherapy program at the West Coast College of Massage Therapy. The intensive curriculum included courses in Craniosacral Therapy and Myofascial Release techniques. Krista is also an avid athlete and has taken courses in personal training. She has extensive experience in muscle injuries, repetitive strain injuries, headaches, postural misalignments and associated symptoms, as well as prenatal massage.

Krista retains strong ties to the West Coast. Her family recently relocated to Toronto following 5 years in San Francisco, California. Relatives and friends help her keep one eye on the Pacific. However, she is enjoying being back in her hometown and she is pleased have relocated her practice to a more convenient downtown location at the Commerce Court Health Centre.



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Body Health is brought to you by The Commerce Court Health Centre and is dedicated to providing accurate, timely chiropractic, physiotherapy, active release therapy, acupuncture, massage therapy, orthotics and naturopathic medicine information representing the current state of knowledge. Keep in mind that research on these matters continues daily and is subject to change. The information presented is not intended as a substitute for medical treatment. It is intended to provide ongoing support of your healthy lifestyle practices.

Body Health is circulated to our clients as a complimentary service. For more information, contact **Dr. Shannon Dales** at:

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