



Apple Creek

Sports Medicine Centre



Apple Creek Kids K

We will be hosting the first ever 1km run for kids at the Angus Glen Half Marathon.

Event details:

Who: kids under 12

What: 1km Race

Where: Angus Glen Golf Club

When: Sunday, November 7th @ 10:40 a.m.

Check out the race website for more details or to sign up for this fun event!

www.angusglenhalfmarathon.com



The Performance Lab Fall Schedule is now available on our website @

www.applecreeksportsmedicine.com. If you have any questions about classes or you would like to sign up please contact the clinic.



The Truth about Core Strengthening with Kristin Boyle, CAT(C)

Many of us hear from our therapists, chiropractors, doctors, personal trainers, and friends and family that we need to ‘strengthen our core’ to improve performance in sport and exercise, decrease back pain, or increase our ability to perform daily activities. But what exactly is ‘the core’ and how do we go about strengthening it?

The core has been described as a box with the abdominal muscles in the front, paraspinal and gluteal muscles in the back, the diaphragm as the roof, and the pelvic floor and hip girdle musculature as the bottom. There are 29 pairs of muscles that help to stabilize the spine, pelvis, and control movement and transfer forces during functional movements. There are global muscles, usually considered the ‘six-pack’ muscles, which are the active, force producing muscles. There are also local muscles, which are postural muscles that act as spinal stabilizers. These stabilizers are the muscles of focus in core strengthening. The two major local muscles are the transverse abdominis (the deepest layer) and the multifidus (stabilizers of the spine at each segmental level). These two muscles have been

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shown to contract milliseconds before movement of the arms and legs is initiated to help stabilize the spine and produce more efficient movement.

The first step in beginning a core strengthening program should focus on finding the neutral spine position and activating the transverse abdominis through “hollowing in” or “abdominal bracing”. From there, the program can be progressed to incorporate exercises that combine upper and lower body movements while maintaining a neutral spine position. The program can then be progressed through a functional training program, which emphasizes movements in all planes and functional positions by using exercise balls. Performing exercises on the ball also challenges balance, stability and coordination.

When performing abdominal and lumbar exercises, there are some practices to avoid that create increased forces on the lumbar spine and can lead to injury:

- Heavy resistance training of the lumbar extensors is not recommended
- Roman chair exercises or back extensor strengthening machines
- Traditional sit-ups (create excessive compressive forces in the lumbar spine)
- Caution should be used with full spinal flexion or repetitive torsion

Apple Creek will be offering an, “**Introduction to Core Strengthening on the Exercise Ball**”. This 6 week course is a great way to learn the basics of a safe and effective core strengthening program. The class begins on **Thursday, October 28, 2010**. Educational material will be provided and you get to keep the exercise ball! Check out the schedule on our website in the performance lab section. You can sign up for the class by contacting the clinic.

6-2 Corby Road, Unionville, On L3R 8A9 Phone **905-475-0484**

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Other Upcoming Classes:

***all class information available on our website**

Joe Donnelly will be offering a ***Strength and Flexibility FORE Golf*** course which will begin on **November 6, 2010**. This course will focus on functional strength, stability, flexibility and balance training for golfers. It will also cover breathing techniques and warm-ups that can be applied to golf.

TRX Suspension Training with Shannon Weekes will be offered starting **Monday, November 1, 2010**. TRX training will run for 6 weeks at 12:10pm-12:50pm on Mondays. This class is designed to introduce you to the TRX suspension training system. This is a lightweight, versatile system on which you can build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Mary Cawfield teaches ***Yoga with Weights and Restorative Yoga for men and women*** on Tuesday and Wednesday nights and ***Goddess Yoga for women*** on Saturday mornings. Please contact Mary Cawfield of Body Mind Health Works for more information about this class.

www.bodymindhealthworks.com



Cold and Flu Prevention with Dr. Joanne Dawe

It's almost that time of year again when the temperature drops and cold and flu's spread like a wildfire. Here are some helpful tips to help keep you healthy and happy during the season!

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General Preventative Measures:

1. Avoid sugar and processed foods
 - Sugar suppresses immune function and processed foods lack those vital nutrients needed to mount an immune response
2. Get enough Sleep
 - Sleep is basically recovery time for the body's different functions, including the immune system
3. Exercise Regularly
 - Benefits the immune system by mobilizing white blood cells which fight bacteria and viruses. Exercise also gets blood flowing all over the body bringing nutrients and oxygen and taking away waste products
4. Decrease Stress Levels
 - Stress also suppresses the immune system by increasing the hormone cortisol
5. Wash your hands often and with warm soapy water, making sure to clean between the fingers and around the nails.
6. Eat a well balanced diet full of fruits, vegetables, nuts, seeds and whole grains
 - This provides the body with all the nutrients needed to fight off infection
7. Vitamin C
 - 1000mg/d minimum is vital to immune function
8. St. Francis Astragalus combo (15 drops twice a day)
 - A great herbal tonic used to boost the immune system before and during the cold and flu season
9. A good probiotic
 - An important part of the immune system that is found in the gut
10. Listen to your body – **STAY HOME IF YOU ARE NOT FEELING WELL!**

Dr. Joanne will be offering a ***free talk about Cold and Flu Prevention*** on **October 28th at 5:30pm**. This will be an opportunity for people to meet Joanne and learn natural ways to stay healthy as we enter into cold and flu season. Snacks and refreshments will be served. Please call or email the clinic to sign up.

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