



SANTIAGO CHIROPRACTIC ASSOCIATES

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LINCOLN TUNNEL 5k WALK/RUN CHALLENGE 2015



Lake Hiawatha, NJ, Feb. 2015—It's that time of the year again! Time to join Team *Santiago Chiropractic* in our 6th year of participating in the Lincoln Tunnel 5k Walk/Run Challenge on April 19, 2015 to support the Special Olympics of New Jersey. All patients, family and friends are welcome.



Melissa Muilenburg,
*Massage Therapist/
Run Coach*

You may also take advantage of SCA's Massage Therapist and Certified Run Coach with Team in Training, Melissa Muilenburg, who has offered to provide one-on-one or group consultations for participants who are interested in developing a customized training schedule to get you ready for April 19th.



Dr. Andrew Blonski,
Exercise Physiologist

This year we look forward to seeing both new and returning faces at the race and to help encourage your success, Santiago Chiropractic is proud to offer additional assistance in preparation. To support your training or perhaps any of your 2015 fitness goals, you may want to consider an appointment with our newest staff member, Dr. Andrew Blonski. Dr. Andrew spent November and December of 2014 serving as an extern in our office and will be joining us this year to offer our patients ancillary services. These services will include Health and Wellness Assessments to determine baseline levels of fitness for those just getting back into an exercise routine as well as biomechanical and gait analyses using our OptoJump software to help our athletes identify strengths and potential weaknesses that may be limiting performance.

Once you have registered for the race (see directions below), you will receive email updates from our office to fill you in on the specifics for the day as it gets closer. In the meantime, with questions about the race or if you would like to take advantage of any of the additional services offered at Santiago Chiropractic please call our office or email: santiagochiropractic@gmail.com.

PS—For those wondering, we will also continue our tradition of hosting a tail-gate party following the event in our new and improved location!

Directions to Register:

- Go to www.LTC5k.org
- Click on "LTC5K Registration"
- Read the waiver & Click on "I agree"
- Click on "Join a Team"
- Select "Santiago Chiropractic"
- Click "Continue"
- Follow the Directions to complete registration!



For more health tips and ways to eat well,
move well and think well:
[Like Us!](#) "*Santiago Chiropractic Associates*"



A Balanced Approach to Rehabilitation & Sports Performance



Injuries/Balance Relationship

When watching the teams of elite athletes march into the stadium during the 2014 Sochi Olympics, you might assume they all are paragons of strength, coordination and balance. After all, how could they get to that level if they weren't? But of the more than 2,500 athletes who competed in the most recent Olympic Games, 11.2% reported suffering injuries. A significant number of those injuries, however, might well have been prevented with the right kind of training and rehabilitation.

Because the focus of training is so often based on one's sport, many times the smaller, synergistic balance and control muscles are neglected. Most athletes have such tremendous gifts and have trained so much that they can actually compensate for lacking coordination and balance. However, many times this can lead to a decreased ability to perform or even increased injury risk.

A substantial body of research has demonstrated that impairments in balance and proprioception are significant contributors to injuries among athletes and that balance training can help to reduce injury risk. This applies to both elite athletes and you.

How can you check if you or your athlete may be at risk?

One of the simplest tests of proprioception is to balance on one foot with the eyes open and hold that position for 20 seconds. Next, close your eyes and do the same thing. With the eyes closed, you lose your visual-ocular reflex and depend solely on the proprioceptive system. If you find yourself hopping around within a few seconds, we know there may be an issue.

What can you do about it?

Most easily—you can practice standing on one foot with the eyes closed for a few minutes, three or four times a day. You will be amazed how quickly your body will adjust. Once improved with this exercise, we typically move our athletes to a soft pad creating instability and then move to using a BOSU ball for squat balance training, etc.

We see young athletes being mismanaged every single day, which can turn them into young adults, middle-aged and older adults with chronic problems. Using multimodal approaches to musculoskeletal care with goals to improve an athlete's function as opposed to simply managing symptoms can have a significant impact on injury reduction.



10 Safety Tips for Healthy Shoveling

1. Stay on top of the snow: Clear the snow every few inches instead of waiting for the snow to stop falling before you head outdoors.

2. Wear breathable layers: Wearing layers of loose clothing so you can peel a layer off if hot. Avoid wearing heavy wools or other materials that don't allow perspiration to evaporate. Better choices are Dri-Fit or Wick Away clothing.

3. Watch your feet: Wear quality waterproof boots with good traction to ensure you don't slip and fall.

4. Take time to stretch: Shoveling snow is a workout. Warm up your muscles particularly because you are shoveling snow in the cold weather to prevent injury and fatigue.

5. Push snow straight ahead: Don't try to throw snow. Walk it to the snow bank. Avoid sudden twisting/turning motions.

6. Drink up: Take frequent breaks and stay hydrated. Drink water as if you were enduring a tough workout at the gym or running five miles.

7. Don't play in traffic: When shoveling snow near streets, pay attention to the traffic since vehicles may not have good traction in the snow and ice.

8. Call and text: Have your cell phone on you so you can make a call in the event of an emergency.

9. Bend your knees to lift when shoveling: Let the muscles of your legs and arms do the work, not your back.

10. Stop if you feel chest pain, get really tired or have shortness of breath. You may need emergency medical assistance.

