



Apple Creek

Sports Medicine Centre

Summer Newsletter – July 2009



 Apple Creek is happy to welcome, chiropractor and medical acupuncturist, **Dr. Dianna Bakalovski** and dentist, **C. Sam Tram** to the team. Dr. Dianna will be practicing Mon, Wed and Fri. Sam will be available by appointment on Fridays to fit custom mouthguards and night guards.

 The **Performance Lab** is now **OPEN!** Programs have started and the fall schedule is now available. Check out our website to view the calendar and see a description of the programs that are being offered. Next time you are by the clinic, stop in to see the new facility.

 Apple Creek would like to congratulate Dr. Kristin Heins on her recent marriage. Dr. Kristin was married in Oakville in early June. **Congrats!**

 Stefanie Moser continues her journey with Hockey Canada. She has been named the Head Therapist with the U-18 team and will be in Calgary and this summer for a selection camp and series against the U.S.A. **Good Luck!**



Don't Sweat It, Some Facts about Hydration

Proper hydration is extremely important during exercise. Adequate fluid intake for athletes, even the recreational kind, is essential for comfort, performance and safety. The amount of fluid loss is dependant on the temperature outside, the amount one sweats and the length and intensity of exercise. The more there is of any of these, the more someone should be drinking.

Inadequate water consumption can be physically harmful. Consider that a loss of as little as 2% of one's body weight due to sweating, can lead to a drop in blood volume. When this occurs, the heart works harder in order to move blood through the bloodstream. Pre-hydration and re-hydration are vital to maintaining cardiovascular health, proper body temperature and muscle function.

Dehydration is a major cause of fatigue, poor performance, decreased coordination and muscle cramping. To avoid the above these are some guidelines active people should follow:

1. Drink 15-20 fl oz (2 - 3 Cups) of fluid 2 hours before exercise.

2. Drink 8-10 fl oz (1 cup) of fluid 15 minutes before exercise.
3. Drink 8-10 fl oz (1 cup) every 10-15 min during exercise
4. If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.
5. Keep drinks cooler than air temperature & close at hand (a water bottle is ideal).

How much is enough?

To get an idea of just how much you need to drink, you should weigh yourself before and after your workouts. Any weight decrease is probably due to water loss (sorry, but you didn't just lose 2 pounds of body fat). Drink **20-24 fl oz (3 cups)** of water for **each pound** lost.



Chiropractic Corner with Dr. Dianna Bakalovski - Acupuncture and Pain Relief

Acupuncture is a therapeutic intervention commonly used by chiropractors in conjunction with other non invasive procedures to help bring the body into optimal functioning. It is an ancient treatment method dating back to china more than 2500 years ago.

Treatment consists of insertion of thin, metallic disposable needles at various points in the body. It is often used in combination with electrical stimulation to heighten the effect. Treatment differs among individuals, which results in variation of treatment length, number of sessions and acupuncture points used.

Acupuncture aids in the correction of imbalances within nervous system via stimulation of specific anatomical locations.

The World Health Organization has listed more than 40 conditions that acupuncture has proven as an effective therapeutic intervention. Some of these musculoskeletal conditions include; headaches, fibromyalgia, sciatica, postoperative pain and low back pain.

Dr. Dianna Bakalovski and Dr. Henry Candalaria are certified acupuncture practitioners and would be happy to discuss with you whether acupuncture is appropriate for your condition.

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