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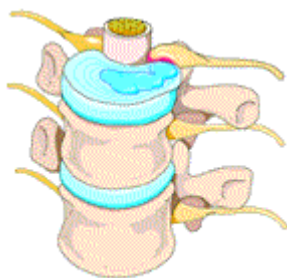


What are herniated discs?

Dr. Kevin Shimizu, DC

The vertebrae of your spine are separated by pads of fluid-filled cartilage called discs. These discs have a tough exterior with a soft inner layer to cushion shocks as you move and put various stresses on your spine.

Over time, discs are subject to injury, disease, and degeneration. Certain activities and work increase damage or deterioration to discs. When the soft inner material of a disc pushes out through a tear in the outer covering, the disc is said to be herniated. Herniated discs are commonly referred to as protruding, bulging, ruptured, prolapsed, slipped, or degenerated discs. Herniated discs cause pain by irritating and injuring nerves in the spinal column.



Herniated Discs



Herniated Disc (top view)

What are the symptoms of herniated discs?

Most disc herniation occur the lower back. A herniated disc can send shooting pain down through your buttock and the back of your leg (sciatica). They may also cause muscle pain, weakness and strain when you get up from a chair, cough or sneeze. They sometimes produce pain in the lower right side of the abdomen, and in severe cases, cause incontinence.

What can chiropractic do?

There is broad acceptance among health care professionals to treat herniated discs conservatively. Depending on the severity, two or three months of chiropractic care may be the best choice before considering surgery or cortisone shots in your back. Only a small minority require hospitalization and surgery. Chiropractic provides the special training, techniques, and experience needed to safely and effectively adjust your spine so that damage in the disc is minimized, pain is relieved, and normal functioning restored.

Summer Stretch

Nathan Skirrow, Registered Massage Therapist

Stretching; When and Where

With the start of injury season in sight and the grimaces of the weekend warrior pain syndrome showing up on our faces come Monday morning, I'm reminded of my junior soccer coaches words of wisdom, "Just wait till you get to my age kid." Things have changed since those days, and here is a simple formula to help minimize the effects of all those summer activities.

Warm-up: Get the body moving. Walking, jogging, cycling any aerobic type of movements to get the muscles warmed up.

Turn-on: Use Dynamic stretches like windmills, leg swings, high knees, jumping, and trunk rotations. Focus on motion required by your activity. Dynamic stretches help increase range of motion while maintaining power and reaction times.

Warm-down: Take time at the end to slow down your heart rate while continuing through the same motions.

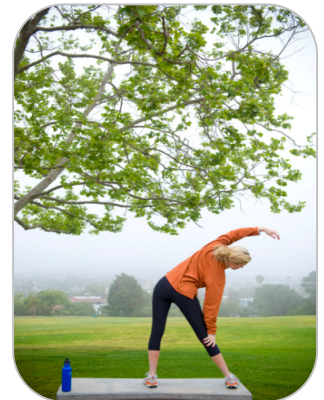
Turn-off: Use static stretches at the end of exercise to help promote muscle elongation and increase range of motion for the next activity phase. Hold a stretch for 30 seconds and repeat 2-3 times. Static stretches have been shown to decrease power output and reaction times and should NOT be used in the warm-up/turn-on sequence.

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Meroni, R., Cerri, C. G., Lanzarini, C., Barindelli, G., Morte, G. D., Gessaga, V., et al. (2010). Comparison of Active Stretching Technique and Static Stretching Technique on Hamstring Flexibility. *Clinical Journal of Sports Medicine*, 8-14.

Pearl, B. (2009, June/July 1). New Concepts in Stretching. *Sports Podiatry*, pp. 97-100.

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Thank you for Your Comments

Here are some of the comments we received recently from our patients. We would like to express our thanks for their positive feedback and their kind publishing permission.

"It has helped alleviate tension in my back and enabled me to sing better."

~ Ricarido, Vancouver Opera singer ~ sought *chiropractic care for alignment issues*

"Dr. Shimizu is not like other chiropractors I've had before. He is more preventative and combines physio treatment which is great! ☺"

~ Patricia M. ~ sought *chiropractic care for chronic low back / shoulder pain*

Small Change in our Office

From **July 1st, 2010** our office will be **CLOSED WEDNESDAYS** & **OPEN THURSDAYS** (from 10: 30am to 6: 30pm)

Please be aware that due to provincial tax changes (**HST implementation**), we will have a new fee schedule effective **July 1, 2010**. If you are planning to come in for treatments after July 1, please check our website for any updates or call our front desk at (604) 731-3319.



Balance your Barbeque by Nicole Fetterly, RD

The summer is a time for relaxed days, lounging in the sun with a cool beverage. Getting your grill going makes for easy meals and even easier clean-up.

Some think of 'bbq' as unhealthy, high-fat food, but it doesn't have to be. Balance your barbecue by exchanging the red meat for heart healthy options. Veggie patties, portabello mushrooms, chicken breasts and fish filets make for great burger options. Seafood is so skewer able and vegetables like asparagus, corn-on-the-cob, mushrooms and bell peppers are at their best when barbecued.

To feel satisfied without all the fat, make sure you don't lose focus on fiber. Summer salads are superb with whole grains, like barley, quinoa and brown rice, or legumes (beans, peas and lentils).



Opting for the Flip flop

1. Don't buy cheap flip-flop. Choose at least the better quality, more expensive brands with anatomical footbeds and decent arch support. Orthofoot, Vasyli, FitFlops and Chaco (awarded the Ap.m.A Seal of Acceptance) are better choices if a flip-flop is preferred. Better still, a decent anatomically designed sandal with adjustable straps and a back strap is preferable.
2. Avoid wearing flip-flop when participating in physical activities. Don't try to run or play sports in flip-flops. Remember there is no protection or cover for your feet in flip-flops and chances of injury are greatly increased if they are worn for sports – even for fun.
3. Don't wear flip-flops for long periods of time. Avoid choosing them as your "everyday footwear" – even on vacation. If you want to wear open airy foot wear – choose a properly designed sandal.

Find our more information for prescription orthotic shoes and sandals.
Please contact our front desk!



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~Join~

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Seasonal Recipe

Stuffed Portabellos

Nicole Fetterly, RD



These are not your everyday stuffed mushrooms! Almonds, soy sauce and herbs provide unbelievable umami flavour. Serve with rice or another whole grain plus other grilled veggies.

Yield: 3 servings

Ingredients:

| | |
|----------|---|
| 3 large | portabello mushrooms, wiped clean and stems removed |
| ½ cup | almonds |
| ¼ cup | soy sauce or tamari, low sodium |
| ¼-½ cup | water |
| 2 tbsp | balsamic vinegar |
| 3 cloves | garlic |
| 1 tsp | rosemary, dried (or 1 tbsp fresh) |
| 1 tsp | oregano, dried (or 1 tbsp fresh) |

Directions:

Preheat oven to 350F (or there can be made on the bbq).

Place mushrooms, gills up, in a baking dish. Process almonds until fine in a food processor or blender. Add remaining ingredients and process until smooth. Divide almond mixture among the mushrooms and bake 20-30 minutes.

Nutrient information:

186 Calories
9 g Protein
12 g Carbohydrate
4 g Fibre
13 g Fat
2 mg Iron
650 mg Sodium

~ **UPDATE NEWS!** ~

It's a good chance to order a pair of orthotics now! Our clinic will not raise the price of orthotics (HST) until the end of September, 2010!



No.1 best seller!
Sports Flex orthotics
for running shoes



Dress Flex orthotics.
Women will love them
for pumps and boots.

Also, if you have purchased orthotics this year, we offer a special 15% discount on 2nd and 3rd or 4th pair of orthotics until the end of 2010!

Front entrance



Front desk / Reception area



Treatment room

