

Exercise And Target Heart Rate

It is recommended that you should exercise at least 3 times per week in order to stay healthy. But how much exercise should be done (how long, how intense, etc.)? This can be determined by utilizing target heart rate (THR). Your maximum heart rate can be determined by using 220 minus your age. So if you were 25 years old, then your maximum heart rate would be 195 beats per minute.

When exercising for cardiovascular fitness, you should be at 70-85% of you maximum heart rate. Therefore if you were 25 years old, your heart rate should be in the 136-166 beats per minute range in order to achieve aerobic conditioning.

When exercising to burn fat and lose weight, you should be at around 60% of your maximum heart rate. So once again for the 25 year old, the heart rate should be around 117 beats per minute while exercising for fat burning.

Before beginning any exercise program, you should consult with your doctor as to how you should proceed.

Shoulder Impingement

Shoulder injuries are very common among athletes. This is because the shoulder joint is structured to be more mobile and less stabile. The shoulder joint is held in place by four muscles. These four muscles make up the rotator cuff and are: supraspinatus, infraspinatus, subscapularis, and teres minor. As a result of the demands placed on the four muscles, various impingement injuries can occur.

There are 3 different types of impingement syndromes and all three affect the rotator cuff. Impingement syndrome is very common in athletes who utilize overhead motions.

Impingement syndrome is diagnosed through the use of orthopedic tests, and possibly x-rays or MRI. Impingement syndrome can be treated conservatively through the use of ultrasound, manual muscle therapy (myofascial release), and strengthening and flexibility exercises.

Functional Motor Pathology And Chiropractic

What is a functional motor pathology? When an injury occurs to a joint, the integrity and mobility of the joint is affected. In essence, the joint loses mobility. Joint hypomobility can lead to pain and muscle dysfunction. Once a joint loses its normal range of motion, the muscles around the joint try to stabilize the joint by increasing muscle tone. This increase in muscle tension leads to fatigue, pain, and muscular imbalance. This process tends to decrease physiological motion and less gross muscular activity occurs. This ongoing reinforcement of atypical motor patterns is a functional motor pathology. These functional motor pathologies can lead to decreased muscle strength, decreased muscle flexibility, decreased function in the muscles and joints, and ultimately decreased performance for that particular group of muscles. This process is very important for athletes because they rely on their muscles and joints in order to perform at their peak ability.

The assessment of joint dysfunction and muscular imbalances is very common in Chiropractic offices. There must be normalization of muscle tissues, which is achieved through some type of muscle therapy, as well as stabilization of the joint complex, which is achieved through manipulation and stabilization exercises. The therapeutic exercises prescribed by the Doctor are very important for decreasing pain but also for helping to prevent future reoccurrences.

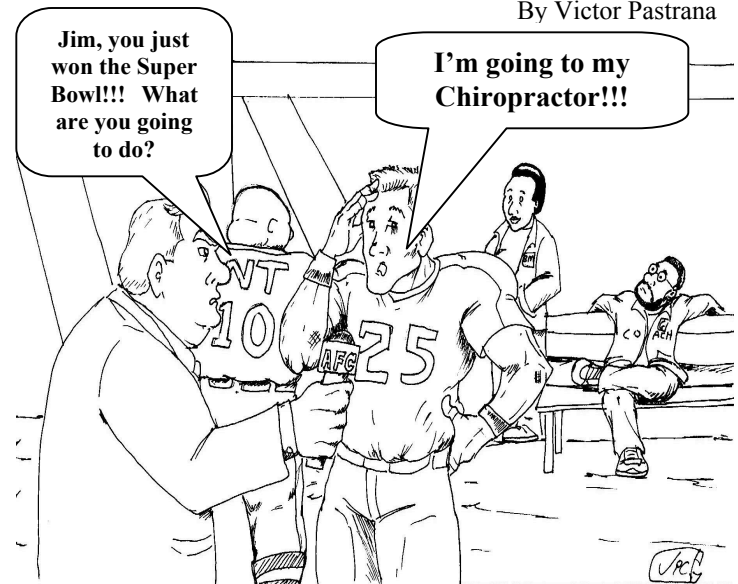
Ankle injuries

Ankle injuries are the most common injuries among athletes today. The most common type is an inversion sprain, which is when the foot turns inward. When this occurs, the ligaments on the outside of the ankle become stretched. The most commonly affected ligaments affected during an inversion sprain are the anterior talofibular and calcaneofibular ligaments. These stretched ligaments do not return to their normal length after the ankle heals. As anyone who has ever sprained their ankle before knows, it is never the same afterward. Because these ligaments are stretched, there is an inherent instability in the ankle joint. This instability increases the likelihood of future sprains.

Ankle sprains are treated with rest, ice, compression, and elevation (RICE). Manipulation, and therapeutic modalities such as ultrasound can also be used. After ankle sprains heal, most athletes do not rehabilitate the ankle joint to help prevent future injuries to the area. Exercises such as proprioceptive ankle training help to strengthen the surrounding musculature and stabilize the ankle joint. Ankle taping can also be used to reduce the incidence of further injuries. Most Chiropractors are trained in helping to rehabilitate the ankle after injury. Speak to your doctor or Chiropractor if you have any questions.

Lumbar Loonies

By Victor Pastrana



**To make an appointment at All Family Chiropractic call (914) 375-0050
Office Hours: Mon., Wed., & Fri. 8:30am to 7:30pm and Sat. 10-2 or by appointment. Call Today!!!**