

CAULFIELD NATURAL HEALTH CLINIC



Sporting Injuries Autumn 2013

NATUROPATHIC CORNER

The Importance of Magnesium for Muscular Fatigue

Magnesium is needed for over 300 biochemical reactions in the body. It supports normal nerve and muscle function, normal cardiovascular function, and also assists the immune system.

As Naturopaths we often prescribe Magnesium diglycinate (the most absorbable form) in moderate doses for **muscular aches and pains for quick relief**. Magnesium is abundant in dark leafy green vegetables. However, most individuals who are under stress or perform regular exercise, Magnesium supplementation is needed. Speak to your Naturopath about which Magnesium is right for you!

Genya Fleischer & Galia Atteslander,
Naturopaths

Healthy Energy Balls Recipe

Ingredients:

Ten dates
One cup of raw pecans
Heaping teaspoon of cocoa powder
Dried coconut shreds (optional)
Raw cashews (optional)
Goji berries (optional)

Direction

1. Soak the dates in water.
2. Measure out a cup of raw pecans and put them in a food processor. Process pecans on low until they're nicely ground.
3. Add a heaped teaspoon of quality cocoa powder.
4. Add six soaked and mildly crushed dates to the mix. It's best to add a little water to this recipe to create proper texture.
5. Process on low or use the pulse setting until the dates and pecans become together into one mass.
6. For some variety, roll balls in dried coconut, cocoa powder, and consider adding raw nuts and dried berries on top before serving.

PHYSIOTHERAPIST CORNER

Ankle sprains

A sprained ankle is a condition characterised by damage and tearing to the soft tissue and ligaments of the ankle. The lateral ligament, which sits on the outside aspect of the ankle and acts to prevent the foot and ankle from turning inward excessively, is the most commonly affected. Ankle sprains range in severity, from a small partial tear resulting in minimal pain, to a complete rupture resulting in significant pain and disability.

An ankle sprain commonly occurs during activities involving jumping and landing, or activities requiring rapid changes in direction, especially on uneven surfaces. Some examples are basketball, football, volleyball and netball. There are many factors that can increase the risk of incurring an ankle sprain, including: poor balance, muscle weakness, poor core stability, inadequate rehabilitation from a previous sprain, poor flexibility, fatigue, and inappropriate footwear.

Physiotherapy treatment can aid rehabilitation after an ankle sprain, with various techniques to reduce pain, swelling and ankle stiffness. In addition to this a comprehensive exercise program is vital to address strength, balance and flexibility in order to return to full function and help prevent the recurrence of ankle sprains.

Shanee Fleischer, Physiotherapist

Information taken from physioadvisor.com.au

CHIROPRACTIC CORNER

Shin Splints

Shin splints is a painful condition at the front or back of the lower leg that often comes on gradually and is often worse with weight bearing. *It is often associated with running or walking on hard surfaces.* They are often a problem for people who "tough it out" through the pain and don't give themselves enough time to recover

It may be due to tendonitis, periostitis, muscle strain, trigger points, intraosseous membrane sprain or a combination of the above.

Pain at the front of the shin is called **anterior shin splints**. The muscles involved are used for shock absorption, and when they are weak or placed under increased demand such as running or walking on hard surfaces, or the shoe has no shock-absorbing quality, the force is transmitted to the shin bone and the areas where the muscles attach onto the bone.

Posterior shin splints tend to occur because the muscles at the back of the shin stabilise the ankle. They can become overstrained when the ankle over-pronates (tending towards flat feet).

Treatment:

- Rest from the causing activity
- Ice
- Kinesiotape,
- Orthotics if the shin splints are recurring / Replace shoes
- Chiropractic care
- Ankle stabilisation exercises

Dr Sandra Buchanan, Chiropractor

PODIATRY CORNER

Planter Fasciitis

Planter fasciitis is a term used to describe inflammation of the thick connective tissue band, which runs under the foot starting at the heel ending at the toes known as the planter fascia.

A common symptom of this condition is heel pain, which tends to be worse in the mornings especially after taking your first steps, after exercise, after climbing stairs and after standing or sitting for long periods of time.

Treatment of this condition normally requires more than one technique.

Examples of some treatment techniques used are;

- Strapping/taping
- Ice
- Rest
- Stretches
- Orthotics
- Heel raises
- Night splints

Sarah Jones, Podiatrist

MASSAGE CORNER

Massage and Sporting Injuries

Massage for sport injuries is a great way of taking care of injuries resulting from athletic activities. It has become a necessary ingredient for an athlete to help avoid sports injuries and for optimum performance. Massage for sport injuries is usually employed for sprains and strains. Massage is also used in the treatment of sport injuries that are commonly known as 'trigger points' or points of tension that are felt as painful knots in the muscles.

At CNHC we utilise Advanced Bowen Technique /NST, Shiatsu, Remedial/Sports massage, Dry needling, Cupping to achieve maximum results.

Benefits include: reduced recovery time between training sessions, reduced likelihood of injury, increased performance potential.

Sports Bowen therapy aids recovery from sport injuries. It reduces inflammation, ensures the development of strong new tissues and returns muscle and tendon flexibility to normal.

Rehabilitation sports Bowen can greatly increase the speed of recovery after injury and reduce the chances of re-injury.

Zhanna Khortik, Remedial Massage Therapist

OSTEOPATHY CORNER

Why do hamstring strains occur?

There are a number of reasons why hamstring strains occur but the most common are trauma, over-stretching, poor warm up before training, over use and most importantly poor biomechanics.

This includes:

- Pelvic imbalance
- Lumbar spine dysfunction
- Hip and knee problems
- Poor muscle recruitment
- Improper foot mechanics
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Any of these issues need to be addressed if you suffer from ongoing hamstring strains or other lower body strains. Imbalances in the body can often lead to a problems throughout the body.

Dr Daniella Zampierollo, Osteopath