



Apple Creek

Sports Medicine Centre

Spring Newsletter – March 2009



 Apple Creek will now be offering Radial Shockwave Therapy. This form of treatment works to increase the metabolic activity around a site of pain and stimulate the body's natural healing process. If you have any questions please contact Dr. Candelaria and he will be happy to help you.

 Holly Campbell will be taking another course in Cranio-Sacral Therapy this spring. This treatment technique will help to enhance her practice of massage by offering her clients new approach to treatment.

 As of April 1st, Apple Creek will no longer be accepting American Express. We will continue to accept Visa, Mastercard, Debit, Cash and Cheque.

 Due to the success and popularity of the recent, "Introduction to Core Strengthening on the Exercise Ball" class, Apple Creek is pleased to be offering another set of ball classes in the upcoming months. Look for dates and times to follow!



Chiropractic Corner with Dr. Andrew Sulatycki

Swinging into action on the golf course!

Considering the number of times a swing is repeated during a game of golf, it is not surprising that the season often ends early for those who are not physically prepared. Golf requires more of your body than a gentle stroll down the green. In order to prevent injuries, your golf-training program should include stretching, endurance, balance, and speed. The following simple tips can also help to improve your golf score while keeping you injury-free.

1. When lifting your golf bag, bend your knees and lift using your legs, while

- maintaining the natural curve in your low back.
2. Always warm-up with a few minutes of aerobic activity, such as brisk walking.
3. Stretching the muscles in your back, abdomen, and shoulders before your game.
4. Use clubs that are the correct length, so you don't have to over flex or extend your back.
5. Wear soft spikes (as opposed to hard) on your shoes for greater cushioning.
6. Use a cart or carrier rather than lugging your clubs on your back.
7. Take some lessons on how to swing efficiently and choose the correct club.
8. Occasionally practice swinging in the opposite direction to balance the stress on the muscles in your back.
9. Bend your knees and use a golf club for support when stooping to retrieve your ball.
10. Always stretch to cool down after finishing a game.

In fact, the golf swing is not so different from the tennis serve or baseball pitch. All these tasks require twisting of the spine, while making use of different groups of muscles and joints. If you experience moderate to severe pain during or following your game, be sure to contact us immediately. Treatment of injuries is usually most effective during the acute stage. The longer an injury is allowed to linger, the more difficult and lengthy the healing process may be.



Stretching for Better Health with Sarah Rabinovitch

Sitting at a desk, driving in the car, and the stresses of the day can all cause our muscles to tense and this can cause discomfort and decreased flexibility. Static stretching refers to a stretch that is held in a specific position for a length of time. This form of stretching that can easily be

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implemented into our daily lives and it can benefit us in so many ways. Some of the benefits of stretching are:

1. Reduced muscle tension and pain
2. Increase flexibility – making the body better able to perform daily tasks
3. Improved range of motion in joints – keeping you in better balance and more mobile
4. Increase circulation of blood throughout the body
5. Increased energy levels
6. Reduce anxiety, stress and fatigue
7. Reduced risk of injury
8. Improved posture

If you are thinking about starting a static stretching program here are a few guidelines that will help you be safe and get the most out of your stretches:

1. **Always pain free.** What you are looking to feel is some tension, if you reach a point of pain you have gone too far. Bring the stretch back to where you feel a comfortable tension.
2. **Don't bounce.** This causes the muscle to reflexively tighten to protect itself from over extending. Static stretching should be a held stretch, at a comfortable tension for a specific amount of time.
3. **Take your time.** It is important to get into a comfortable position slowly and then hold this position for at least 30 seconds to gain maximal results.
4. **Relax and breathe freely.** Don't hold your breath while you're stretching. Take deep breaths through your nose and if you feel comfortable bring yourself into a slightly deeper stretch with your exhalations.

Tailoring the program to your specific needs is very important. If you hold your tension in upper

body then focus on neck and shoulders stretches first. If low back pain is a concern then stretching the muscles around the hip and pelvis should be your focus.

Apple Creek will be offering an, “Introduction to stretching” course to help you get started with your stretching program. The course will teach different stretching techniques and positions to cover the entire body. Educational material will be provided along with any necessary equipment. Please watch for dates and times to follow.

Lunch and Learn Opportunities

Lunch and Learn is a presentation or short seminar that we offer to businesses within our community.

In the past, we have had businesses and organizations contact us to go to their establishment and give a presentation on a large variety of health and wellness topics to help enhance their overall well being both at work and throughout their daily lives. This is a service we offer to the businesses in our community at no charge. We will do a talk or presentation to let you know what we have to offer and will customize topics as needed depending on your situation. We will bring any props necessary and can adapt the timing of the presentation to suit your needs.

If you have a business environment, recreational/social environment or any other environment with people who might be interested in or you feel could benefit from the information we can offer, feel free to contact us at any time to arrange a date.