



# BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY

## Expanded Massage Therapy Services



The Commerce Court Health Centre is pleased to announce the addition of another massage therapist to our team. Sandy Viveiros joined our office on November 15, 2006.

Sandy is a graduate from Sutherland-Chan School and Teaching Clinic. Prior to her massage therapy studies she completed her Bachelor of Arts at York University and worked in various customer service roles at the Royal Bank. Sandy loves to travel and has enjoyed trips to Portugal, Bermuda and Mexico. Her love of travel makes her a big fan of the television show *Amazing Race*. Sandy is also fluent in Portuguese.

Sandy is working at our clinic on Mondays and Wednesdays and is currently accepting new clients. She has experience working with various conditions such as carpal tunnel syndrome, tendinitis, headaches, muscle injuries and overall stress related symptoms.

Our health centre will now have two massage therapists available each day, Monday thru Friday. Remember, most benefit plans cover massage therapy services! If you have any questions about massage therapy or would like to speak with Sandy, please call her at 416-214-0100.

## Save Your Back while Shovelling Your Driveway

### *News Release from the Ontario Chiropractic Association (OCA)*

TORONTO – December 1, 2006 – As Ontario braces for its seasonal onslaught of snow, Ontario’s back experts are advising that a little planning and know-how can do a lot to avoid common back injuries from snow shoveling. Improper technique while shoveling snow is seen as the culprit for most winter time strains. Combining improper technique with the average weight of one shovelful of snow (3to 5 kgs) can result in a serious problem for both adults and children.

#### **To help keep your back in shape and your driveway clear, the OCA offers the following preventive tips:**

- **Warm up.** Before beginning any snow removal, warm up for 5 to 10 minutes to get the joints moving and increase blood circulation. To do this, march on the spot, climb the stairs, or go for a quick walk around the block. Follow this with some gentle stretches for the back (knee to chest), arms and shoulders (body hug), and legs (forward bends from a sitting position). This will ensure that your body is ready for action.
- **Don't let the snow pile up.** Removing small amounts of snow on a frequent basis is less strenuous in the long run.
- **Pick the right shovel.** Use a lightweight, non-stick, push-style shovel.
- **Push, don't throw.** Push the snow to one side and avoid throwing. If you must throw, avoid twisting and turning – position yourself to throw straight at the snow pile.
- **Bend your knees.** Use your knees, legs and arm muscles to do the pushing and lifting while keeping your back straight.
- **Watch the ice.** Coarse sand, ice salt, ice melter, or even kitty litter can help to give your walkways and driveways more traction, reducing the chance of a slip or fall.
- **Wear proper footwear.** Shoes and boots with solid treads on the soles can help to minimize the risk of slips and falls.
- **Take a break.** If you feel tired or short of breath, stop and take a rest.
- **Make it a habit to rest for a moment or two for every 10 or 15 minutes during shovelling.** This is especially important if the snow is wet and heavy. Stop shovelling immediately if you feel chest or back pain.

### In this issue...

Expanded Massage Therapy Services.....	1
Save Your Back While Shovelling Your Driveway.....	1
From Your Clinic Director.....	2
Introducing Dr. Marc Bronson.....	2
Sticking Around.....	3
Kinesio Taping.....	3
Common Hockey Injuries.....	4





## From Your Clinic Director

Each New Year feels like a fresh start. Here at the clinic I am excited to introduce a few fresh faces and a fresh look to our reception area.

New to our health care team is massage therapist Sandy Viverios and chiropractor Dr. Marc Bronson. Their profiles are included in this newsletter. Welcome Sandy and Marc.

Our reception area is undergoing a small change. Our clinic doors to the lobby of the South Tower are moving several meters toward the courtyard. Now our entrance is between the set of two outer doors. Just follow the new signage! Our changes are to accommodate our new neighbours in the tower. We hope you like the new look and feel of the office.

Over the last two weeks, my daughter has repeatedly asked if she is "still on the good list" with Santa. Make sure your health is still on the "good list" by tending to your health problems before they snowball in to bigger issues.

I hope you enjoy the holiday spirit with friends and family.

Seasons greetings.

Dr. Shannon Dales



## BODY HEALTH

CHIROPRACTIC, PHYSIOTHERAPY, ACUPUNCTURE, ART®, MASSAGE, NATUROPATHY, PSYCHOTHERAPY

**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:

The Commerce Court Health Centre  
30 Wellington Street West  
Commerce Court Postal Station, P.O. Box 28  
Toronto, Ontario M5L 1A1 Canada  
Tel: 416.214.0100 Fax: 416.214.0113  
Web: [www.commercecourthealth.com](http://www.commercecourthealth.com)

© 2006. **Body Health**. All rights reserved. Material may not be reproduced in whole or in part without written permission. Designed by iDesign® Inc. [info@idesigngrafix.com](mailto:info@idesigngrafix.com)



## Introducing... Dr. Marc Bronson

BSc. (Hon). D.C., Dip.Ac. C.S.C.S.

The Commerce Court Health Centre is pleased to announce the addition of Dr. Bronson to our office. Dr. Bronson has an honors degree in Human Kinetics from the University of Ottawa and received his diplomate in Contemporary Medical Acupuncture from McMaster University. He is a Doctor of Chiropractic, graduating from the Canadian Memorial Chiropractic College (CMCC), as well as a certified strength and conditioning specialist. Future areas of professional development include Active Release Technique® certification as well as a pilot research study on the effects of Trigenics® Strengthening procedures.

Prior to entering chiropractic, Marc was a certified kinesiologist and personal trainer who performed fitness testing and trained the general public and athletes to help optimize their health and performance. As a strength and conditioning coordinator, Marc also contributed to the development of the Strength and Conditioning Centre at the Ottawa Athletic Club. Following graduation from CMCC, Marc was the head therapist for a club in the Canadian Professional Soccer League. Besides from sport, other areas of interest include prevention and management of occupational injuries, general family practice as well as health and wellness.

Dr. Bronson uses an evidence-based, integrative model which combines chiropractic, soft tissue techniques (Myofascial Release, Graston Technique®), sensorimotor retraining (Trigenics®) with acupuncture and rehabilitative exercises to help maximize the healing process, decrease pain and improve performance. Consequently, patients can benefit from Marc's diverse spectrum of manual medicine skills to help them achieve a more healthy, functional, and pain free lifestyle. From health and wellness, to sports performance, Dr. Bronson has the knowledge and skills to help you achieve your goals.

Dr. Bronson is at the clinic Monday to Friday and is accepting new clients. Feel free to call him 416-214-0100 if you have any questions or concerns.

COMMERCE COURT HEALTH CENTRE

SERVICES CONTACT US

Dedicated to providing you with the best in natural healthcare

30 WELLINGTON ST. WEST | TORONTO, ONTARIO | M5L 1A1 | TELEPHONE: 416.214.0100 | INFO@COMMERCECOURTHEALTH.COM  
© 2006-2008 COMMERCE COURT HEALTH CENTRE | PRIVACY POLICY | GRAPHIC & WEB STRATEGIST | IDESIGN INC.

Visit our website...  
[commercecourthealth.com](http://commercecourthealth.com)





## Sticking Around.

### Western Medicine Begins to Adopt Acupuncture

*Dr. Marc Bronson, BSc. (Hon). D.C., Dip.Ac. C.S.C.S*



## Kinesio Taping

*Dr. Susan DeWolfe, BSc, DC, FCCSS(c)*

From MRI scanners, to groundbreaking advances in stem-cell research, recent medical findings have given health practitioners unparalleled insights in studying and treating the human body. Interestingly, modern research is also validating the use of acupuncture, a practice that originally began in the Orient over 2000 years ago!

The insertion of fine needles at specific points, which tend to correspond to areas of high blood flow and nervous system tissue, are stimulated either manually or via electricity to increase your body's natural healing mechanisms. Although it looks fairly simple, the effects of acupuncture are profound, as it stimulates the body's nervous system, immune system, endocrine system, and musculoskeletal system amongst others.

#### The following common conditions can be treated via acupuncture:

- Back pain, neck pain, tennis/golfers elbow, shoulder impingements, and other common sprains and strains
- Carpal tunnel syndrome
- Motor Vehicle Accident Injuries
- Sports Injuries
- Headaches
- Stress and anxiety
- Arthritis



Acupuncture can provide you with a safe, effective and natural form of pain relief and healing, which utilizes your body's own internal healing systems to initiate the recovery process. It complements other natural therapies such as chiropractic, massage, physiotherapy and muscle release techniques. Often times integration and combination of these various approaches with acupuncture yield superior results.

Before Lance Armstrong retired from cycling, he and his teammates used a bright pink tape called kinesio tape. He called it his "magical tape". This tape, developed in the 1970's in Japan is indeed quite unique. Traditional white athletic tape is very restrictive and used to tape ankles and hockey skates. In contrast, kinesio tape provides stability to joints and muscles, stimulates circulation and does not restrict the body's range of motion. It is made from 100% high grade cotton and is both latex and medication free. It has the same flexibility as human skin and muscles and has air circulating waves in the tape which allows the skin to breathe and sweat normally. Kinesio tape is waterproof, comfortable and can be worn for 3-5 days.



One of kinesio tape's advantages is its ability to reduce swelling and bruising. When the tape is applied to skin it actually lifts the skin and creates more space directly above the area of pain, inflammation and swelling. The kinesio tape allows the blood and lymphatic system to drain properly which is essential to the healing and relieving pain.

The tape can also be used to stimulate small sensors in the body called mechanoreceptors. Mechanoreceptors sit in ligaments, tendons and muscles. These stimulated mechanoreceptors ensure the ligaments, tendons and muscles behave like strong healthy tissue. This is especially helpful when strengthening weak muscles.

In a nutshell, kinesio tape stops muscles, ligaments, tendons and fascia from over-extending or over-contracting. It reduces swelling which decreases a patient's need for anti-inflammatory medication. It fosters faster rehab and recovery through its support of muscles, ligaments and tendons.

Lance and his teammates wore bright pink kinesio tape. Luckily I buy the beige tape. Kinesio tape is used as a complimentary treatment to chiropractic, Active Release Technique®, Graston Technique®, massage therapy, physiotherapy and acupuncture.



## Common Hockey Injuries

Dr. Elizabeth Douglas, DC, BKin (Hons), CK

Hockey is known as a hard-hitting, collision sport. Current research indicates that most hockey injuries occur during games rather than practices. It is estimated that direct trauma (a sudden forceful injury) accounts for 80% of all injuries. Most of these injuries are caused by player contact (checking and collision), falls, muscular imbalances or contact with a puck, a high stick, and occasionally, a skate blade. Yet, there has been an increase in neck and spine injuries in the past decade. Some players may adopt a false sense of security, believing that they are not susceptible to injury when wearing protective equipment. However, that's when injuries occur - when you least expect them. A working knowledge of injury risk, sport-specific conditioning and prevention strategies are essential in order to help minimize the chances of sustaining an injury.

### PREVENTION IS THE KEY

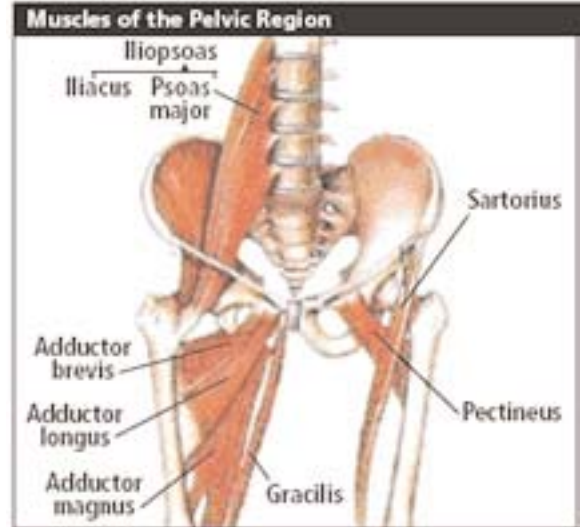
The intrinsic hazards of playing hockey cannot be completely eliminated; but the risk of injury can be substantially reduced. Most injuries involve the soft tissues: bruises, muscle pulls, ligament tears, and cuts. A preseason screening examination by an experienced health practitioner may identify existing injuries and uncover muscular imbalances. Sports-specific conditioning can help to avoid tissue overload, which can help prevent an overuse injury. Effective stretching can also help to decrease the risk of soft tissue trauma such as a muscle strain. As a follow-up, post-injury evaluation ensures appropriate treatment and guidance on safe return to play.

### EXAMPLES OF INJURIES

Hockey players are at risk for low back injuries due to the flexed (forward) posture of skating and the frequent hyperextension (backward) stress. Tightness of the hip flexors and weakness of the abdominal muscles are contributing factors. Low back pain or a pulled muscle (muscle strain) is the most common result. Stretching of the hip flexor and back extensor muscles, soft tissue therapies such as Active Release Technique® and strengthening of the back and abdominal muscles will help to treat and prevent these injuries.

Groin (Adductor muscle) strains are also among the most common injuries seen in ice hockey. This is due to the excessive force generated during the acceleration and deceleration phases of skating. During a powerful skating stride the outer thigh muscles are the prime movers, while the inner thigh muscles act to stabilize the hip and decelerate the leg. A strength imbalance between the propulsive muscles and stabilizing muscles has been accepted as a causative factor of groin strains among the research community. A severe strain can be a nagging injury that limits performance throughout the season. Off-season strengthening and dedicated stretching each day (before and after practice) are important to prevent these injuries.

Athletes who focus on stretching and strength training in order to alleviate muscle imbalances are less likely to sustain soft tissue injuries. For example, an 8- to 12-week active strengthening program consisting of progressive resistive thigh exercises, balance training, abdominal strengthening, and skating movements on a slide board has been proven to be effective in treating chronic adductor strains.



For more information, please contact  
Dr. Beth Douglas 416-214-0100 x 22