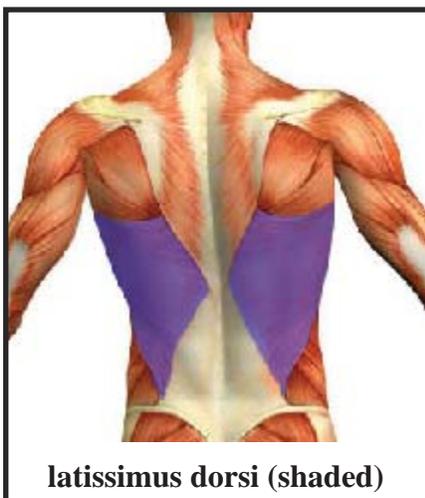


Roy Halladay Out with a Lat Injury

Former Toronto Blue Jays ace and current Philadelphia Phillies pitcher, Roy Halladay was diagnosed with a strain of his latissimus dorsi muscle and is expected to miss 6 to 8 weeks. Halladay lasted only two innings during his start on May 27th against the Cardinals and left the game with “right shoulder soreness”. That soreness was diagnosed as a lat strain and confirmed as such on second opinion.

The latissimus dorsi or lat muscle is a broad muscle that emerges from your sides to attach into the groove in your upper arm that houses your bicep tendon. It is known as the Miss between



latissimus dorsi (shaded)

two Majors as it attaches in the intertubercular groove between the Pec Major and the Teres Major. The lat tendon also twists prior to the attachment so that the lower fibres of its muscle belly attach more superiorly onto the arm. The main action of the lats is to pull the arm down from an overhead position. It is also a fairly powerful internal rotator of the arm which is one of its main actions during pitching.

There are very few reported cases

of lat tendon tears in the medical literature – although the majority of the cases have been reported in water skiers and baseball pitchers. The lat muscle has been studied as part of the throwing motion and is very active from the late cocking phase into the acceleration phase. It continues to be active into the follow-through phase of pitching. One author has noted that there is

a significantly higher activation of the lat with professional pitchers than amateur pitchers.

In a study of 16 pitchers that had lat injuries, the players averaged 9 days of inactivity after the discontinuation of pitching (range 1 to 28 days) and averaged 10 days before starting some form of rehabilitation. Players averaged 35.6 days after the injury before they started throwing again but those with an avulsion of the tendon averaged 65.5 days before throwing. The mean time to throwing off of a mound was 61.9 days (range 8-150 days). The average time lost for injuries that were not season ending was 12 weeks – but all of the athletes were able to return to pitching by

IN THIS ISSUE

Roy Halladay Injury	Page 1
Brain Teaser	Page 1
Baseball Month	Page 2
Funny Bone	Page 2
Insomnia Month	Page 3
Mental Environmental	Page 3
Nutrition Corner	Page 4
Brain Teaser answers	Page 4



Brain Teaser

Complete the following four 5-letter words. The missing letters spell out, in order, an exotic bird.

_ _ A M E

C _ _ E L

S P _ _ E

B I N _ _



Halladay Injury Continued

the following season.

All injury recovery is dependent on severity. Hopefully Halladay's injury was caught early enough that his recovery will be within the estimated 6-8 weeks because 12 weeks without Halladay in their rotation could cost the Phillies a chance at the post season. It's clear from the stats outlined above that latissimus dorsi injuries can be severe and although rare, can cost some pitchers their entire season.

Halladay wasn't enjoying his best season in the majors by any stretch. Even though he was leading the National League in innings pitched, his 3.58 ERA was more than a run higher than his previous 4 years season ERA. It may be that this lat injury was bothering him more than he reported and while he thought he could muscle through it, it was at the cost of some control on his pitches. The lat injury could have theoretically cost him some velocity although that has yet to be reported. At any rate, a healthy Roy Halladay will be needed if the Phillies hope to return to the post season again this



Baseball History

(from MSN.ca)

Tracing the history of baseball is a tricky exercise, in that the more you learn, the less you seem to know. A direct descendent of folk games like cricket and rounders, baseball first became known in its modern form in the early 1800s, and for the longest time was attributed to Abner Doubleday, an American military man. In fact, Doubleday never claimed to have created the game, and his New York Times obituary in 1893 makes no mention of baseball at all. What is now known is that the official rules for baseball were written in 1845, a year before its first game was played in Hoboken, N.J. Professional baseball leagues soon sprouted, though Major League Baseball took until 1869 to get off the ground.



A new pastor was visiting the homes of his parishioners.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid, for I was naked."



Did You Know???

The first set of baseball rules were published by Alexander Cartwright in 1845 and were known as the Knickerbocker Rules.



Can't Sleep - Maybe You're Scared of the Dark

A recent study done at the Ryerson University in Toronto looked at the relationship between insomnia and having a fear of the dark. Insomnia is a clinical condition defined by a person's inability to fall asleep or to stay asleep through the night. It can be affected by many things including poor sleep habits, a poor sleeping environment (too much noise or light), shift work, medication or drugs (eg. caffeine or alcohol), and physical, social or mental health issues including stress, anxiety and depression. Now, it seems, we may be able to add a fear of the dark to that list.

The study, presented at the annual meeting of the Associated Professional Sleep Societies, measured blink responses to sudden noise bursts in light and dark surroundings. The good sleepers became accustomed to the bursts while the poor sleepers grew more anticipatory in the dark surroundings suggesting some anxiety associated with the dark conditions. Nearly half of the participants who reported having poor sleep also reported a fear of the dark. Previously, clinicians viewed this increased anxiety as the patient associating the bed with being unable to sleep but are now considering a treatable phobia as a component.

In a report done in 2002 by Statistics Canada, there was an estimated 3.3 million Canadians aged 15 or older, or about 1 in 7, have insomnia. Just under 20% of these people average less than five hours of sleep per night while only 2% of people without insomnia report less than five hours per night. For the most part, insomnia biggest complication is the feeling of daytime

sleepiness but there is evidence that a lack of sleep lowers your body's immune system making you more susceptible to infection and other diseases. Lack of sleep has also been implicated as a cause of motor vehicle accidents.



Phobias are defined as an intense but unrealistic fear that can interfere with the person's ability to socialize, work, or go about life. These phobias can be brought on by an object, event or situation. Phobias are a subcategory of

a large group of mental health problems known as anxiety disorders. Statistics on phobias are varied which may be due to the social stigma associated with mental illness in general. A couple of surveys report that 1.9% of adults in Britain report experiencing a phobia while 7.7% of Canadians and 13.3% of Americans also report a phobia. The fear of darkness phobia, also known as achluophobia, nyctophobia, lygophobia and scotophobia, is common in children and is considered by some to be a normal phase of child development. The fear itself is not really about the darkness but more about what dangers lurk in the darkness.

The researchers at Ryerson University are hopeful that their study will shed some light (pun intended) on helping those with insomnia by identifying those with

a fear of the darkness and treating them accordingly. Clearly it may help up to 50% of those with insomnia that may have been more resistant to treatment in the past just due to a lack of treatment of their phobia.



Mental Environmental



Buying Organic - Good for You and the Environment

Reduce your carbon footprint by buying organic. Studies show that organic farms use approximately 45 percent less energy per unit of production than conventional farms. Organic farms also store a lot more carbon in the soil, rather than releasing it to the atmosphere, than conventional farms. Optimally, find a local farmer that grows organic for your shopping needs. *from greenlivingonline.com*

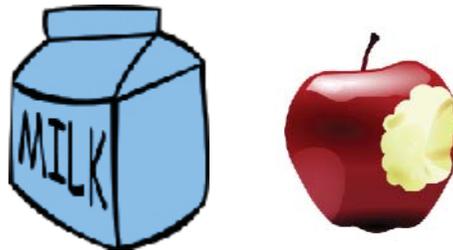
Children's Nutrition Concerns

A recent article on CBC news reported on a study of 3500 preschoolers in Toronto. The study, done through St. Michaels's Hospital, found that 7% had low iron scores while 30% of the children under 5 years had vitamin D deficiency.

Iron is an essential ingredient needed in the transport of oxygen to the brain through the red blood cells. Each red blood cell contains hemoglobin and without iron, the oxygen cannot bind properly in order to be delivered to the tissues. Iron deficiency in children has been associated with cognitive developmental delays, anemia and in extreme cases, stroke.

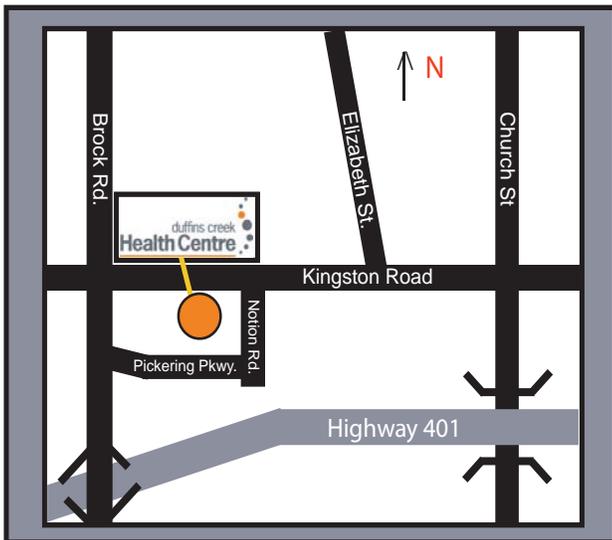
Vitamin D is an essential ingredient in many necessary reactions in the body. Vitamin D is necessary for the absorption of calcium which is vital to healthy bone growth and stability. Rickets is a condition in children that is caused by a vitamin D deficiency. It also helps to modulate cell growth, neuromuscular and immune function as well as the reduction of inflammation.

Summer holidays, although great when you are a kid, signals the end of the breakfast and lunch programs at the schools. Without these programs, many underprivileged students will go hungry or will make less than optimal food choices. This can further promote inflammation, high blood pressure and high cholesterol, diabetes and obesity.



Brain Teaser Answers

F L A M E
C A M E L
S P I N E
B I N G O
 = FLAMINGO



Services

Chiropractic
Massage Therapy
Acupuncture
Kinesiology
Sports Specialists
Soft Tissue Therapy
Naturopathic Medicine
Diagnostic Imaging Services