



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY



Manual Muscle Testing: An important screen for muscle and joint function

By Dr. Marc Bronson BSc.(Hon), DC,
Dipl. Med. Ac., CSCS®, RTP®.

As a doctor of chiropractic medicine, my role is to effectively assess, diagnose and restore lost ranges of motion, power, strength and posture of the body. In order to enhance my physical assessment, I use manual muscle testing (MMT) to provide valuable information as to the functioning of the muscles and nervous system that would otherwise be missed. Manual muscle testing is an integral component in the physical examination that can pick up subtle but important muscle imbalances and asymmetries that may lead to injuries, pain, decreased productivity and performance.

Manual muscle testing is composed of two parts:

- Muscle length testing: This determines whether muscle length is excessively short or long which can compromise normal joint mechanics.
- Muscle strength testing: This determines the capacity of muscle and muscle groups to adequately provide stability and support during movement.

Interestingly muscle weakness can often precede any actual pain, so absence of pain does not mean absence of dysfunction. Muscle testing allows the practitioner to develop specific treatments that target which muscle is weak (which consequently needs strengthening) and those muscles that are short and tight (which consequently need lengthening) to get faster, more sustainable results.

Many common muscle and joints disorders are preventable if people get screened and tested for movement and strength imbalances. As you start new recreational activities such as golf, cycling ,etc. you should consider getting tested for muscular deficiencies which might limit your enjoyment and performance. Remember, you are only as strong as your weakest link.



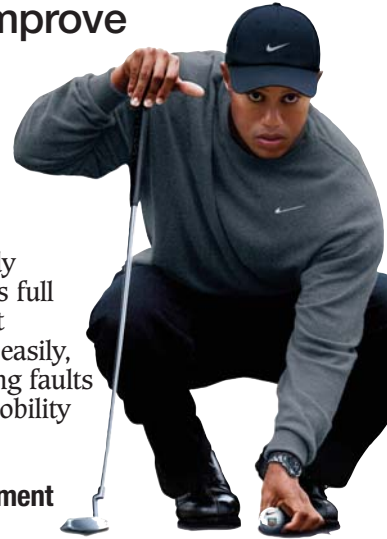
How Can ART® Improve My Golf Game?

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

Your golf swing is all about proper body mechanics. A good golf swing requires full rotational capacity of nearly every joint involved and must be done efficiently, easily, explosively and repeatedly. Many swing faults are directly attributable to poor joint mobility resulting from soft tissue restrictions.

Common things we look for on assessment that can affect your golf swing:

- Limited hip motion during all phases of swing
- Lower extremity motion from foot to hip
- Limited torso rotation or slow rotation during back swing
- Limited shoulder ranges of motion during all phases of swing
- Limited neck ranges of motion during back swing



Restricted Shoulder Rotation

When shoulder rotation is restricted the body compensates with excessive spinal rotation. This can result in back injury because most people already lack flexibility in the spine. In addition, golfers will notice that they have difficulties in keeping their eyes on the ball and maintaining an optimal swing plane. This results in fat or thin shots. When a golfer attempts to compensate at the shoulder joint, the chance of a hook or slice increases.

Tightness in the Hip Joint – Rotational Muscles

Tightness in the hip joint rotational muscles places additional strain on the rotational requirements of the shoulder or spine. Often a golfer will compensate by lifting up during the back swing and then chop down on the ball resulting in a fat shot.

Wrist and Elbow Injuries

Wrist and elbow injuries often occur when the body does not have the capacity to effectively compensate at either the shoulder or spine. The wrists are then over used to drive as well as decelerate the golf club. ART® can help increase joint mobility by removing soft tissue restrictions.

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From Your Clinic Director

For those of you who haven't been here in a while, I am pleased to inform you that our renovations are almost complete. According to an article in the summer edition of the Commerce Court Magazine Compass, the clinic has a "happy new look and a healthy new feel". The lobby doors have been moved several meters north towards the courtyard between the glass doors of the South Tower vestibule. Beyond the new carpets and fresh paint, the office space has been redesigned to make more efficient use of our space and to capitalize on the view of the courtyard. We now have more natural light and a lovely view of the courtyard sculpture Tempa, the Mother of Elephants. We hope you like and enjoy our renovation.

It has been awhile since I have written up any dragon boat news. Well I am back on the water and happy to report that I have returned to competitive paddling. The winter months were not pretty as I had to get myself back into "paddling" shape but now I am enjoying the burn of challenging water practices! My crew has had a good season to date and we are looking forward to competing in Calgary for a chance to represent Canada in the World Club Crew Championships in Malaysia next year.

I am looking forward to enjoying summer holidays with my family. I hope you enjoy the summer weather and all the "treasured" summer activities such as golf, swimming, baseball, barbeques and holidays.

Dr. Shannon Dales



Georgia riding a baby elephant sculpture outside of the clinic



From the Front Desk by Angela Sofroniou

We would like to remind our clients to update front desk on any changes to your contact information such as your work phone number or email address.

As well, we would appreciate if our clients could remember to bring in their own tank top if your therapist is working on a shoulder, neck or upper back condition. For clients that have a low back, hip or leg condition we would appreciate if you could bring in your own pair of shorts. We are trying to do our part to help the environment by reducing the volume of laundry.



Farewell by Jennifer Ingram BSc.,RMT

After three wonderful years working with the talented group of practitioners at Commerce Court Health Centre, it is with regret that I announce I am leaving the clinic at the end of this summer. My last day will be Friday August 31, 2007.

I feel very privileged to have had the opportunity to meet you all. I hope that as your massage therapist I have been able to help you to feel better and improve upon your health. I thank each and every one of you for helping to make my time here the great experience that it was. I wish you all the very best of health in the future.



Visit our website...commercecourthealth.com



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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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World Pond Hockey Championships

— My Pilot Project

Dr. Susan DeWolfe, BSc., DC, FCCSS

For years I have been hearing about the incredibly successful World Pond Hockey Championships (WPHC) traditionally played on the second week of February in the charming village of Plaster Rock, New Brunswick.

The WPHC has grown exponentially since it began in 2002. The idea grew from the combined genius of Tom Chamberlain and Danny Braun who had conceived of many differing ways to raise funds to build a new indoor hockey arena. While traditional ideas of snowmobile races fell by the wayside, the ironical concept of an international outdoor pond hockey tournament to build an indoor arena began to take shape.

While other cities across Canada had prototyped the same idea, Plaster Rock chose a unique four-on-four format (as opposed to three-on-three) with no goalies. The nets were designed with the standard NHL width of six (6) feet, but the height was limited to 10 inches. Plaster Rock is especially blessed as it has the perfect venue – Roulstone Lake is large enough and the winter ice pack is deep enough to support a multitude of active rinks for many teams at one time. The lake has been configured to allow for 24 rinks that are 75% of regulation NHL size and allow 48 teams to play simultaneously.

In 2007, over 800 teams had applied for a spot in the lottery to play in the tournament. From the 800 teams, only 120 teams were invited to play. All the Canadian provinces were represented, as well as many state teams from the United States, together with teams from Germany, Switzerland, Egypt, England, Ireland, Bermuda, and the Cayman Islands. The eventual WPHC champion hoists a wood replica of the Stanley Cup.

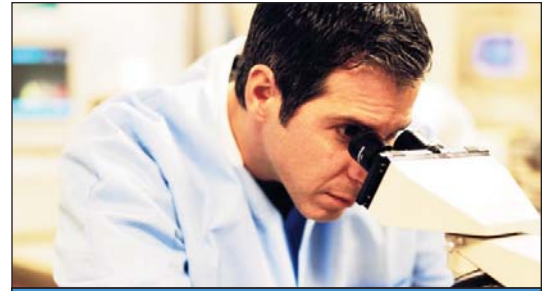
The tournament ran like clockwork thanks primarily to the 400 local volunteers – and recognizing how incredible this is when the Village of Plaster Rock has a population of only 1,300 persons. Over 6,000 spectators were in attendance this past year including Canada’s Prime Minister, Mr. Stephen Harper!

Much of this information about the WPHC came from my Dad, who is originally from Plaster Rock, and my first cousins who have live nearby the now famous village. During a summer barbeque with these aforementioned cousins, I learned there were no on-site health care providers to bridge the gap for players that had been diagnosed and treated by the EMS team or local hospital and wished to continue playing. As a chiropractic sports specialist I felt I could bridge that gap, and especially as this 1,300 person village has no local chiropractor.

My clinic was located in the newly built Plaster Rock Welcome Centre just next to Roulstone Lake – an incredible log cabin structure. While my treatment area was shared with the media, and not terribly private, it did allow me to see many patients that would otherwise have not sought help. Because this was the first year that the WPHC had chiropractic care, my clinic began slow but certainly picked up steam as the weekend moved along, and especially when the outdoor radio station DJ made the players aware of my services.

Many patients had been or were chiropractic patients. Others had incurred injuries requiring chiropractic care for the first time. Many of the patients I saw had already been examined at the hospital, been diagnosed, and had been given meds. I was able to help these patients manage their pain and help decide if it was prudent to continue to play in the tournament. Several patients consulted with me first before going to the hospital for further care. One memorable case involved a player with frostbitten toes that would not have gone to the hospital without consultation.

This was a great opportunity to use my chiropractic sport specialist skills on athletes in a world class tournament. Stay tuned for next year’s report!



RESEARCH CORNER

By Dr. Shannon Dales, DC

Lumbar Disc Herniation Management: Comparing Surgery to Conservative Care

A recently published study in the *Journal of Spine*, examined the effectiveness of lumbar disc herniation surgery versus conservative care over a two year period.

In this randomized controlled trial, 56 patients with lumbar disc herniation with leg pain lasting 6 to 12 weeks were randomized to microdiscectomy or conservative management. Fifty six clients were available at the 2 year follow-up. Leg pain intensity was the primary outcome measure.

The results of this study revealed no clinically significant differences between the two groups in leg or back pain intensity over the two year follow up although the discectomy group was associated with a more rapid initial recovery. The authors concluded that this surgery offered only modest short-term benefits.

Spine 2006; 31 (21):2409-2414

Daily Calcium Levels for Post-Menopausal Women

In the November 2006 edition of *Menopause*, the North American Menopause Society stated the target daily calcium level needed for post-menopausal women was 1200 mg/day.

Calcium is an essential nutrient for the body in its role for preventing osteoporosis and other chronic diseases.

The best food source of calcium is dairy products. Approximately 3 cups of dairy products are needed to reach the 1200mg target. For those women who find it difficult to ingest this much dairy, calcium supplements ingested in 500 mg doses throughout the day can maximize absorption.

