



## **Apple Creek**

### **Sports Medicine Centre**

Fall 2011 Newsletter



#### **Congratulations Stef!**

Stefanie recently travelled with the Canadian Women's National Hockey team to Vierumaki, Finland to compete in the 2011 IIHF 8 Nations Women's Tournament. The Canadians finished the tournament with a 4-2 record.



#### **Congratulations Shannon!**

Shannon Weekes, one of our massage therapists and personal trainers, competed in the 2011 National Ball Hockey Championships in August. Shannon and her team, Toronto Crush, captured the gold medal in Pool B!



#### **Congratulations Lindsay!**

Congratulations to Lindsay Leuschner for making it to the final 6 dancers on So You Think You Can Dance Canada!! Lindsay performed on the final performance show on Monday, September 5, 2011 and did an outstanding job! You can check out the final results show on Sunday, September 11, 2011 at 8pm on CTV.



#### **Apple Creek Kids K Is Back!**

We will be hosting the second annual Kids 1km run at Angus Glen in November.

#### **Event details:**

**Who:** Kids under 12

**What:** 1km Race

**Where:** Angus Glen Golf Club

**When:** Saturday, November 5<sup>th</sup> @ 10:40 a.m.

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

[www.angusglenhalfmarathon.com](http://www.angusglenhalfmarathon.com)



#### **The Truth About Concussions And ImPACT Testing**

A concussion is a common form of brain injury that can be caused by a direct or indirect hit to the head or body (for example, a car crash, fall or sport injury). This causes a change in brain function, which results in

a variety of symptoms such as: nausea, vomiting, dizziness, loss of consciousness, headache, confusion, sensitivity to light or noise, depression and others that are not as easily identified. A hard hit to the body can result in an acceleration/deceleration injury when the brain brushes against bony protuberances inside the skull, potentially causing shearing of the brain nerve fibres. It is not yet known exactly what happens to brain cells in a concussion, but the mechanism appears to involve a change in chemical function. In the minutes to days following a concussion, brain cells remain in a vulnerable state. During this time period, the brain does not function normally on a temporary basis, and is more vulnerable to a second head injury.

It is extremely important to seek medical advice immediately upon receiving a blow to the head or body that results in signs or symptoms of a concussion; too often, concussions can go untreated and even unnoticed by others. Many times, the symptoms of a concussion may not be identified until the person recovers to the point where increased exertion causes symptoms to worsen. In fact, 4 out of 5 professional athletes do not even know that they have been concussed (Delaney et al, CJSM 2001). Although symptoms may not be immediately apparent, it is important to be aware of possible physical, cognitive and emotional changes. You can never be too careful!

Symptoms may actually worsen throughout the day of the injury or even the next day. Without proper management, a concussion can result in permanent problems and seriously affect one's quality of life. If you think you have had a concussion, you should immediately remove yourself from the current activity whether it is sports, work or school. Given that symptoms may worsen later that night and the next day, you should not return to your current activity. When concussed, your ability to assess your situation may be impaired. Post-concussive symptoms may intensify with an increase in activity, so it is important that return to activity is gradual and monitored/supervised by a medical professional.

**ImPACT concussion testing** can help make those return-to-play decisions based on baseline testing results. ImPACT has dedicated the last 15 years to the scientific study of sport-related concussion

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management. ImPACT is a user friendly software program developed to help sport medicine clinicians evaluate recovery following a concussion. Apple Creek Sports Medicine Centre is proud to be the official testing centre for Markham and surrounding areas. The value of this tool is in having baseline measurements *before* a concussive incident. **Now is the time to have testing.**



#### **Upcoming Performance Lab Classes:**

**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 **Tuesday, September 20, 2011 at 6:10pm or Thursday, September 22, 2011 at 12:10.**

**TRX Suspension Training with Kristin Boyle** will be offered starting **Thursday, October 6, 2011.** TRX training will run for 6 weeks at 6:10pm-6:55pm on Thursdays. 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.

Joe Donnelly will be offering a **Strength and Flexibility FORE Golf** course which will begin on **November 5, 2011 from 10:45am to 12:15pm.** 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.

**\*All class descriptions and information is available on our website under Performance Lab Calendar\***



#### **"Pack it Light, Wear it Right"**

#### **Backpack Safety with Dr. Micheline Joubran**

**Backpacks can affect your children's health.** Carrying a heavy load that is unevenly or improperly distributed can result in poor posture; and even distort the spinal column. This can cause muscle

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strain, headaches, back, neck and arm pain, and even nerve damage.

A heavy backpack carried on one shoulder, forces the muscles and spine to compensate for the uneven weight. This places stress on the mid and lower back, and may increase the likelihood of back problems later in life.

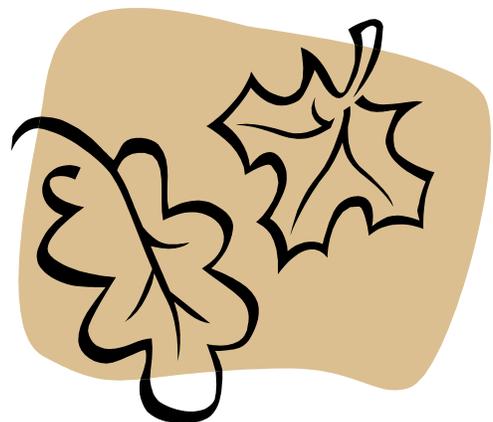
#### **Prevention is key... a few pointers.**

Choose the right backpack...pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets.

Packing it properly...make sure your children's packs contain only what is needed for that day, and that the weight is distributed evenly. The total weight of the filled pack should be no more than 10-15 per cent of the wearer's own body weight. Pack heaviest objects close to the body.

The right way to wear a backpack...both shoulder straps should be used and it should fit snugly to the body. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

Dr. Micheline Joubran will be away from September 14<sup>th</sup> to October 10<sup>th</sup>, 2011. Dr. Lisa Clarke will be joining Apple Creek Sports Medicine Centre for the duration of this period and is looking forward to meeting you and continuing your care.



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