

See what's new and exciting at Apple Creek!



Apple Creek Gift Certificates Make Great Stocking Stuffers!

Looking for that last gift for that someone special? Why not give them the gift of massage and relaxation? Come in to get your gift certificates today.



January Jumpstart is Back!

Get the New Year off to a good start! Come out and exercise with Shannon and Kristin for the month of January. We will be offering different classes on Tuesdays, Wednesdays and Thursdays at convenient times!

Tuesday and Thursday: 6:10-6:55

Wednesday: 12:10-12:55

Classes will include: TRX Suspension Training, BOSU Ball Training, Core

We are looking for a new evening/Saturday Morning receptionist to join our team.

We are currently looking for a grade 11 student who is available 1-2 evenings per week and periodically on Saturday mornings from 9-1 to join our front desk staff. We pride ourselves on providing a friendly, positive, and enjoyable work place. Interested applicants are encouraged to send resumes to applecreek@gmail.com.

Join Apple Creek in Helping PMA to Support the Yonge Street Mission.

Gently used clothing and non-perishable food items can be dropped off at Apple Creek by December 19, 2012. Toys, toiletry kits, gift certificates, cash donations and new (unwrapped) gifts are also generously appreciated.

"A generous heart, kind speech, and a life

Strength Conditioning, Circuit Training, and Speed Agility and Quickness. Check out our website for full details

www.applecreeksportsmedicine.com under the performance lab tab.

Cost will be \$5 per class!

Shannon is also running a core strength and stretch for runners class on Thursdays from 6:40-7:25 pm, starting on January 10, 2013. Call today to reserve your spot- 905-475-0484.

of service and compassion are the things which renew humanity" Budha



Functional Cranial Release Technique

By Dr. Dennis Lee, D.C.

What is Functional Cranial Release?

Functional Cranial-Release is the art and science of restoring normal brain and nervous system function by using Functional Neurology. Functional Cranial Release is a specialized technique using specifically placed Nasal balloons to help release the Dura Mater and restore movement of the Sphenoid and other cranial bones to assist with restoring homeostasis to the body's Cranial Rhythm's.

The Dura Mater is an extremely strong tissue that is responsible for keeping in the cerebral spinal fluid. The Dura Mater wraps around your spinal cord enters your skull and surrounds all the lobes of your brain and becomes the whites of your eyes and your sinuses. The Dura Mater is Latin for 'Tough Mother' with a tensile strength of over 2000 lbs per square inch; thus adhesions to the Dura Mater result in restrictions of the cranial bones and cranial rhythms restricting movement which can develop into pain syndromes around the face, head, skull structures, etc.

What can Functional Cranial Release Treat?

By allowing the cranial bones to be positioned properly, this opens up the sinuses, allowing them to drain properly. The procedure results in increased breathing experienced immediately following the Functional Cranial Release treatment, assisting with conditions such as **chronic sinusitis**, **snoring**, and **sleep apnea**.

Chronic headaches can be caused by various traumas and stresses we experience throughout life which can lead to adhesions within the Dura Mater.

Temporal Mandibular Joint disorder is a frustrating condition resulting in clicking, locking, and tightness over the jaw where the Mandible (jaw bone) inserts into the Temporal bones of the skull. Functional Cranial Release treatments focus on the Sphenoid bone and Dura Mater as the Sphenoid bone is centrally located with the

two separate Temporal bones located on either sides. By focusing the treatment on the Sphenoid bone, it allows for the Temporal bones to align correctly providing better tracking of the Mandibular condyles into the Temporal bones resulting in a decrease in the symptoms.

Functional Cranial Release treatments result in a better overall circulation through the Cranial Rhythm. When we get a better circulation of oxygen, nutrients, hormones, immune cells, and neurotransmitters through the brain and spinal cord our nervous system is able to function more effectively, thus decreasing the symptoms of many chronic disorders and neurological disorders including **vertigo, tinnitus, balance and movement disorders, chronic pain syndromes, fibromyalgia, migraine headaches, post concussive disorders, etc.**

Dr. Dennis Lee recently completed his training in Functional Cranial Release. If you suffer from any of the above conditions or are interested in learning more please call to make an appointment.



Feeling Stressed This Holiday Season?

Don't wait until it is too late. Call to book your massage today and use your extended health benefits before the year is over. What better way to de-stress than to treat yourself to a nice, peaceful and relaxing massage therapy treatment.

Apple Creek Has Gone Paperless!

As you may have noticed Apple Creek has undergone some major changes in the past month when it comes to booking and billing. We have implemented a new Electronic Medical Records program in attempts to convert to electronic files to better serve you and reduce our carbon footprint . You may notice changes to your invoice and you may be required



to fill out updated intake forms as we continue to build out system. Your patience during this busy time is greatly appreciated.



[Facebook](#)



[Twitter](#)



[Website](#)

Copyright © 2012 Apple Creek Sports Medicine Centre, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

