

Tigers Achilles Heel

Tiger Woods has recently returned to golf following an extended layoff due to injury. His knee injury, and subsequent surgery, following the US Open in 2008 was back to haunt him as well as an Achilles injury. The knee injury is well documented but the ankle injury seems to be more recent.

The Achilles tendon is the large tendon that attaches your calf musculature into your heel bone (or calcaneus) and essentially allows us to walk, run and jump because it pushes our foot into the ground to propel us forward and/or up. The two most common Achilles injuries are ruptures, either partial or complete,



and tendinosis. Complete Achilles tears or ruptures are devastating injuries to any athlete but especially those that involve running or jumping. It is estimated that 60-75% of Achilles ruptures occur during sport compared to only 2% of other tendon ruptures in the body. Achilles ruptures most often occur in middle-aged athletes that are just getting back into sport and are detrained but the can occur at any age.

Achilles tendinosis refers to a degenerative process that occurs in the makeup of the tendons cells specifically in the collagen fibres. When a tendon is used, it needs time to heal afterward in order to make that tendon stronger so that it can sustain the increased load

imposed on it. In an overuse situation, the tendon isn't given appropriate healing time and as a result, inadequate collagen is laid down and it's been found that this can lead to pain. This is different than a tendonitis in which the overuse leads to an acute flare up with active inflammation present – which causes pain.

Eccentric exercises are considered the standard of care for all things –osis including the Achilles. Eccentric refers to the return phase of an exercise – consider doing a bicep curl – the concentric portion is the biceps contracting to bring the hand to the shoulder. The eccentric portion is

the lowering or returning of the hand to the start position. For the Achilles, the patient would push up on their toes with two feet on a stair, then lower themselves slowly on the affected leg until the heel is stretched below the stair (as an example). A recent study looked at the use of laser therapy after an eccentric exercise protocol and found that, while both groups improved, the laser group helped speed up the effect of the eccentric exercises ie. improvements occurred in 4 weeks compared to 12 weeks.

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BRAIN TEASERS

What's in a Name?

All of the letters in the alphabet are used in the names of these Pro Sports Teams. Use all of the letters only once and for a bonus name the city they play in. All of the letters but Q are major sports teams.
eg. Q – Olympi_ues Gatineau (QMJHL)

Br__es
Wh__e So_
_a_th_rs
_ow__s
_ea_aw_s
_a_a_s
__a_es
_i_ar_s

Terry Fox - A True Canadian Hero

This year marks the 31st anniversary of the Terry Fox Marathon of Hope. This year on September 18th the Terry Fox Run continues, across Canada and internationally, in his name. This year is especially poignant with the loss of Terry's mom earlier this year in Chilliwack, B.C. Terry's mom Betty passed away on June 17th at the age of 73.

Betty Fox lost her son Terry to cancer 30 years ago and in those 30 years would help to develop not only the Terry Fox Run but also the Terry Fox Foundation. It is estimated that she spoke to more than 400,000 school children alone during her 25 years of touring the country. Her legacy continues to resonate across the country through the memory of each of her speeches culminating with "Never, ever give up on your dreams".

Terry Fox, was only 18 years old, when he was diagnosed with osteogenic sarcoma of his right leg which had to be amputated. In an effort to raise awareness and money



for cancer research, a 21 year old Terry would begin his Marathon of Hope. He would cover 5374 km over 143 days (37.6 km/day average) before the cancer would return and he would have to end his

marathon on September 1, 1980. He would pass away the next June but not before finding out that his dream of ongoing fundraising would be realized with an annual Terry Fox Run.

Osteogenic sarcoma, or osteosarcoma, is a primary tumour of the bone occurring most commonly in the larger bones including the shin (tibia), thigh (femur) or upper arm (humerus) but can occur anywhere. It usually develops during the rapid period of growth that occurs in adolescence as a teen transitions into adulthood. The average age of diagnosis is 15 years old and affects boys and girls equally. In many cases, the cancer cells spread or metastasize to other areas of the body becoming a secondary tumour in that area. Unfortunately, for Terry Fox, his tumour metastasized and it would ultimately take his life.

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Another recent study looked at the effects of platelet-rich plasma (PRP) injections into the tendon in conjunction with an eccentric exercise program. PRP is increasingly used in the treatment of tendon injuries as a means to increase healing. A subjects own blood is drawn, treated with an anti-coagulant, then centrifuged to increase the percentage of platelets versus plasma (about a 5X increase over regular blood). The PRP is then injected into the affected tendon in the hope of increasing growth factors that aid in healing. Unfortunately, the study did not show any benefit compared to the eccentric exercise program alone.



The Funny Bone



Autumn is a season for big decisions -- like whether or not it's too late to start spring cleaning.

The autumn leaves are a lot like raising kids. First they turn on you, and then they fly away. And next thing you know, you look out the window and they're back!

I got tired of looking at all those leaves in my yard, so I got up off the couch and went into action. I closed the curtains.

AND ... The best thing about the autumn -- the Maple Leafs still have a chance to win the Stanley Cup!!!

NHL Players Recent Deaths

In the last few months, the NHL has lost 2 players – both found dead in their respective homes. The latest, Rick Rypien, was a member of the newly re-formed Winnipeg Jets and was recently traded from the Vancouver Canucks. The cause of death has yet to be determined but many speculate that it may be related to his ongoing issues with depression. Rypien had not played much since an incident with a fan in Minnesota earlier last season. He had finished the season with the Manitoba Moose in the American Hockey League after coming back from an extended leave of absence with the Canucks.



The other recent loss was to the NHL's Minnesota Wild. Enforcer Derek Boogaard was found dead in his apartment on May 13, 2011 as the result of mixing the narcotic OxyContin and alcohol. He had allegedly taken the OxyContin that was prescribed to someone else, during a night of partying.

OxyContin is the brand name of a time-released version of oxycodone designed to give longer lasting, round-the-clock relief from pain. Oxycodone is an opioid drug similar to morphine, codeine, heroin and methadone and can be found in other brand name drugs like Percocet, Oxycocet, and Endocet. Percocet is designed to give up to 5 hours of relief

compared to the 12 hours expected with an OxyContin. If crushed or chewed the OxyContin can be used by drug abusers in order to get high because all of the oxycodone is released at once. When used in this fashion, OxyContin is highly addictive.

The real danger with OxyContin occurs when it is taken in combination with alcohol, other opioids, or tranquilizers. OxyContin is a depressant that slows your central nervous system – an area of the brain that controls thinking, behaviour, breathing and heart rate. Alcohol and tranquilizers also depress the central nervous system and this becomes deadly if used in combination with an opioid. In many the cases, the person falls asleep and doesn't wake up. Unfortunately, Derek Boogaard fell victim to this deadly combination and left us much too soon.

Did You Know?

The Achilles tendon is named after Achilles: the ancient Greek hero of the Trojan War. Achilles was invulnerable except for one spot on his heel. After many adventures and victories he was killed by an arrow shot into his heel. The arrow that felled the mighty Achilles was shot by none other than Paris (who started the Trojan War by kidnapping Helen from Greece), who was aided by Apollo (God of Music and Archery). As a result of the Achilles legend, the expression Achilles heel came to mean a fatal vulnerability, and the tendon connecting the heel to the calf became known as the Achilles tendon.



Mental Environmental



Deck season is almost over for this year but those that are planning on a deck for next year may choose a green alternative for their deck material. Composite wood decks have gained ground over the last 10 years or so in the deck material market. The composite wood is made of waste wood fibres and recycled plastics including grocery bags that would otherwise find a home in the landfill. They can be susceptible to weather and may warp over time if incorrectly installed but when correctly done can last greater than 20 years. They are a great green alternative in terms of their use of recycled materials but what happens when they are ready to be recycled? At present, there is no great way to recycle the composite wood and many times must be dumped. Unless some new technology is created to separate the components this may be a drawback to using composite wood. The good news is no new trees are cut down to produce this deck material.

Red Meat in the Diet

Oh the smell of the barbecue, grilling up the hamburgers and steak over the summer months!!! To many, the barbecue is one of the staples of summertime. But how much meat is too much? In Great Britain, these questions have been raised and reported on in the latest issues of the Nutrition Bulletin.

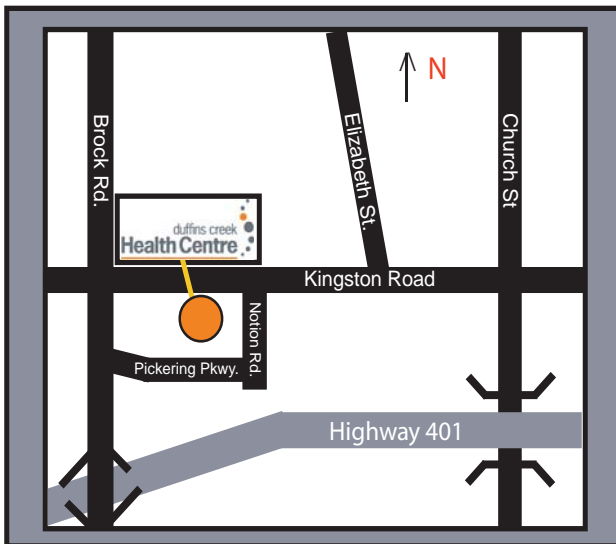
An independent committee of nutrition experts that advise the government on diet and nutrition known as the Scientific Advisory Committee on Nutrition or SACN recently took an evidence-based look at the amount of red meat that should be consumed on a daily basis. This was in part to assess the amount of iron needed in the diet and its effects on health. As red meat is a major source of iron, as well as selenium, zinc, and B vitamins, the report looked at the Brits consumption of red meat.

The study agreed with earlier government reports that there is probably a link between colorectal cancer and the consumption of red meat in high consumers – those

that average 140 grams/day of red and processed meat. Colorectal cancer is the 4th leading cause of cancer deaths in the UK. They suggested that consumption rates be reduced to an average of 70 grams of cooked meat per day (which is the equivalent of 100 grams of uncooked meat) or approximately 500 grams/week. This would be the equivalent of 2 average retail grilled 100% burgers, 3 average slices of ham, and 1 lamb chop.

Brain Teaser Answers

Q - given	
Braves	Atlanta
White Sox	Chicago
Panthers	Carolina, Florida
Cowboys	Dallas
Seahawks	Seattle
Jaguars	Jacksonville
Flames	Calgary
Wizards	Washington



Services

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