

Skate Lacerations in Hockey

The first round of the 2011-12 NHL playoffs are coming to a close and much of the talk has centred around the many injuries that have occurred, mostly with regard to concussion. Detroit Red Wings centre Darren Helm did not get a concussion but his injury was a season ending one, and one that can be career ending. In the first game of their playoff series against the Nashville Predators on April 11, 2012, Detroit's Helm fell awkwardly onto Preds forward Alexander Radulov, after Helm had levelled



Radulov with a hit along the boards. Unfortunately for Helm, he suffered an injury that is as old as hockey itself – he fell onto Radulov's skate and suffered a skate blade laceration to his arm, apparently severing at least one of the multiple flexor tendons in the forearm. A tendon is the soft tissue “bridge” that acts to anchor the muscle belly to the bone. A complete laceration of any tendon can render the muscle useless unless surgically repaired and even then it may not recover 100% of the strength. Rupturing multiple tendons, and flexor tendons in particular, can leave the player with

the inability to close his or her hand resulting in a permanent, career ending injury.

The muscles in the forearm can act on the wrist and the elbow. They have particularly long tendons that get closer to the surface of the skin the closer they get to their attachment at the wrist and hand. Hockey players have a small gap

between their glove and their elbow pads right at that level leaving the tendons vulnerable to skate lacerations. In medical terms, a laceration is a jagged wound where as an incision is a wound caused to the body organs and tissues by a precision instrument (scalpel) during surgery.

Earlier this season, Former Toronto Maple Leaf, and current Anaheim Duck forward, Jason Blake suffered a wrist injury similar to Helm's after being stepped on by an opposing player. Blake required surgery and missed 34 games during his recovery.

Lacerations in hockey can be caused by the puck, a stick, the boards, and another player's fist during a

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Brain Teaser

1. Unscramble the first 5 letter word.
2. Take 2 letters from the new word and add to the next 3 letters.
3. Unscramble that word. Repeat #2 until complete.

D O L U C
B E N _ _
I P E _ _
A L T _ _
P R S _ _
I W L _ _



fight to name a few. But the most dangerous is always the sharpened skate blade. In a game on March 22, 1989, the NHL was very, very close to having its third death related to an on ice incident – the first being Montreal great Howie Morenz who died after complications from a leg fracture he had sustained during a game in 1937; and the second being Bill Masterton, a former Minnesota North Star, who died of a severe head injury after hitting the back of his head on the ice after being body checked in a game against the Oakland Seals in 1968 – when goalie Clint Malarchuk of the Buffalo Sabres had his carotid artery slashed by an errant skate blade in a game against the St. Louis Blues. Lucky for Malarchuk, the dressing rooms were at his end of the ice – experts posit that if he was at the other end there would not have been time for his life to be saved. Ironically, another close call occurred in another game in Buffalo in 2008, when Florida Panther Richard Zednik’s neck was slashed by a teammate’s skate. Both Zednik and Malarchuk would survive and continue their careers. Malarchuk’s injury played a large part in minor hockey’s decision to adopt the neck guard as part of their mandatory equipment. Some leagues now require referees to wear neck guards as well.



A skate blade to the neck is clearly a horrendous injury and the most concerning for any hockey player – but any skate blade injury can evoke shudders from even the least squeamish amongst us. Edmonton Oilers forward Taylor Hall suffered a considerable facial laceration earlier this season after colliding with a teammate during warm up. Hall wasn’t wearing his helmet and the skate blade narrowly missed his left eye. His injury evoked memories of Borje Salming the former Toronto Maple Leaf great. Salming was knocked down in front of the Leaf net during a 1986 game against the Detroit Red Wings. Salming was cut by the skate of former Wing and current coach of the Saint John Sea Dogs, Gerard Gallant. His injury required over 200 stitches to close.

Other areas of the body are also vulnerable to skate blade lacerations. In the 2010 campaign, Toronto Maple Leaf Dion Phaneuf was out for several weeks following a laceration to the back of his leg. In an effort to help with these types of injuries, several companies are developing Kevlar based equipment including hockey socks. Although skate blade lacerations are considered rare, they can be a debilitating cause of injury. Any effort to reduce these often devastating injuries should be

The Funny



Bone

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he’d left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked “Is someone in your house?” and George said no and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available.

George said, “Okay,” hung up, counted to 30, and phoned the police again.

“Hello, I just called you a few seconds ago because there were people in my shed. Well, you don’t have to worry about them now because I’ve just shot them all.”

Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to George: “I thought you said that you’d shot them!”

George said, “I thought you said there was nobody available!”





With the lack of snowfall this winter, our water reserves including ponds and lakes are predicted to be lower than normal. With this lack of available water comes the need to re-evaluate our water usage in general and see if there are areas in which we can cut back. One such means is xeriscaping. Xeriscaping, from the Greek word xeri for dry and scape meaning vista or view, embodies the principles of water conservation through the creative and appropriate use of landscaping techniques. It also results in lower maintenance time and cost of these environmentally friendly gardens.

Xeriscaping has become a way of life in areas where water is scarce. These include areas of the United States, England, France and Germany that have replaced many pristine lawns with low growing flowery meadows, and low maintenance perennials and annual plantings that require no watering. In some areas where water supplies are limited, it is suggested that homeowners leave a buffer zone between the lawn and the sidewalk to reduce the loss of water due to runoff to the city street gutters.

Some of the principles of creating a xeriscapic garden include the following: (adapted from greenlivingonline.com)

1. Planning and design

Evaluate your yard for several key factors when planning your garden. These include the views that you may want preserved or those more unsightly that you want screened; any existing plants that you want included in the new garden; slopes that may need terracing (reduces runoff of water), hardscapes or lower, poorly drained areas; micro-climates of shady cooler areas and hot and dry ones that are



created by existing building, plants and other topographic features; limit the manicured lawn to an easily irrigated shape (not long narrow strips); convert large grass areas to natural meadows with mown pathways; and group plants together based on water need.

2. Use Mulches

Mulching bare soil to a depth of two to four inches prevents water evaporation, maintains an even, cool soil temperature and prevents the germination of weed seeds. The best time to apply mulch is

in late spring after the soil has warmed, but before summer's heat begins. Mulches can also capture rain and snow to allow for slower infiltration and less run-off. Organic mulches include straw, wood chips, ground corn cobs, compost, bark nuggets and newspaper while inorganic choices include pea gravel, marble chips and stone.

3. Irrigate Efficiently

Water turf and garden areas no more often than once per week but apply at least two inches of water at a time. This forces the plants to develop extensive root systems. Drip irrigation cuts down on the amount of water lost to evaporation by sprinkler systems. Harvest the water from your roof in rain barrels.

4. Plant Selection

Xerophytic plants are those that require less water or have a more effective way of obtaining water. These include those plants with

long tap roots or those that have waxy leaves that retard transpiration.

5. Improve the Soil

Improve the soil with organic matter to improve retention and increase fertility.

6. Planting Technique

Planting techniques are important - dig a hole, fill it with water and allow it to be absorbed into the soil. Then open the soil ball spreading the roots so they will quickly grow into the surrounding area. Firm in well and water again.

Starbucks has recently admitted that it is using an insect based red dye in some Frappuccinos and pastries and would be phasing it out of its stores by June this year. The coffee/café giant was pressured into stopping its use of the red dye because of an online campaign that argued the use of the dried bug was not vegetarian or kosher. The red-dye known as carmine, cochineal, crimson lake, natural red 4, CI 75470 or E120 gets its bright red pigment from the aluminum salt of carminic acid that is produced from the cochineal insect that has been crushed and dried. Carmine is primarily used in food colouring and cosmetics.



The Cochineal Beetle is used to create a red dye used in food colouring and cosmetics like lipstick.

The cochineal insect is a sessile (meaning permanently attached), parasitic (lives off the host plant) insect that lives in the cladodes or leaf-like branches of the prickly pear plant. It has been used since pre-Columbian times in the Andean and Mesomerica's as a source of natural dyes for clothing. The insects were used as a tribute during the Aztec Empire and Spanish domination of America and the dry insect was second in the export trade to silver. In an attempt to break the Spanish

monopoly on the trade of this valued red dye, the British, who used the dye in their army "Red Coats", attempted to introduce the prickly pear to British controlled countries including South Africa and Australia. Unfortunately, the cochineal insect died off in their new environment, while the prickly pear became a serious weed problem spreading uncontrolled across the various territories. Not until the introduction of the prickly pear's natural enemy, another species similar to the cochineal insect, was the spread of this weed controlled.

Admittedly, the thought of eating dried bug is revolting to most. However, some experts argue that it is a natural product and that the alternative is a chemically based additive which comes with its own problems. Others argue that the product should just retain its original colour no matter how off putting it may look. My strawberry Frappuccinos may never look the same!!!

Brain Teaser Answers

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|-----------|---|-----------|
| D O L U C | = | C L O U D |
| B E N _ _ | = | N O B L E |
| I P E _ _ | = | O P I N E |
| A L T _ _ | = | P L A N T |
| P R S _ _ | = | S T R A P |
| I W L _ _ | = | S W I R L |



Services

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