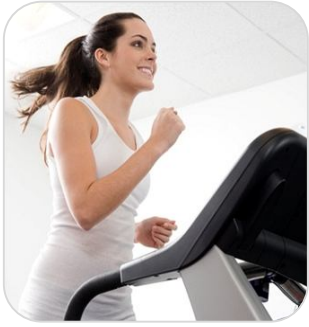


Back to the fitness

Part 2



Are you ready to hike?



With the weather getting better and the days getting longer, many of you may be thinking of going for a hike. Here are a couple of things you can do to make the hike more enjoyable.

Body preparation for a hike:

If you want to build your body for a hike, make sure you work on your lower body and work up a strong core. This will help you hike with the correct posture. To simulate a hike in the gym, try the stair master or treadmill at a moderate incline. Make sure you keep a good posture when doing this.

To do before and during the hike:

Before the hike, hydrate yourself and do some dynamic stretches to warm up your body. Make sure you bring some water on the hike as well to keep yourself hydrated. It is also a good idea to bring some healthy snacks if you are planning on going for a long hike to keep your energy level up. Finally, make sure you wear the appropriate footwear so that you are using the right muscles during the hike.

To do after the hike:

Make sure you do some static stretches after the hike and also don't forget to re-hydrate yourself. Remember that even if you don't break a sweat, you are losing water to the environment. As a rule of thumb, for every half a kilogram lost in body weight due to fluids, you need to replenish this with approximately 3 cups of water. Remember that thirst is not a good hydration indicator as you are already dehydrated at this point. It is also a good idea to consume carbohydrates within 30 minutes of the end of the hike to help you recover quicker.

Have a safe and great hike everyone!

Takashi Yamada Certified Personal Trainer - Chikara Fit /

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

Plantar fasciitis is one of the most common causes of heel pain. It involves pain and inflammation of the soft tissue called the plantar fascia that runs across the bottom of your foot. The most common complaint is sharp pain with the first few steps in the morning. Once on your feet, the pain decreases, but it can reoccur with prolonged standing or sitting.

Your plantar fascia supports the arch in your foot and acts like a shock-absorbing bowstring. If tension on that bowstring is excessive, it can create small tears and cause pain and inflammation in the fascia. Plantar fasciitis is common in runners, overweight people, pregnant women and those who wear shoes with inadequate support. This condition develops gradually and can affect one or both feet at the same time. It is often seen in females between the ages of 40 and 60.

Common causes of stress to the plantar fascia include:

- **Repetitive activities** - occupations that require prolonged standing and walking such as warehouse workers and teacher. High impact exercises such as running and dancing
- **Faulty foot mechanics** - flat-feet, low or high arches, and abnormal walking patterns
- **Improper shoes** - Wearing loose, thin-soled or worn-out shoes that lack proper arch support or padding to absorb shock. High heeled shoes can tighten muscles attached to the heel and plantar fascia
- **Obesity**

Plantar Fasciitis typically responds well to conservative therapy and about but 95% typically recover within a year. However, no single treatment is likely to cure plantar fasciitis on its own. Before attempting any rehabilitation, you should consult a health care professional to properly assess your condition. A combination of massage therapy, physical therapy, chiropractic adjustments and orthotics often provides the best outcome for recovery.



CLINIC NEWS – WE ARE MOVING!

Dear Patients & friends: Our office is moving to a **new location**, effective **September 1st, 2013**.

New location: 2nd Floor 124 West 8th Ave, Vancouver, BC V5Y 1N2 (inside of VPO clinic)

TEL: (604)731-3319 ←same phone# we've been using 13 years! 😊

*Please call our office or visit our website to view the new hours. www.chiro-shimizu.com

*Plenty of free street parking and meter parking in the area. *



New location ↑

Frozen Shoulder

Frozen Shoulder, medically referred to as “Adhesive Capsulitis”, is a painful and disabling condition that often causes great frustration for patients. It starts with shoulder pain and gradually reduces the shoulder motion range. The motion loss is due to tightening and thickening of the ligaments and other supporting structures of the shoulder.

Frozen shoulder usually affects one shoulder at a time, although some people may eventually develop it in the opposite shoulder. It happens more often to people who work in an office (using the computer) and also to females who have less muscle development than male

Self Check-Up

-Shoulder stiffness and pain (usually, aching and dull)

-Limited shoulder mobility

-Inability to raise arm

-Pain increase in the night time

-Radiating pain down to the arm

-Difficulty with small activities such as brushing hair,

Putting on shirts/bra (If you already have 2 or more above symptoms, please don't hesitate to get free consultation in our clinic)



Hamilton Wellness Centre Treatment

Our clinic suggests getting complete combination treatment program which is [Acupuncture with Tui Na Massage](#).

Acupuncture reaches deeper level of muscles, tendon, ligaments and other soft tissues that fingers can't reach it. Also, help to adjust body “Qi(energy flow)” and “Blood” systems at the same time. It reduces inflammation by promoting release of vascular and immunomodulatory factors.

We have unique **Tui Na massage** techniques that are gentle, yet works powerful and deep tissue massage. It releases stiffness of joints and tendons for minimize joint restriction and also strengthens other supporting structure of the shoulder. Acupuncture with Tui Na Massage treatment has been used in China to treat muscle and soft tissue problem for over 2,000 years. Acupuncture combined with Tui Na massage treatment has most highly effective method to improve your concerns like stop pain quickly and speed up the recovery of full range of the shoulder motion day by day.



Hamilton Wellness Centre
Acupuncture & Massage & Herbal

Clinic Hours: Monday - Saturday: 10am - 6pm, Sunday, Holiday: Closed

Reservation for Appointment / Free Consultation for First Visit

Accept MSP, WBC, ICBC, and Extended Health Care Insurance

Tel: 604-633-0998 / email: hamiltonwellnesscentre@hotmail.com

One of the questions my colleagues and I ask a lot when we speak with new patients is "Have you ever had a massage before?" Unfortunately, a lot of the time the answers we get are distressing. Patients will tell us that they've seen massage practitioners but that they came out of the massage bruised and hurt and "feeling like I've been beat up". Whenever I hear something like that, I get concerned and will usually ask for further details. Although the story sometimes varies, most of the time it seems the therapist went deep and sometimes too hard, and the patient felt like it wasn't their place to say anything. "You're the therapist" my patients will tell me, "you know best."

Now, a certain amount of soreness or achiness after a massage is to be expected, especially if you haven't had a massage in quite some time. There are degrees of pain however, and levels that are considered appropriate and therapeutic as opposed to those considered more damaging. Generally we look at how long pain lasts after a massage, and therapeutic soreness shouldn't last for more than a couple days. More concerning, however, is a sense of agency regarding their own body that patients seem to be lacking.

While it's true that our education gives us the knowledge and experience to treat pain and debilitating muscular conditions, it can't tell us what an individual's pain threshold is, nor where their pain tolerance level is. Pain is a very subjective thing, a different experience for each person. What may be a mild ache to one person is a piercing agony to another, and this is nothing to be ashamed of! It simply means that each person is different, and that each individual should be treated like they are just that. An individual with needs and responses separate from those of anyone else.

Some people might ask what the difference between a pain threshold and a pain tolerance is. A pain threshold is the point at which a sensation becomes pain. Imagine poking your arm with a tack. You would start off feeling a small prick that likely doesn't hurt, but if you were to push harder it would quickly turn into pain. In a healthy muscle, the pain threshold for massage is high and you are unlikely to feel pain when we apply pressure. Conditions such as injury or overuse can cause the threshold for pain to be reached far faster, making sensation that was once not painful very difficult for the patient to deal with.

Pain tolerance, on the other hand, is the ability of the patient to handle the pain once the threshold has been reached. Again something that changes on an individual basis, it is also something that has many cultural conventions tied to it. In our society, especially in regards to males, it is considered shameful to say that something is too painful. There is an implication of weakness, regardless of what the circumstances are, which when it makes its way into a massage setting can be very problematic for both the patient and the therapist. The patient because they experience pain without feeling like they have the power to stop it, and the therapist because they may be causing pain that was not intended.

The truth is, regardless of the way our society perceives it; pain is intended as the body's warning system. When you experience pain, your body is telling you that a sensation you are experiencing is about to or is already causing damage to body tissues. Often you'll hear an RMT talk about 'therapeutic pain', which we describe as pain you can tell is doing your body good. Often patients will talk about feeling a 'release' from the tension in their muscles. However, this good pain can turn into pain that warns of tissue damage if too much pressure is applied or held too long. This is why it's so important that therapists stay in communication with their patients, and why it's so important for patients to speak up when the pain starts to become overwhelming. No therapist wants a patient to walk away feeling like they had been "beat up" and feeling like they had been unable to say anything about it.

So next time you're having a massage, and you find that the pain is building to intolerable levels, say something. If your therapist is not interested in hearing what you have to say, consider exploring alternative practitioners. At no point should you feel like if you speak up you won't be listened to. Ultimately you are, and should be, in control of what happens to your body. Don't let anyone tell you otherwise.