

Adelaide

Health Clinic

April & May 2007 Newsletter



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Migraine & Headache Sufferers: Acupuncture Can Help

by Dr. Jumy Kim, TCM

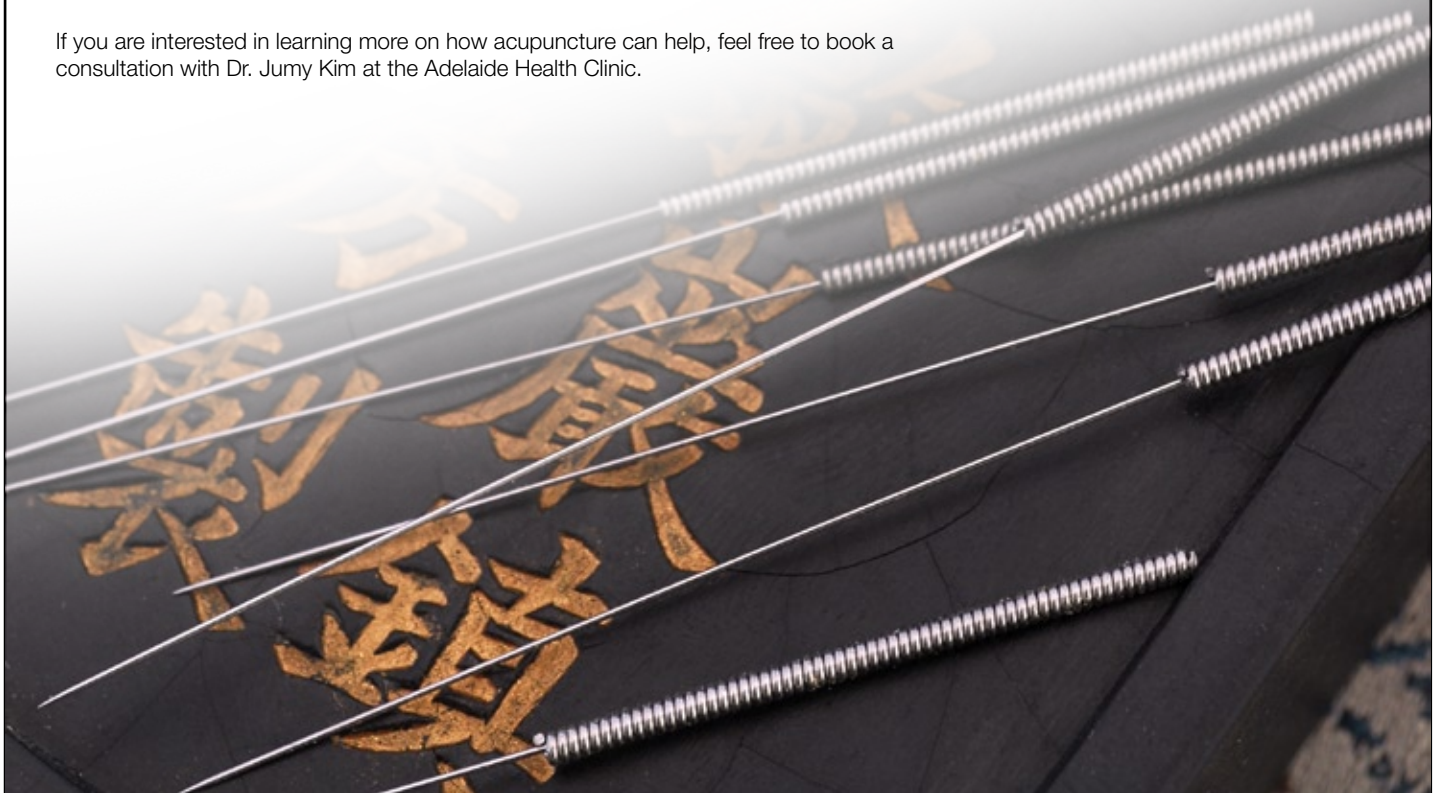
If suffering from migraine headaches, you know how debilitating the pain and discomfort can be. Pulsating pain on the side of the head is a common symptom for migraine headache sufferers. According to Statistics Canada, one in every 12 Canadians—more than two million people—suffer from migraine headaches on a regular basis. Clinical studies have shown that these throbbing headaches may be treated and possibly prevented with acupuncture.

Sometimes the flow of the body's vital energy Qi and blood from the liver is blocked, and whenever blockage occurs, pain happens. The liver is easily affected by stress and anxiety. Hence the pain of migraine headaches whenever emotions such as anger, worry, fear, shock, frustration, and resentment overwhelm or when we work excessively, both physically and mentally. Energy can also be blocked as a result of traumatic injury; external pathogenic factors, such as wind and dampness; and hormone fluctuations.

Fine stainless steel acupuncture needles stimulate specific points that help your body regulate blood flow in the small vessels that typically become constricted in a migraine attack. In addition, acupuncture releases endorphins, the body's natural painkillers. Most importantly, acupuncture relaxes tense muscles. A typical acupuncture treatment lasts from 30 minutes to an hour, and is a comfortable and relaxing experience.

Acupuncture is a safe and effective alternative to commonly prescribed pharmacological agents in the treatment of migraine headaches. In addition, clinical studies suggest it may also be effective in the prevention of migraine episodes resulting in a reduced need for pain medications over time.

If you are interested in learning more on how acupuncture can help, feel free to book a consultation with Dr. Jumy Kim at the Adelaide Health Clinic.



Preventing Running Injuries

by Dr. David Lee, D.C.

Winter is finally over and I know many of you are getting ready to hit the pavement once again either recreationally, or to prepare for an upcoming race or marathon. As great of an activity as running is, it does however create a lot of impact on the body which can lead to many injuries. Here are a few precautions that should be taken to help to minimize these.

Shoes and Orthotics

Be sure to buy a specific high-end running shoe that is suitable for your feet. If your feet are very problematic you may even want to consider custom orthotics. If you feel you are a candidate for orthotics, feel free to contact us for a free consultation.

Another very important factor is how old your shoes are. Shoes do wear out over time losing much of it's shock absorption. Here's a general guideline on how often you should replace your shoes.

Casual runner (1-2 times per week)
Every 12 months

Moderate runner (3-4 times per week)
Every 6 months

Aggressive runner (5+ times per week)
Every 3 months

Gradually Increase Your Running Distance and Intensity

The most common way to injure yourself is to do too much too soon. Start by slowly increasing your distance first, and then gradually increase your speed allowing adequate times for rest.

Warm Up

This should consist of a light jog followed by a series of stretches to not only reduce the risk of straining muscles and ligaments, but to also increase your performance as it increases blood flow and oxygen to your muscles. A warm up should last around 15 minutes.

Sports Massage

Getting a regular sports massage can flush the muscles of waste products and release tight knots, lumps and bumps in muscles that if left may cause strains and tears. If severe enough, you may want to consider ART (Active Release Therapy) a more specific and aggressive soft tissue treatment which is also offered in our clinic.

Nutrition and Hydration

Fueling and hydrating your body for these events can make all the difference in the world for not only performance, but also for injury prevention. The main reason

why people get cramps are due to lack of water and nutrients. Nutritional needs for marathon running are quite unique, so if you have questions regarding this be sure to contact Jean LaMantia our Dietitian on staff.

If you do get injured you must STOP ASAP. Continuing to run with injuries can lead to chronic situations which become increasingly difficult to resolve.

Feel free to contact me for a free consultation should you require treatment or have any questions.

Good luck with your races everyone.



Peripheral Nerve Injuries with Weight Training

By Charlotte Savela, PT

Weight training is an integral part of a workout regime. The incidence of peripheral nerve injuries associated with weight training is unknown, but clinicians are seeing more of these injuries with weights becoming more popular.

The peripheral nervous system is made up of the nerves that branch out the spinal cord to all parts of the body. Weight training can cause injury to the peripheral nerves due to improper technique, over training or a direct trauma to the nerves. Muscle hypertrophy (increase in size) is a cause that is closely associated with weight training. Lifting weights may also stretch the peripheral nerves causing injury. An example of this would be with bicep curls. Flexion

around the elbow greater than 70° stretches the ulnar nerve.

Symptoms of a peripheral nerve injury are pain, weakness and parasthesia. Most conditions respond well to conservative treatment such as physiotherapy. Prevention is the best treatment, but if injuries do occur early treatment will speed up recovery time.

A physiotherapist can accurately identify peripheral nerve injuries and their origin and develop a treatment plan specific to your needs. If you feel you may have this problem or have any other injury contact Charlotte Savela at 416-367-5200.



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