

Put the **Spring** back in your step.



Can Orthotics Improve Your Golf Game?

Dr. Kevin Shimizu, DC

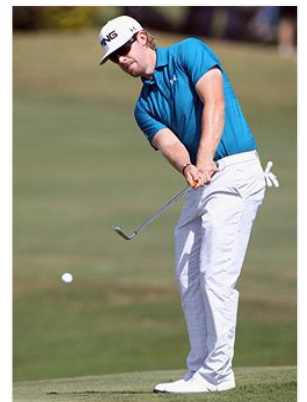
Spring is here and it's time to dust off the old clubs. This is the time of year we think about taking your golf game to another level. We shop for new golf clubs and take lessons to change our swing.

However, big changes do not necessarily lead to increased performance. According to a recent study published by the *Journal of Manipulative and Physiological Therapeutics*, a small subtle adjustment by adding orthotics can help your golf game.

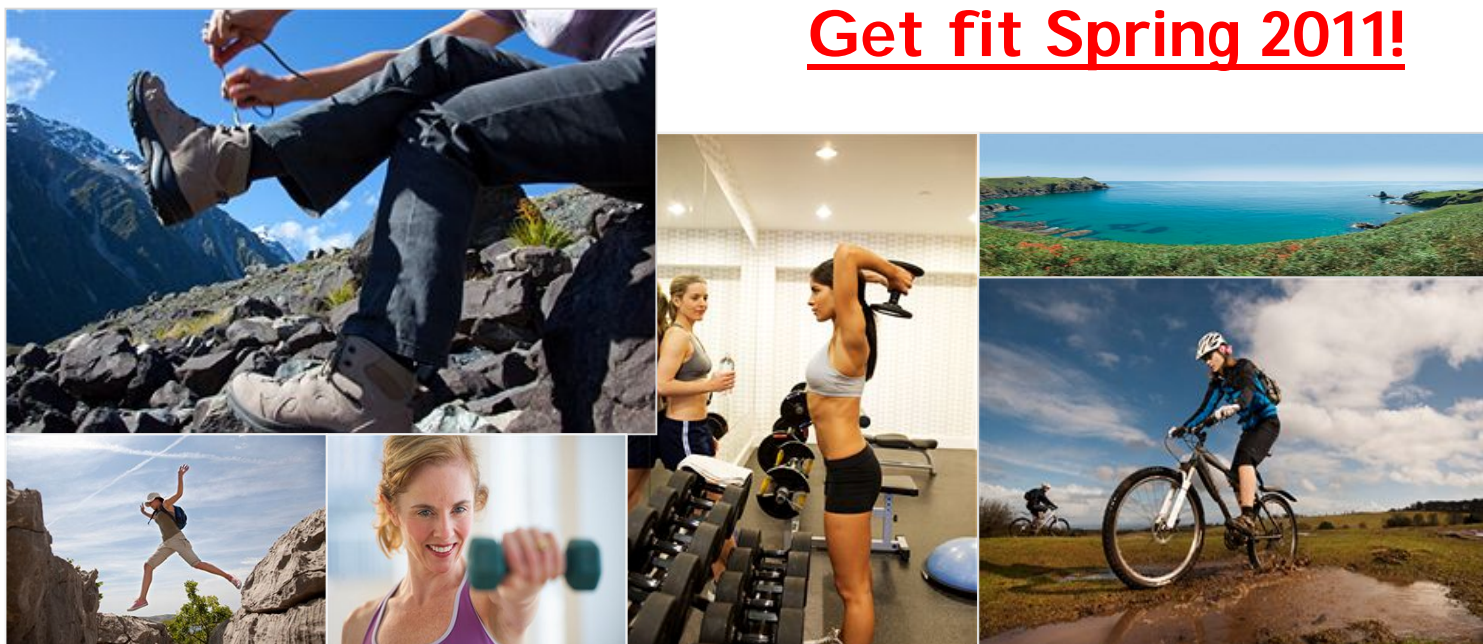
The study examined the effect of orthotics (custom-made, flexible shoe inserts) on the golf swing, before and after nine holes of golf on twelve experienced golfers. Subjects wore the orthotics daily for six weeks, and measurements were taken using an electronic device that measures club speed (club-head velocity, or CHV) as the golfer swings.

Use of the custom-fit, flexible orthotics increased CHV by 3.5 miles per hour (5.6 km/hr), translating to about a 15-yard increase in the distance the ball travelled in the air. The orthotics also appeared to reduce the effects of fatigue associated with nine holes of golf, suggesting the potential for more consistent golf performance.

For more information on the potential benefits of orthotics for golf and for overall health and wellness, schedule a consultation with your chiropractor or a foot health care professional.



Get fit Spring 2011!



It is time again to work off those winter pounds and get ready for summer. In this article, I will provide you with some suggestions to help you get started on the right foot.

Suggestion #1: Write down realistic goals

The first thing you want to do is to write down couple of goals. Divide this into short term, mid term and long term. Short term may be something you want to accomplish within the month. Mid term is anywhere between the next two to five months. Finally, long term will be from 6 months to this time again next year. Make sure the goals you set are realistic and attainable.

Suggestion #2: Seek out various fitness events taking place in your community

Most of us gain motivation by being around others that have and display common goals, so try seeking out various fitness events that are taking place in your community and choose a couple to participate in. Some examples of these events include the Sun Run, The Vancouver Marathon, and various bike races. Deciding to take part in these events also creates a goal for you to work towards.

Suggestion #3: If a large crowd is not your thing, look to conquer various local hiking trails

We are fortunate to live here in Vancouver with unlimited numbers of hiking trails with varying degrees of difficulty. For example, the Grouse Grind is a popular hike in the summer. This is a hike up Grouse Mountain and for most people it takes approximately an hour to reach the top. Another one I personally like is the Baden Powell trail that starts in Deep Cove in North Vancouver. This trail actually extends from Deep Cove all the way to Horseshoe Bay. However, there are many turning points that you can go to and come back depending on how long you want to go for. For those that are athletes, this is a good trail to build endurance. There is a large rock overlooking Deep Cove that you can jog to and back in about 30minutes.

Suggestion #4: Find a fitness program that meets your needs

Two main choices here is to join a group workout or to hire a personal trainer. Group workouts are great in that you work out with people with similar goals. When deciding on which group workout to join, I recommend you go observe a couple of sessions. It is important to observe how much attention the instructor pays to encourage correct form. Remember that working out is important, but correct form is equally as important to prevent injury.

If you would like more personalized instruction, I would recommend hiring a personal trainer. Personal trainers will make a note of your goals, assess your current fitness level and design a workout menu specifically to meet your demands.

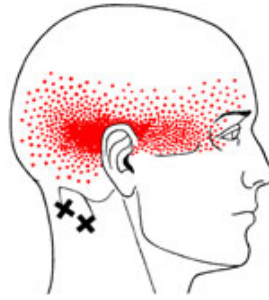
Takashi Yamada / Certified Personal Trainer for Chikara Fit

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Trigger Point Pain, Not a Migraine

Stephanie R. Yuen, Registered Massage Therapist

A headache is usually described as "Pain in the eyes, jaws, forehead, skull, scalp or neck." A migraine is typically caused by dilated and inflamed blood vessels in the head, and may be linked to menstrual cycles and ovulation in women.



Due to the mysterious nature of migraines, it is also defined as a neurological disorder, because of the common presentation of one-sided pain in the head.

Most often, when patients state they experience a severe headache, they call it a migraine. However, upon assessment, their headaches are likely caused by Trigger Points, "a hyper-irritable spot in the skeletal muscle." Factors causing trigger points include repetitive muscle overuse such as teeth grinding or jaw clenching, and joint dysfunctions such as TMJ disorders.

People experiencing headaches and "migraines" often use over-the-counter medications such as Tylenol, Advil, Motrin, and other 'painkillers' for relief.

If you are worried about over medication or prefer natural methods, a simple course of stretches and Trigger Point Pressure Release by professional Registered Massage Therapists may be better in the long term.

References: ¹ Davis, F. A. *Taber's Cyclopedic Medical Dictionary: 20th Edition*. Philadelphia, U.S. F. A. Davis Company. 2005.

¹ Headache and Migraine: <http://www.pdrhealth.com/disease/printview/disease-monoprint.aspx?contentfilename=bhg01ne04.xml&contentname=migraine&typeid=1>

¹ Travell, Janet G., and David G. Simons. *Travell and Simons' Myofascial Pain and Dysfunction the Trigger Point Manual; Volume 1. Upper Half of Body: 2nd Edition*. Maryland, U.S. Lippincott Williams & Wilkins, A Wolters Kluwer Company. 1999. P. 5

¹ Travell, Janet G., and David G. Simons. *Travell and Simons' Myofascial Pain and Dysfunction the Trigger Point Manual; Volume 1. Upper Half of Body: 2nd Edition*. Maryland, U.S. Lippincott Williams & Wilkins, A Wolters Kluwer Company. 1999. P. 5

~ *Thank you for your comments* ~

Reason you sought chiropractic care: *Hip pain*

How has chiropractic helped you? *Reduced pain and realigned tail bone* - Zachary Tyler -

Reason you sought chiropractic care: *Back pain*

How has chiropractic helped you? *Lessened the pain in my back*

Helped my feel my muscles better in dance class

Helped improve injuries I've had for years - Carmen Chung -



Clinic News

☆ **11th Anniversary promotion – 10 % off** for Custom fitted **Orthotics** from **April 11th to 16th!**

☆ Our massage therapist Nathan Skirrow, RMT he is back from vacation in April!

☆ Our office offers direct billing **Green Shield & Great West Life insurance policy holders.**

☆ Starting in April, we would like to welcome a new Shiatsu Therapist – **Miss Sayuri Hariu!**



What is a Psychologist and why might I want to see one?

Psychologists are health professionals who are trained to help people find their way through life's difficulties. They engage in research, practice and teaching across a wide range of topics having to do with how people think, feel and behave. Their work can involve individuals, groups, families and as well as larger organizations in government and industry. Unfortunately, many people think that only someone who is "crazy" or is having a "nervous breakdown" has reason to see a psychologist. Psychologists do treat serious mental disorders, but they also can provide services for other reasons as well. Many of us today feel lost or empty at times in our lives. Common sources of distress include relationship problems, career and family conflicts, coping with physical illness, work stress, substance abuse and addiction, and the anxiety and depression that can accompany these and other challenges. Sometimes we need an objective professional to help us learn some new skills to cope with life's challenges. Managing stress and emotions is a skill that we can learn; however, it is one we are rarely taught. *Anyone* can benefit from psychological services that enhance and maintain mental health, and that promote connection in daily life.

What is the difference between a Psychologist and a Psychiatrist?

In BC, a psychologist holds a PhD in psychology that involves from 6 to 10 years of university training of how people think, feel and behave. Psychologists work with people to become aware of how they think and behave, and how this influences how they feel. Psychiatrists are medical doctors who go on to specialize in mental disorders. Psychiatrists often use medication to help their clients manage distressing symptoms. There are some disorders for which medications are very necessary (for example, schizophrenia and some severe depressions). Some psychiatrists also do psychotherapy much like psychologists do.

By Dr. Michelle Patterson, R.Psych. - Dr. Patterson is a Registered Clinical Psychologist and an Adjunct Professor at Simon Fraser University. She has a part-time private practice at the Mainland Medical Clinic. You can learn more at www.mainlandclinic.com.



Seasonal Recipe ~ Wild Lemon Poppy Loaf ~

★Editor's pick: From *Chatelaine* By Marni Wasserman

Ingredients:

4 cups light spelt flour (or whole-wheat flour)
1 cup Wild Nude Bee Honey or other pure honey
2 tsp baking soda
1 tsp baking powder
1 tsp sea salt
½ cup poppy seeds
zest of 2 lemons
3 lemons, juiced
½ cup vanilla rice milk (or vanilla soy milk)
½ cup grapeseed oil (or sunflower oil)
1 tsp pure vanilla
½ cup filtered water, as needed



1. Oil and flour a 9x5 inch loaf pan. Set aside.
2. Stir together spelt flour, baking soda, baking powder, salt, poppy seeds and lemon zest. Set aside.
3. In a small bowl, combine lemon juice, honey with rice milk. Add to the dry ingredients in mixing bowl.
4. Add grapeseed oil, vanilla and water to dry ingredients. Mix wet and dry ingredients together thoroughly.
5. Pour the batter into loaf pan.
6. Bake for 1 hour at 350F or until a toothpick inserted in the center comes out clean and the top is golden brown.