



**Apple Creek Sports Medicine's
Fall 2012 Newsletter...Check it out to
see what's going at Apple Creek!**



Congratulations

Congratulations to Gennady and his wife Maria on the birth of their second child, a baby girl. Nikita Vaserbakh was born July 26, 2012. Congratulations are also in order to John and his wife Kristi on the birth of their second child, a baby girl as well! Maryn Rose was born on September 2 and both baby and mom are doing well.



**Congratulations Holly and
Steve!**

Congratulations to Holly, one of our Registered Massage Therapists. She and her husband were married on August 18, 2012. It was a beautiful ceremony and a lovely reception. We wish them all the best and happiness!



Hockey Canada

Stefanie accompanied the Canadian Women's Hockey Players to their training camp in Calgary at the end of the month as the Athletic Therapist. The camp will be a selection camp for the upcoming 4 Nations Championships in Finland in November 2012. Stefanie will be the Athletic Therapist for the team and will be travelling with them to Finland for the tournament.



**Apple Creek Is Going Back To
School**

This fall, Shannon will be the teaching assistant for a remedial exercise course at Canadian College of Massage and Hydrotherapy as well as supervising students in the school's clinic. The only change in Shannon's schedule is she is now working 10-1 on Mondays. Kristin will also be heading back to school

this fall. She will be teaching Applied Anatomy in Humber's Fitness and Health Promotion Diploma program as well as teaching a lab in Guelph-Humber's Kinesiology program. The only change to Kristin's current schedule will be on Tuesdays, she will now work 10-1:30/5:30-8.



You can learn while you lunch. We teach you about health related topics and how they can affect you at work.

Lunch and Learn possible topics:

- Stress Management and Relaxation Techniques
- Healthy Eating on the Go
- Repetitive Strains- prevention and management
- Ergonomics in the Workplace
- Footwear, Feet, and Orthotics
- How to Survive the Commute; Driving Ergonomics
- Stretching for Better Health
- No more sick days; Boosting your immunity naturally

Email Sarah applecreek.sarah@gmail.com or call the clinic, 905-475-0484, for more information.



**Apple Creek Kids K and Angus Glen
Half Marathon**

Apple Creek Sports Medicine Centre will be sponsoring the 3rd Annual Kids K run on Saturday, November 3, 2012. Apple Creek will also be providing post-run treatments at the half marathon on the Sunday. <http://angusglenrunningseries.com/>

Benefits of cross training for runners

1. You give your running muscles a little rest. In cross training you are working different muscle groups or using the same muscles in a different way. With cross training there is less chance of

running over-use injuries, and you'll increase overall muscle strength and power which will improve your running and prevent injury.

2. If you are injured from running, cross training allows you to maintain fitness by exercising without causing additional damage to your body - particularly pounding of the legs.
3. You can add intensity to your training schedule. While you might not want to do more than one long run per week, it's not difficult to add one long bike ride without impacting on your running. Since things like cycling and swimming are non-impact, you can go hard in your cross training workout with less chance of injury.
4. Cross training on the day after a hard or long run will help wash the lactic acid out of your muscles, and get rid of stiffness. Without subjecting your legs to more pounding.
5. It's a way to maintain your fitness in the winter months, particularly if cold and bad weather keep you inside and you just can't face the treadmill.
6. It adds variety to your training. Just running, particularly on the same route, can quickly get boring. Cross training offers a different experience.

Types of cross training:

Resistance Training - (Weight Training) can play an important role in running fitness. It can increase strength, power and muscular endurance. It can also help maintain lean body mass, decrease the risk of osteoporosis, develop coordination and balance, and prevent injuries resulting from weak or imbalanced muscles. Resistance training also allows you to work different muscle groups that are not used during running.

Pool Running - Probably the most recommended activity for the injured runner, water running simulates running on land, but with no impact. Use a flotation belt or vest so that your feet are off the bottom. Use the same motion as running on land, and concentrate on keeping your body straight in the water.

Cycling - Riding a bike outdoors, or inside on stationary bike or bike trainer, helps develop your quadriceps. This can balance out the strengthening of your hamstrings and calves from running. It will also increase hip and knee joint flexibility. Cycling can also help build your cardiopulmonary system without stress on your joints from hitting the ground. Higher isn't necessarily better: Don't "grind" in the upper gears. A better strategy is to work on

quick pedaling, at a cadence of 80-90 pedal revolutions per minute.

Elliptical Fitness Machines - These machines are increasingly popular in health clubs, combining running, cross country skiing, and stair climbing. You can easily duplicate your running workout in both time and intensity.

Swimming - Swimming is an excellent no-impact way to improve your overall fitness. It will build muscles in your upper body while taking much of the stress off the legs. It stretches the hamstrings and increases ankle flexibility.

Stair Climbing - Stair climbing machines will help build the strength for running hills. Try to simulate your natural running form as much as possible, but keep your feet flat on the step so you don't strain your Achilles tendons. Try to use the machine without holding onto the hand rails, or hold them lightly. It's better to use a stair machine rather than walking up actual stairs, because it's minimal impact.

Cross Training can produce:

1. Greater average workout intensity
2. Greater strength
3. Fewer injuries
4. Improved leanness
5. Improved mental toughness



Kinesio Taping is Available at Apple Creek

With the London Olympics coming to a close, you may have been wondering what that colourful tape that many athletes were wearing was; it's Kinesio Tape, and it's available at Apple Creek. Kinesio Tape is a hypoallergenic, elastic tape which works with the fascial, lymphatic and musculoskeletal systems. It gives support and stability to your joints and muscles without affecting circulation or range of motion. Kinesio Tape can also be used for preventive maintenance, edema, and pain management. Kinesio Taping is a technique based on the body's own, natural healing process through the activation of the neurological and circulatory systems. The Kinesio Taping method is applied over muscles to reduce pain and inflammation, relax overused muscles, and to support muscles in movement on a 24 hour per day basis. Kinesio tape applications are a great adjunct to your treatment sessions.