



SANTIAGO CHIROPRACTIC ASSOCIATES

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LTC 5k Walk/Run Scheduled Earlier in 2016...SIGN UP TODAY!



Lake Hiawatha, NJ, Feb. 2016—It's that time of year again! Time to join Team *Santiago Chiropractic* in our 7th year of participating in the Lincoln Tunnel 5k Walk/Run Challenge in support of the Special Olympics of New Jersey. This year, the challenge and annual post-race tailgate will take place on April 10, 2016, a couple of weeks earlier than previous years. All patients, family and friends are welcome.

We look forward to seeing both new and returning faces at the race. To help encourage your success, you may also want to take advantage of SCA's Massage Therapist and Certified Run Coach, Melissa Muilenburg, who has offered to provide complementary one-on-one or group consultations for participants who are interested in developing a customized training schedule to get you ready for April 10th!

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, if you have any 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: dr.scarano@santiagochiropractic.com.

Directions to Register:

- Go to www.LTC5k.org
- Click on "Register"
- Click on "Join a Team"
- Select "Santiago Chiropractic"
- Click "Continue"
- Select \$40 Pre-Registration
(We will pick up your bib for you)
- Continue following directions to complete registration!

What's for dinner??



Do you spend countless time each week planning meals or wandering around the grocery store wondering what to make for dinner? Then consider **Blue Apron!** *Blue Apron* is a company that delivers farm fresh ingredients—perfectly pre-measured along with exciting, seasonal recipes created by renowned chefs to your doorstep. The ingredients arrive on a day that best fits your schedule in a refrigerated box and

delivery is free! Your meals (500-700 calories/serving) can be customized to meet some dietary requirements and no recipe is ever repeated in the same year. The cost/meal is \$9.99 or less depending on the quantity you order. So—if you are looking for a way to save money, save time in the store, expand your cooking repertoire and guarantee yourself meals made without processed foods to make for a healthier new year, check out *Blue Apron* (www.blueapron.com)!





SCA Introduces In-House Recovery Treatments



It's a day or two after a heavy-lift, a long run, a hard practice or a big race and you want or have to get up and get back at it, but your heavy and sore legs have other plans. Does this sound familiar?

Competitive and endurance athletes often strive to achieve the perfect balance of performance and recovery and it is the goal of any sports medicine department to provide these athletes with a means to reach this end.

Physical activity has been shown to increase muscle damage over time with repetitive stress. In addition, the acute accumulation of blood lactate (BLa) during high intensity exercise is shown to be a factor in muscle fatigue and can have a negative effect on subsequent performance. It is for this reason it becomes important for athletes to optimize a recovery method such as an active cool-down—defined as sustained exercise at a submaximal level in order to return to baseline. A lack of appropriate recovery may result in an inability to train at the required intensity or compete at optimal performance moving forward.

With the advancement of technology, several therapeutic modalities have aimed to mimic a “cool down” to decrease the recovery time between training sessions and competitions specifically. One such modality that can promote recovery after or during athletic activity is called intermittent pneumatic compression (IPC). IPC, in theory, is designed to mimic the anatomical muscle-venous pump to circulate blood from the extremities toward the heart and lungs where it is re-oxygenated and then brought back to the heart to be re-circulated.

Research has shown that muscle recovery is significantly more effective and produces greater muscle performance than passive rest recovery when IPC is applied to the lower legs. IPC is also effective in decreasing exercise-induced swelling, pain, stiffness and delayed on-set muscle soreness (DOMS) via decreasing the build up of lactic acid.

This month, Santiago Chiropractic proudly introduces its very own in-house recovery treatment via IPC with the NormaTec Pulse Pro. This system is an FDA-cleared pneumatic compression device made up of multi-chambered inflatable sleeves which can inflate at prescribed pressures (See *Figure 1*).

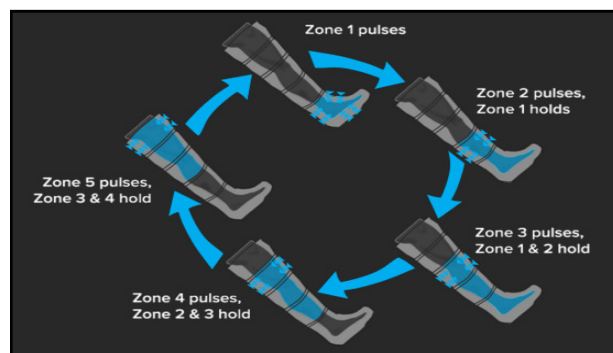


Figure 1. Demonstration of how NormaTec pulse massage pattern moves upward from the foot, zone-by-zone massaging the limb, mobilizing fluid out of the extremity.

While NormaTec Pulse Pro is targeting endurance athletes such as marathoners or tri-athletes, Cross-Fitters and collegiate/professional athletes, any level of athlete who works hard enough to induce DOMS may benefit from an IPC session. It has also been cleared by the FDA for use in post-traumatic/surgical patients, those with lymphadema, venous insufficiency or other edematous conditions.

If you are interested in experiencing IPC with the NormaTec Pulse Pro to enhance your recovery, SCA currently has both the leg and hip accessories available for trial use. A typical session time is 20-60 minutes. If you'd like more information, talk to Dr. Santiago or Dr. Scarano during your next visit to the office!



For more health tips and ways to eat well, move well and think well:

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