

Newsletter

NECKSBACKSPORTS

Gentle Effective Care



Do You Have Golfer's Elbow?

THE LAWS OF GOLF

LAW 1:

No matter how bad your last shot was, the worst is yet to come. This law does not expire on the 18th hole, since it has the supernatural tendency to extend over the course of a tournament, a summer and, eventually, a lifetime.

LAW 2:

Your best round of golf will be followed almost immediately by your worst round ever. The probability of the latter increases with the number of people you tell about the former.

LAW 3:

Brand new golf balls are water-magnetic. Though this cannot be proven in the lab, it is a known fact that the more expensive the golf ball, the greater its attraction to water.

LAW 4:

Golf balls never bounce off trees back into play. If one does, the tree is breaking a law of the universe and should be cut down.

LAW 5:

No matter what causes a golfer to muff a shot, all his playing partners must solemnly chant "You looked up," or invoke the wrath of the universe.

What it is and what you should do about it.

Tennis Elbow is a commonly used term thrown around, but did you know that it does not only affect tennis players? The condition also strikes Golfers, typists, gardeners, people who write a lot and any other activity you can think of that involves the use of the elbow.

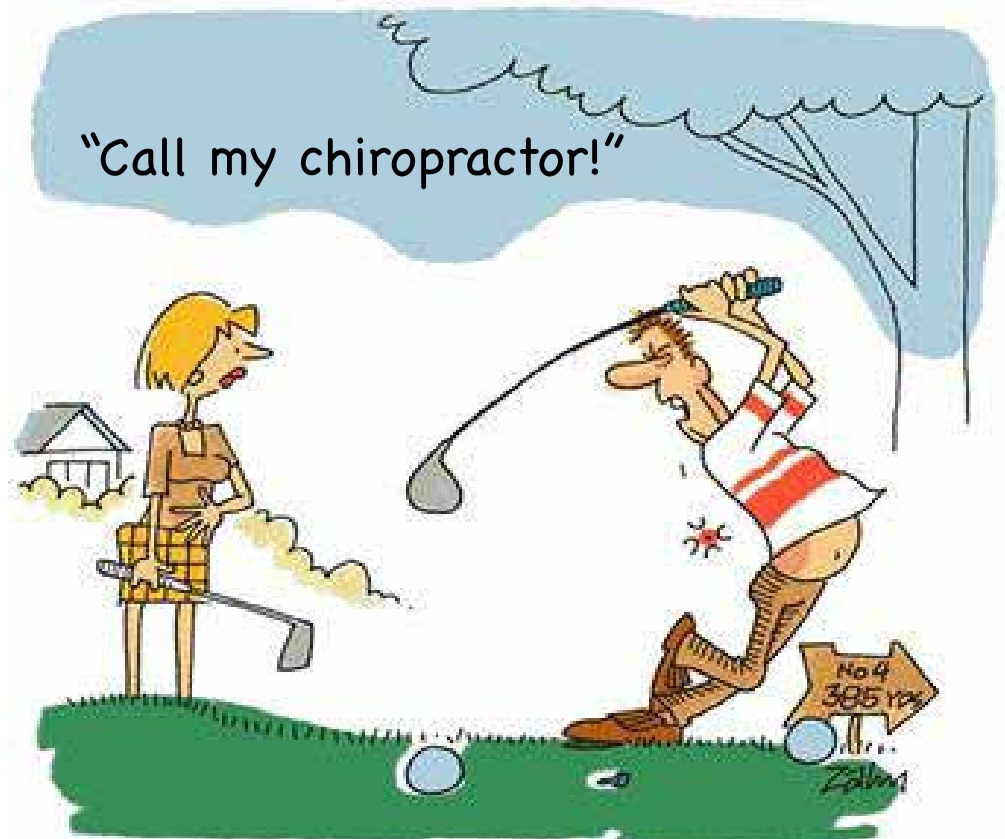
The term is used for pain that strikes the outside part of the elbow. However, with Golfers, it also strikes the inner part of the elbow. If severe enough, the pain can radiate down to the hand & forearm. The condition can cause you to drop coffee cups and find difficulty in turning door handles or gripping objects. The most common cause is usually repetitive overuse of the muscles of the elbow, forearm or wrist and hence is commonly seen in those

who may suffer from poor technique (which if you chose your friends carefully, is the guy you play with!).

So how do you get rid of it?

Overuse of the muscle usually cause "knots" in the muscle, technically

known as "trigger points". These trigger points are areas of altered circulation, which need to be massaged out. Exercises need to be given to strengthen the muscle which would have become weakened from the injury. For a brief period of time while the muscles are being strengthened, a support may need to be worn to prevent re-strain during activities of daily living. If the condition was caused by Golf then technique needs to be corrected.



Are High Heels Good For You?

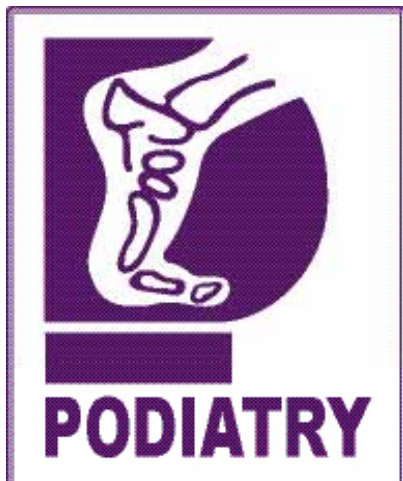
By James Teo (Podiatrist)

High heels have a dramatic effect on the posture of the wearer. Among other things, they add height, make people look slimmer and make the calf more defined. All these features which make high heels appealing are all for naught if they cause the wearer pain and discomfort.

There have been several studies examining the links between high heels and health problems, some of which include:

- 1) Back Problems : high heels tilt the pelvis forward and make the back arch, which can affect the correct functioning of the spine.
- 2) Excess strain on the knee : the body weight is shifted forward
- 3) Increased risk of ankle sprains : due to the instability of high heels (the heel area in contact with the ground is usually narrow) and the foot is in a raised and unstable position.
- 4) Shortening of the Achilles tendon and calf muscle : can result in pain and injury to the calf and tendon when wearing flatter shoes.
- 5) Increased risk of toe and toenail problems : Toes are pushed forwards into a cramped and tight space.
- 6) Burning sensation on the balls of the feet : due to increased pressure placed on the forefoot.

Though there are many inherent dangers with the wearing of high heels, it is inevitable that they will remain a part of society. The simple rule of thumb is that if you look after your feet most of the time with well fitting shoes, you can enjoy your high heels on those special occasions. Exercises and stretches prescribed by your chiropractor can also help reduce the long term affects of high heels on the body. Ask your podiatrist about specially made orthotics which can be custom made to fit shoes such as sling backs and high heels, which can make those killer heels more bearable.



CASTLE HILL PODIATRY CENTRE
General & Sports Podiatry

**ORTHOTICS FOR HIGH HEELS ARE
EXCLUSIVE TO CASTLE HILL PODIATRY**

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Dave's getting married!

That's right folks, on the 6th of January David Collins (our massage therapist) is tying the knot. As it will be so close to the Christmas break, please refer to the hours below for massage times.



NOTE:

These times are for Massage patients only.

The Clinic will be open standard hours as of 3rd January 2007.

Best of luck Dave

December 2006

22nd to 31st – Office Closed

January 2007

1st to 2nd – Office Closed

3rd - Appointments available

4th - Appointments available

5th – 8th - Unavailable

9th to 13th - Appointments available

14th – 31st – Unavailable

February 2007

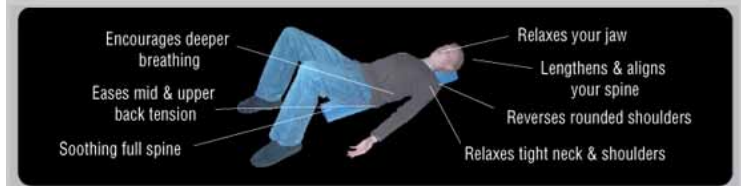
1st - 4th – Unavailable

5th Onwards - Appointments Available

Are you looking for relief from neck, shoulder & upper back posture pain?

The Posture Pole is idea for anyone who slouches or works with a head forward posture.

Posture Pole can help reduce a neck and upper back hump and is ideal for after exercise relaxation and upper body stretch. Ask one of our team for a demonstration.



funny money!

Refer a friend to our practice and you will each receive a \$10 funny money voucher. This voucher entitles each of you to a \$10 discount off your next visit. Look for your voucher in your 'Thank you' letter next time you refer a friend or relative.



NEW DEVELOPMENT



Kaushal Now Performing Acupuncture

As part of a commitment to ongoing updating of our skills and services NECKS BACKS SPORTS is proud to announce that on selected cases Kaushal is now performing acupuncture, specifically needling "trigger points". Ask him how acupuncture is tremendously beneficial, especially in situations where quick pain relief is required.

Stay tuned for more practice updates about how NECKS BACKS SPORTS is expanding its range of services and benefits.

FOCUS
HEALTH & FITNESS

It's all about you

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