

Don't miss out on SUMMER



2nd right Image by Etsu shanti

Carpal Tunnel Syndrome

Dr. Kevin Shimizu, DC

Carpal tunnel syndrome or CTS is one of the most common nerve entrapment disorders. It is a chronic disabling condition causing pain, numbness, tingling and weakness in the hands and fingers. For some it is just an annoyance, but for others, the pain may wake them up at night. CTS often occurs between the ages of 30 and 60 and is 2 to 5 times more common in women than men. The dominant hand is affected frequently; however, 32 to 50% of cases occur bilaterally. The most common cause is repetitive use of the hands, but 50% of the time, it is unknown. CTS tends to affect individuals who use their hands at work such as keyboard operators, factory workers, kitchen workers, dentists, massage therapists and chiropractors. CTS may affect tennis players and golfers and it is associated with diabetes, pregnancy and menopause. The condition frequently occurs with the compression of the median nerve by tight muscles and tendons. Anatomically, the median nerve is located on the palm side and it runs down the middle of the wrist and hand, and into thumb and the first 3 fingers.

The symptoms are commonly found in this area:



Conservative management is the preferred course of treatment. Chiropractors, physiotherapists, occupational therapists, naturopaths and massage therapists may treat CTS with manual therapy, ultrasound, IMS, laser therapy, stretches and exercises. In our practice, ART (Active Release Therapy) in combination with chiropractic adjustments and/or laser therapy is typically recommended. If all else fails, surgical intervention may be necessary.

Sports Conditioning

maintaining the body to prevent injury



For those athletes out there, when you hear “**sports conditioning**” what comes to mind? I’m sure many of you thought about the workouts in the gym or the modification in the workout menu as you approach the game or competition day. However, did you think about the body maintenance aspect such as stretching or visiting health care professionals on a regular basis? If you did, you are ahead of the game, but in reality it is quite common to see athletes neglect this aspect of the conditioning process.

In this article, I will be talking a little bit about this neglected part of sports conditioning which includes caring for the mind and the body.

Caring for the mind: The mind is similar to your muscles in that it needs periodic breaks in order to function effectively. It is very important that you schedule off weeks to avoid fatigue and burnout which often leads to injuries. Remember that most injuries happen when you lose focus, so make sure to rest well!

Caring for the body: This form of care can be categorized in terms of post workout care and off week care.

- **Post workout care:** The most important thing to do after a workout is to cool down by stretching your muscles. Work to gently stretch out the muscles you used through static stretches. After you have done so, you want to ice those joints and muscles you used in your workout. This will help reduce the inflammation in those areas. Finally, when you get home, take either a hot shower or a bath to allow your muscles to relax and help relieve any fatigue. Remember that getting regular amounts of sleep is also important as well for recovery and good performance.
- **Off week care:** During your off week is a great time to schedule your chiropractic, massage or physio sessions. Get the advice of these professionals to see how often you should come in for treatment. If your budget and time allows you to, try to seek treatment even if you are not in any pain as this is a part of your conditioning process. In other words, we want to be proactive about our health and prevent any injury or pain instead of doing something about it when we have pain. Periodic maintenance will allow you to do what you love longer by preventing you from missing weeks due to injury. If you cannot go see these health care professionals on a regular basis, make sure to take some time to roll around on the ground with a foam roller or a ball to release some of the tension in those muscles. Again, these health care professionals are great to consult with, as they will likely be able to advise you on which muscles you should be working on.

All in all, remember the theme in athletics today is not to only train harder but to also train smarter by preventing injury! Maintaining a healthy body is finding the right balance between working out, seeking preventative care and periodically resting the mind.

Takashi Yamada - Certified Personal Trainer for Chikara Fit

Contact information: www.chikarafit.com / e-mail: info@chikarafit.com

Everyday Exercises in the Office

Aliyah Muniff, UBC Human Kinetics Student
/ Rehabilitation Volunteer

Stuck at an office desk all day? Do your eyes burn from staring at the computer all day? Do you have poor posture and back pain? These are all common symptoms of the average person who works in an office space. Symptoms of back pain and poor posture can lead to severe problems such as excessive strain on postural muscles which could even cause them to weaken when held in certain positions for long periods of time. Postural muscles such as the scalene muscles located in the neck or the lumbar erector spinal muscle located in the lower back region are just a few examples of what helps keep a person's posture in line.

Below are some light exercises for the average office worker:



B.1 Neck stretch



B.4 Shoulder rolls



B.7 Upper and lower back stretch



B.10 Foot pump



B.2 Head turns



B.5 Wrist and elbow stretch



B.8 Back arching



B.11 Eye exercise

Neck Stretch (B: 1): While chin is tucked in, gently lower ear to shoulder and hold for 15 seconds on each side. Repeat several times

Head Turns (B: 2): Turn head slowly to look over left shoulder. Turn head opposite way hold for 10 seconds and repeat several times.

Shoulder Rolls (B: 4): Circle shoulders forward several times and then backwards. Repeat exercise 3-5 times.

Wrist Stretch (B: 5): Straighten arm in front and bend wrist forward. Gently assist the stretch with the other hand. Hold each stretch for 15 seconds then stretch wrist back and hold for another 15 seconds. Repeat with other arm.

Upper and Lower Back Stretch (B: 7): Interlace fingers and turn palms above head; straighten arms then slowly lean slightly from side to side. Hold each side for 5 seconds then repeat several times.

Back Arching (B:8): Standing upright, support the lower back with hands and gently arch back and hold for 5-10 seconds. Repeat as often as is needed. ightly from side to side. Hold each side for 5 seconds then repeat several times.

Continue page 4.....

Foot Pump Stretch (B: 10): Standing up straight while holding a chair for balance if necessary, alternately raise heels and toes. Repeat 10 times.

Eye Exercise (B:11): Sitting upright, facing forward, look up, then down and left then right without moving your head. Repeat this sequence several times.

Keep in mind: If you are unable to get away from your desk for a brief period of time, exercises can be done at your office space. Examples such as using a fitness ball in place of a chair, performing desk stretches for areas of the back, wrists and hips, or incorporating a chair yoga regimen are great ways of including forms of fitness at the office. Performing fitness activities everyday will help increase the level of fitness as well as develop a healthy habit of being physically active.

References: http://www.deakin.edu.au/scitech/current/ohs/docs/Exercises_for_office_workers.pdf
<http://www.livestrong.com/article/387003-exercise-routines-for-office-workers/> & Mayoclinic.com: Office Exercise, Spine-Health.com: Ergonomics of the Office and Workplace: An Overview.

Lamingtons

When the editor was studying in Australia for 3 years, she met Australian popular dessert Lamingtons and it became one of her favorite. Today she is going to share the recipe!

*** To make these Lamingtons extra special you can fill them with fresh whipped cream and strawberry jam.*



Ingredients:

1. 2 cups of all-purpose flour
2. 2 tsp of baking powder
3. 1/4 tsp of sea salt
4. 2 large eggs
5. 1/2 cup of room temperature butter
6. 3/4 cup of white sugar
7. 1 tsp of pure vanilla extract
8. 1/2 cup of milk
9. 2 cups of icing sugar
10. 1/3 cup of cocoa powder
11. 3 tbs of butter
12. 1/2 cup of milk
13. Whipped cream for serving

Preparation:

1. Preheat the oven to 350F (180C).
2. Lightly butter an 8 inch square cake tin. Set aside.
3. In a large bowl, sift together the flour, baking powder and salt. Set aside.
4. In a separate bowl, use an electric beater to cream the butter and sugar mixture together until pale and fluffy.
5. Add the eggs one at a time to the butter/sugar mixture. Beat well after adding each egg.
6. Add the vanilla to the mixture and mix well to combine.
7. Next, use a spatula to alternately add the flour mixture and milk, in three additions, starting and finishing with the flour.
8. Spread the batter into the cake tin, making sure it's evenly spread.
9. Bake in the oven for about 30 minutes. Test the center of the cake with a toothpick and make sure it comes out clean.
10. Cool the cake in the tin for about 5 minutes and then invert it onto a wire rack to cool.
11. Once the cake has cooled cut it into squares of a desired size and place them in an airtight container. Pop the container in the fridge for at least 2 hours or even overnight.
12. Now for the icing. Place the icing sugar, cocoa powder, butter and milk in a heat proof bowl over a saucepan of simmering water.
13. Stir the mixture until it is smooth but still a bit thick. You don't want the liquid to get too thin otherwise the sponge cake won't absorb the coating.
14. Now it's time to assemble the Lamingtons. Put out some newspaper under wire racks to catch any mess. Place the cake pieces on the racks and have your chocolate icing and desiccated coconut ready.
15. Quickly coat the sponge cake on all sides in the icing mixture and then gently roll the cake in the coconut. Repeat the process.
16. The Lamingtons can be stored in an airtight container for 5 days.

CLINIC NEWS: From May, we have the Registered Massage Therapist (RMT) working on Saturdays.
Please contact us @604-731-3319 to find out more information.