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Holiday Gift Ideas



by Dr. David Lee

Looking for the right gifts this Holiday season? How about a gift that will reduce or prevent the many muscle and joint injuries that occur with everyday life? Here are a few gift items that we carry at the Adelaide Health Clinic.

Tempur-Pedic Swedish Mattresses and Pillows (call for pricing)

Mattresses and pillows should achieve two things. They should be comfortable and supportive. Unfortunately, I find that very few companies are able to make a product that can accomplish both of these things well. Tempur-Pedic uses the original viscoelastic foam developed by Nasa which not only supports the body, but also conforms to you, thus relieving any pressure points, giving you an extremely comfortable nights sleep. **For the month of December only, receive 15% off all Tempur-Pedic Mattresses and Pillows, as well as free shipping and handling.**



Zero Tension Mouse (\$120)

Know someone who suffers from Carpel Tunnel Syndrome, hand, wrist, shoulder, or neck pain due to numerous hours spent daily in front of a computer? The founder of Active Release Techniques (ART) has now created a mouse which relaxes the muscles of the upper extremity more than any other device in the world.

Lumbar Support Roll (\$25)

The simplest, cheapest, and most effective way to create an upright posture which can drastically reduce the amount of stress placed on your lower back, upper back, and neck. This can be placed on any office chair or car seat.



Balance Disc Cushion (\$55)

Have you ever seen some of your co-workers sitting on a huge fitness ball? They do so because it can be an effective way of holding an upright posture as well working your core muscles, all while you sit. You can now use this cushion right on your own office chair to achieve the same effect instead of having a huge fitness ball in your office.

For more information on any of these products, contact us or check out our website at www.adelaideclinic.com under CLINIC STORE. Wishing everyone a great holiday season!

Chronic muscle or tendon pain? Try S.A.S.T.M.

by Charlotte Savela

Many patients that I treat as a physiotherapist suffer from chronic tendon and/or muscle pain, secondary to fascial restrictions and scar tissue.

Current research has found that the technique called Sound Assisted Soft Tissue Mobilization is an effective treatment used to break down these restrictions.

What is S.A.S.T.M.?

S.A.S.T.M. are instruments that provide the physiotherapist with the ability to locate restrictions through sound waves (like a stethoscope). This allows the physiotherapist to treat the effected area with the appropriate amount of pressure, due to a square surface concept.

How does S.A.S.T.M. work?

S.A.S.T.M. introduces controlled microtrauma to a chronic injury to re-stimulate a local inflammatory response. Microtrauma initiates re-absorption of excessive scar tissue and facilitates a cascade of healing activities, resulting in remodeling of effected soft tissue structures.



How do these adhesions develop?

Adhesions within the soft tissue may develop as a result of surgery, immobilization, repeated strain or other mechanisms. S.A.S.T.M. helps break down these adhesions to allow for functional restoration of tissue.

Who can benefit for S.A.S.T.M.?

Based on literature and years of clinical research, S.A.S.T.M. has been found to be effective for many types of injuries.

Some examples are:

- Tennis Elbow
- Carpal Tunnel Syndrome
- Planterfasciitis
- Rotator cuff, Achilles, Patellar, Tendonopathies
- Joint Contractures
- Ligament Sprains

Charlotte Savela at the Adelaide Health Clinic is a certified S.A.S.T.M. provider. If you feel you are a candidate for S.A.S.T.M. (or any other type of physiotherapy) and would like further information, please contact Charlotte at 416-367-5200.

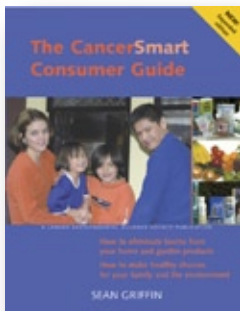
The CancerSmart Consumer Guide

Does antiperspirant cause breast cancer? Should I throw out my Teflon pans? Is my microwave safe? Ever stop to consider that you seem to know many people with cancer? Perhaps you've experienced it yourself. In an effort to be healthy now and in the future there are probably many things that you have incorporated into your regular routine, like your workouts at the Adelaide Club, eating a healthy diet, trying to get enough sleep. Are you doing enough? Is there more that you could do?

Well know CBC personality and cancer survivor Wendy Mesley asked herself these questions. In her documentary aired on CBC Marketplace called "Chasing the Cancer Answer", Mesley, tells her audience that she followed all of the guidelines recommended by the Canadian Cancer society, but she still got cancer. Her search for the cancer answer lead her to look at a possible environmental link. This week, there was news that a research fund has been established to investigate if there is a connection between the environment and cancers. In the meantime, a group in B.C. called the Labour Environmental Alliance Society (LEAS) <http://leas.ca/> has published a guide called The CancerSmart Consumer

Guide. LEAS is a group of labour and environmental activists committed to protecting workers rights, and to protecting and restoring the environmental health of communities and the planet.

The guide discusses pesticides, cleaning products, food, personal care products, plastics and other products. It highlights the ingredients of concern in these products and let's you know which brands contain the questionable ingredients. A very practical, hands-on guide.



is \$13.78 (cheaper than when you order yourself and you don't have to wait for them to be shipped).

Because The Adelaide Health Clinic is concerned about your total health, we have brought in some of these guides to sell. The cost

Stop by the Health Clinic on the concourse level and get your copy today.

Other books for sale at The Adelaide Health Clinic and recommended by our practitioners:

- Desperately Seeking Self: A look at eating disorders and a guide towards a healthy relationship with food.
- Thin For Life: A compilation of advise from people who have successfully lost weight and kept it off.
- The Glucose Revolution: An excellent resource provides everything you need to know about the Glycemic Index.
- Nutrition for the Long Run: A nutrition guide for the endurance athlete. Read and recommended by the Adelaide Club's own ironman, Blair Larsen.

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