



Transitions

A publication of New York Chiropractic College

November/December 2010



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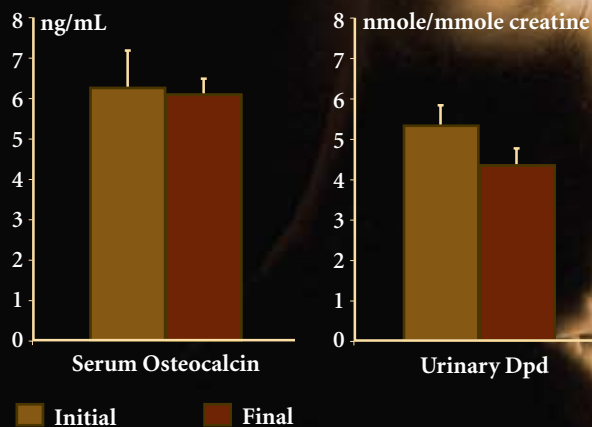
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November/December 2010

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TRANSITIONS is a publication of New York Chiropractic College and is distributed to more than 7,000 professionals, State Boards, Associations, State Publications, all NYCC students and other interested parties.

TRANSITIONS and New York Chiropractic College shall not be responsible for lost copy or printing errors.

TRANSITIONS is published six times a year.

Erratum: On page 36 of the September/October issue of *Transitions*, Bryan Isacks' name was spelled incorrectly. Please accept our apology.

Transitions surveys current literature and reports items bearing relevance to featured *Transitions* topics. Our staff makes every effort to relate the information in a relaxed and unencumbered style. We therefore, in many cases, dispense with citations that might otherwise detract from the magazine's overall readability. While we attempt to ensure that the information provided is accurate, timely and useful, we nevertheless acknowledge the possibility of human error and changes in medical sciences. The authors and New York Chiropractic College consequently cannot warrant that the information is in every respect accurate or complete, nor is the College responsible for any errors or omissions or for the results obtained from the use of such information. Rather, readers are encouraged to confirm the information with other sources. The information herein is for educational purposes only and is presented in summary form in order to impart general knowledge relating to certain clinical trials diseases, ailments, physical conditions and their treatments. The data should not be used for diagnosing or treating a health problem or a disease, nor is it a substitute for sound medical advice. Content herein does not replace the advice and care of a qualified health-care provider. Note also that rapid advances in the medical field may cause this information to become outdated, incomplete, or subject to debate. New York Chiropractic College does not recommend or endorse any specific tests, products, procedures, opinions, or other information that may be mentioned herein. Reliance on any such information provided is solely at your own risk. Finally, practitioners are encouraged to acquaint themselves with their states' rules and regulations relating to professional practice.

Chairman's Message

Sports and Exercise

In this issue of *Transitions*, NYCC faculty members Robert Ruddy, DC, and Russ Ebbets, DC, explore the benefits of staying active and provide tips that make getting fit a little more fun, from simple walking to playing sports. Physical exercise doesn't have to be tedious given the wide variety of dance and aerobics classes, and the many sporting activities offered throughout the country. There's something for everyone and lots of incentive to participate.

Though eating right, getting plenty

of sleep, and exercising require effort and discipline, there is no question they confer longevity and good health. NYCC is committed to teaching healthy lifestyles and the value of keeping fit. The College offers a Certified Chiropractic Sports Practitioner program specifically dedicated to sports – post graduate instruction that enables chiropractic professionals to develop skills specifically geared to treating athletes (as well as counseling the weekend warrior). With that, let the games begin!



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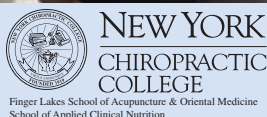


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Commencement December 2010

New York Chiropractic College conferred the degree of Doctor of Chiropractic on 101 graduates Saturday, December 4. Class president Abbie Zubiell, DC, addressed her fellow graduates, Lillian M. Ford, DC (NYCC '85) served as grand marshal, and Lisa K. Bloom, DC (NYCC '90) delivered the faculty greeting.

Commencement speaker, Jack M. Barnathan, DC (NYCC '84) expressed his enthusiasm for the profession and shared stories with the new graduates regarding chiropractic's humble beginnings. Quoting Sir Winston Churchill, Barnathan advised the gathered students to "never, never, never, never give up." He concluded his talk with: "I'm not going to ask you to follow me – I'd like to follow you," urging them to achieve more and progress farther than their predecessors.



Abbie Zubiell, DC, Class President



Commencement speaker Dr. Jack Barnathan '84

President of New York Strength, Inc. and an award winning sports doctor and master trainer, Dr. Jack M. Barnathan is a leading authority on strength development and its dramatic impact on health and exceptional human performance. He served as a board member for Governor Arnold Schwarzenegger's "Inner City Games," has volunteered his services as a sports doctor and advisor for numerous disabled sports events and federations, and actively works to bring the benefits of physical activity to individuals from every neighborhood through his membership on the New York City Amateur Sports Alliance. A lifelong strength and power athlete, Dr. Barnathan is an IFBB Gold Medal Honoree and recipient of a President's Certificate of Merit.



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Keeping Fit

We all struggle to stay in shape. With our busy schedules, it's hard to find time to think, let alone exercise. And when we do find time, how do we know which exercises are right for us? Lifting weights isn't for everyone and some people don't have the stamina for running. The good news is that we can all find an exercise plan that's right for us and can fit into our schedules. We might even have a little fun....



What does it mean to be fit?

According to Robert Ruddy, DC (NYCC '96), an assistant professor and clinician at the Seneca Falls Health Center, fit is from the inside out. It depends on eating right, exercising, and getting enough sleep. Russ Ebbets, DC (NYCC '92), associate professor of Chiropractic Clinical Sciences at NYCC, adds that to stay fit you have to incorporate certain lifestyle habits that allow you to function in the activities that are part of your lifestyle, such as regular walking, gardening, weekend sports, golf, or training for performance-based sporting activities. This allows for a sliding scale, where fitness would be maximal for an elite athlete and minimal for a bedridden patient.

Both chiropractors say everyone can benefit from some kind of exercise, but

what kind depends on each person. A 95-year-old probably won't be able to run, but he or she can do basic balance exercises. Athletes, on the other hand, require more strenuous training. Young people and those looking to lose weight can benefit from jogging on soft surfaces like grass; however for most people, walking is an excellent way to stay in shape that's a bit easier on the joints. The Japanese have long practiced walking 10,000 steps daily as a way to burn off the recommended daily caloric intake of 2,000 to 2,400 calories. That much walking will also keep one's legs in very good shape. It's best to work up to that amount over a period of weeks. The nice thing about this plan is that everything counts, even a "bad" parking spot.

Generally, aerobic exercise is recom-

mended for those not in athletic training. During aerobic exercise, the heart rate does not exceed 135-145 beats per minute and it doesn't stress the body too much. In other words, you should be able to hold a conversation while exercising. If you're gasping for air, you've gone too far. Athletes, on the other hand, require exercises that will develop their strength, speed and power. Doing anaerobic exercises once in a while can bring them to a higher level of fitness.

Stretching

Even if you don't like to exercise or are unable to, stretching is an alternative that has more benefits than most people realize. Stretching maintains flexibility, which is critical to health. It prevents your body from becoming rigid, and it can stop much

of the muscle soreness people experience in the morning. It also allows the various joint complexes in the body a fuller range of motion; if you move more easily you are literally not “fighting yourself.” Dr. Ruddy recommends two basic types of exercises: Williams’ flexion exercises and McKenzie extension exercises. The first includes motions that curve the spine inward, such as placing both knees to the chest for five to 10 seconds or stretching the hamstrings by sitting with the knees extended and the arms outstretched over the legs. The McKenzie exercises, on the other hand, include motions that extend the spine, such as lying on the stomach and pushing your shoulders up while keeping your hips on the surface, or simply standing with your hands on the small of your back and leaning backward. Both exercises have benefits and can be tailored to the type and cause of the injury. Dr. Ebbets says Hittleman’s Yoga, a 28-day plan, is progressive in nature and safe for virtually everyone. He has recommended it to thousands of people over the years and follows it himself.

In addition to stretching, it’s important to strengthen the core muscles, which include the abdominals, gluteals, low-back erector muscles, hip flexors, and hamstrings. These muscles stabilize the spine and your posture and allow for either stabilizing actions or accelerating actions. Athletes need a strong core or eventually they have injuries that are due to their inability to properly stabilize a body segment as they perform their activity. A stable core can help people avoid back pain, as can yoga, which also strengthens the ligaments and tendons that are the holding elements of the body.

Choose Foods and Supplements to Maximize the Effects of Exercise

Dr. Ruddy says eating right involves certain foods that can also boost the effects of your exercise plan. Everyone should get a certain amount of complex carbohydrates, protein to stabilize blood sugar, and good fats like mono- and unsaturated fats. These requirements can be found in fruits, vegetables, lean meats,

seafood and nuts. Dr. Ruddy recommends a good multivitamin for everyone, but he says the better you eat the fewer supplements you need. Women may need magnesium and calcium, but generally it’s different for everyone.

Dr. Ebbets agreed that supplementation is important, especially the Bs, Vitamin C and omega-3s. However, he says most people don’t realize how important oxygen is. While it’s not considered a food in a traditional sense, we couldn’t live without it. Proper oxygenation helps with endurance and is the result of good posture. He also stresses that most people live in a state of chronic dehydration, and



says a water-based diet with good-quality protein is good for most people.

Making Exercise Fun

Exercising doesn’t have to mean going to the gym. Many people don’t realize that plenty of their everyday activities, like gardening or cleaning the house, can help them burn calories and tone muscles. There are also plenty of fun sports and outdoor activities that you can try. The Web site caloriecount.about.com/exercise offers an activity browser that lets you know how many calories you burn with

each activity. You can also get beginner’s tips on how to get started with exercise and develop your own exercise plan. There’s lots of debate and studies about what is the “best time” to exercise, but really it depends on the type of exercise you’re doing and your purpose for doing it. If you’re trying to lose weight, it might be better to exercise in the morning because it jump-starts your metabolism. Some marathoners like to do their longer runs in the morning because their discs are fully hydrated, and weight lifters lift in the morning because natural testosterone levels are supposedly higher then. Others prefer afternoon or evening sessions because their bodies are more loose and flexible. The important thing is to exercise when you can and not feel guilty about it if you miss it once in a while.

It’s also not necessary to buy the most expensive footwear out there. While footwear is important, brand does not necessarily equal quality. When buying footwear, Dr. Ebbets says it’s important to consider what kind of surface you will be training on. Concrete sidewalks in cities require a different type of shoe than hiking trails. Dr. Ruddy says it’s important to find a shoe with a good arch and a good heel counter, which is located on the back of the heel above the sole. If the heel counter is broken, it can cause the foot to over pronate.

One way to make exercise fun is by doing it with a significant other, family member or friend. You can keep each other motivated and prevent one another from getting discouraged. Another way is to change up your exercise plan all the time. If you run every day, try a different route. If you’re at the gym, don’t use the same machines all the time. Try different workout videos, or join a class. Dr. Ebbets also offered a different way of looking at exercise: “I’m not sure fun is the right word. I take more of a Zen-like approach with thoughts of thankfulness and the awareness that I am doing something that is healthy for me. I see it as a gift to myself.”

Staying Fit With Yoga



Yoga, once practiced by ancient sects of devotees seeking enlightenment has since been waylaid by a Western world eager to “get fit” and assuage society’s current plague - stress.

What is Yoga?

The art of Yoga originated nearly 3,000 years past in India as a Hindu ritual designed to help the practitioner achieve spiritual insight, and has since spun off into myriad versions. Each version has distinctions that, depending on the person performing it, have their allure.

People in the United States and Europe generally consider Yoga to be that form known as “yatha.” This form involves poses, asanas, pranayama, and breathing. The poses are designed to draw the practitioner’s focus away from the outside world. Yogis of old - spiritual leaders who taught the uninitiated

– believed that controlling the breath was key to unleashing all the powers from within the body. Today’s yoga instructor still emphasizes breath work, but more for the deeper state of relaxation and focus it brings than for the lofty goals of unleashing powers.

Yoga’s Many Benefits

What a great means to stay in shape yoga has proven itself! Yoga has also been touted as an assist with chronic medical difficulties. Hatha yoga encourages the muscles of the body to stretch and maintain flexibility while providing a calming effect over the mind. Bikram yoga, a subdivision of hatha yoga, is practiced in a room kept at 105 degrees Fahrenheit; the warmth allows muscles to stretch more easily.

Yoga has proven to favorably impact heart disease, high blood pressure, stroke, anxiety disorders, asthma and arthritis.

The practice of yoga stretches the muscles, making them more flexible and relieving pressure on the joints. For those with arthritis, relieving joint pressure eases pain. Since yoga involves strong concentration on breathing it also helps patients suffering from asthma. In addition, breathing deeply can lead to a calming experience that helps reduce anxiety and lower blood pressure levels, which in turn decreases the risk of heart attack and stroke.

Yoga Complements Chiropractic

Both yoga and chiropractic are holistic approaches that serve to extend longevity and improve well-being. Yoga helps align the spine through practiced poses as chiropractic employs adjusting techniques to do so. Yoga helps stave off adverse health conditions and reduce the risk of developing others, as does proper chiropractic care.

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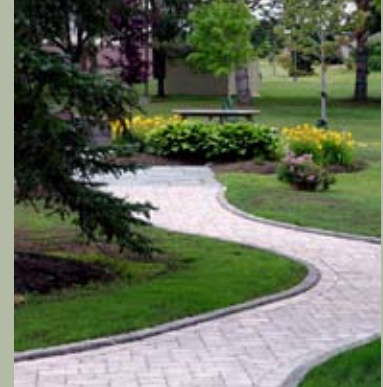
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Alumni Spotlight

Justina Ngo, DC ('07)

Background

The youngest of four children, Justina Ngo, DC ('07), received her bachelor's degree from Vermont's Middlebury College where she majored in women's and gender studies, studio art, and completed pre-chiropractic courses.

Dr. Ngo always knew she wanted to follow in her parents' footsteps and someday become a chiropractor. Her parents, Drs. George and Teresa Ngo, graduated from NYCC in 1972 and had expressed their satisfaction with the College. This helped her decide that NYCC was the right school for her. Having seen other chiropractic schools, she was impressed by NYCC's emphasis on integrative healthcare. She also felt the beautiful campus would be a great place to study.

"My parents inspired me to pursue a career I would be passionate about," she explained. "They have given me love, guidance and support in every aspect of my life." She also received guidance from practicing chiropractors and the late Dr. John Mazza. She said of Dr. Philip Santiago (NYCC '78) through whom she completed an externship, "He motivated me to work with athletes and to do the Certified Chiropractic Sports Practitioner program offered through NYCC's Postgraduate Department. It was an amazing course!"

As one of two associates in a private, cash-based practice managed by Robert DeStefano, DC, Dr. Ngo splits her time between two varied practices: a traditional chiropractic office in New Jersey, and rented space at a high-end health/fitness club in Manhattan called La Palestra. Dr. Ngo treats a large number of athletes with sports injuries as well as geriatric patients with chronic disabilities. "I was lucky to have met Dr. DeStefano when I was at NYCC, and I took the initiative to shadow him on one of our breaks."



Dr. Justina Ngo and professional LPGA golfer Cristie Kerr

Being Well Prepared

Ngo feels that NYCC prepared her extremely well for practice and working in the real world. She says, "Running a successful practice also requires important people skills, business management skills, a level of professionalism and much, much more." Most of this knowledge, she says, naturally comes with experience when you get out into the field. Much of what Ngo learned in Active Care and Dr. Russ Ebbets' extremities class has helped in practice. She also "really liked" Dr. Maggie Finn's women's health class and her zest for teaching. Ngo recommends pelvic stability exercises for many patients and often uses techniques such as NIMMO that she learned at NYCC. "We had so many really amazing professors, each with their own experience to learn from," she says. She often finds herself remembering clinical pearls that, although not necessarily part of the curriculum, were related as side notes during class. "It is important to listen to all that the

Treating Athletes

Ngo treats professional athletes that include professional LPGA golfer Cristie Kerr, and also tends the aches and pains of the more abundant "weekend warriors," spending as much time as is necessary on any patient, regardless of who they are. She finds that athletes present with repetitive muscular stress issues. Her athletic patients are generally exceptionally motivated and compliant, seeking to return to their activities as soon as possible. "You just need to be aware of the activities they engage in and the stresses they place on their bodies in order to more easily recognize certain patterns when they present with a complaint," she says. Athletes tend to know



their bodies very well and rely on their chiropractor to help them feel better and be able to perform optimally.

When asked if chiropractic treatment can enhance performance as opposed to simply relieving symptoms or helping attain general wellness, she replies: "Absolutely! Muscles and joints need to be free from restrictions in order to perform. Therefore, chiropractors have a major role in enhancing the athlete's natural ability to perform. By aligning the joints, they can move more effectively and efficiently. By loosening any muscle adhesions, it increases blood flow and function."

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Ask the Faculty

James Russell “Russ” Ebbets, DC (NYCC ’92) Speaks to the Issues of Fitness and Sports Injuries



Dr. J. Russell Ebbets

Recently, Transitions “sat down” with Russ Ebbets, DC, regarding fitness, keeping fit, and to inquire how chiropractic care can help with sports-related injuries. Dr. Ebbets, a 1992 alumnus of NYCC, earned a Bachelor of Arts degree from Union College in 1977, a Master of Education from Norwich University in 1981, and a Master of Science from Ithaca College in 2002. Ebbets is an associate professor in NYCC’s Chiropractic Clinical Sciences Department.

Transitions: What does it mean to be “fit?”

Dr. Ebbets: In NYCC’s elective, Elite Sport Science, we use the old Springfield College definition for fitness: “the ability to meet present and future physical challenges with success.” Fitness is a significant work capacity in an elite athlete and is minimal in a sedentary geriatric population. It is as simple as that.

Transitions: Is the average American fit today? If not, why not?

Dr. Ebbets: The average American is not fit. With obesity rates approaching 60 percent we are seeing what arises from a lethal combination of questionable lifestyle choices, the abdication of personal responsibility, and a culture that is evolving to the point that it cannot safely enjoy

the benefits of fitness.

Obesity rates among children have skyrocketed over the last two decades: perhaps the result of a sedentary lifestyle promoted by computers and video games and exacerbated by a real parental fear of child abductions. Kids do not spend time outdoors like they used to. All the indicators suggest that this situation will not get any better in the near future.

We may live in the “land of plenty,” but the politics of the food industry are going to make it increasingly difficult for one to eat right and enjoy an active lifestyle in the future.

Transitions: What recommendations do you have for people who want to be fit but don’t particularly enjoy exercise?

Dr. Ebbets: You can view it as an oppor-

tunity to grow up. As an adult there are always things we may not particularly enjoy but should take a moment to consider what will happen if we don’t do them. A general fitness plan offers a margin of error for the lifestyle factors we can control (eating habits, personal behaviors and actions) as well as those over which we have little control, such as environmental pollution or even accidents.

It all comes down to personal choice and responsibility. Our technological advances actually offer countless fitness opportunities. Even something as simple as walking can provide great benefits when done consistently.

Make a list of things you enjoy doing and find a few friends who would like to join you. And if you cannot decide on what to do, buy a pedometer from Walk-4-Life that counts your steps. Shoot for 5000 steps a day, with the goal of working

towards 10,000 steps per day. This is a Japanese method that works wonders because, everything, and I mean everything, counts. You'll even be in a better mood because you'll realize that getting a bad parking spot isn't quite the tragedy you once thought it was, rather just another opportunity to take more steps.

Transitions: What foods do you recommend for weekend warriors?

Dr. Ebbets: I always feel uncomfortable making food recommendations because there are so many good choices one can make. I'm afraid I'll forget something and someone will feel their "plan" isn't right - even though it may be working for them. The recommendations below are pretty simple.

1. It is impossible to put something in your mouth by accident.
2. If the food is manmade – don't eat it (with the possible exception of chocolate chip cookies).
3. Water is the body's solvent – drink plenty of it.
4. Eat five fruits and vegetables each day.
5. Limit or eliminate the "toxic whites" – dairy, sugar, salt, white flour.
6. If a food won't spoil – don't eat it.
7. If a food will spoil – eat it before it spoils.
8. Generally eat foods found around the perimeter of a supermarket.
9. Come to see processed and fast food for what they are – fillers and non-foods with empty calories and little nutritional value.

Eating can lend itself to compulsive behaviors very easily. If you are doing the right thing 80 percent of the time, you are well ahead of the game. Don't try to be perfect; be thankful and follow

the rules above.

Transitions: What injuries do you see with weekend warriors?

Dr. Ebbets: Injuries are often sport-specific. The greatest lack is of adequate preparation before participation. Traditionally, this is called anatomical adaptation (also known as Davis's Law). It is the conditioning of the ligaments and joint capsules from the stresses and strains of sport. A comprehensive warm-up should



include exercises that dynamically challenge these structures, gently strengthening and increasing one's functional range of motion.

Many of the problems athletes face are due to the fact that as they mature, they become more linear in their actions. Their lives literally are lived in a straight line. Over time this movement pattern leads to a de-training or atrophy of the dynamic stabilizers, muscles that either create or prevent lateral movements. Look at children at play – they run around, *around* in all directions. Any decrease in tone or training of these muscles decreases the effective proprioception and stability in and around a joint and sows the potential

seeds of future injury.

Two other areas warrant mention. The foot drills I have been a proponent of for the past 20 years go a long way towards preparing the foot. (If one were to Google "Russ Ebbets Foot Drills" they will come up.) The final area is balance. This is also a form of proprioception and when combined with strength allows one to react. The combination of a strong foot and balance work with a balance board (or simply standing on one foot) will increase the safety of participation and decrease

nuisance injuries.

Transitions: Does the chiropractic care provided to athletes differ from that administered to the general public?

Dr. Ebbets: Yes and no. It depends on why the patient is seeking care. Currently there are two general models that represent the portals of entry into chiropractic: the evidence-based model (EBM) and the subluxation-based model (SBM). The EBM is for symptomatic care, reactive care, and would be what has traditionally

Continued on next page

Ask the Faculty

been called sports medicine. An example would be, when you hurt your back you seek care and once your back is better you are released from care. Scientifically based studies support the efficacy of this type of care. In the SBM, the patient uses chiropractic care as a *preventive* measure with the belief that periodic care will prevent or lessen the seriousness of particular maladies while at the same time allowing one to experience life more fully. Anecdotal evidence abounds, with traditional scientific validation lagging. The problem with these two models is that they are at odds with each other, and this issue is at the core of the acrimony and internal strife within the profession.

Traditional sports medicine – athletic training, EMS, orthopedic, etc. – follows the sports medicine/reactive care model. But the problem arises if you are an athlete and come for care without a documentable “problem.” There is nothing “wrong,” the athlete just wants to feel better. In this case the ATC, EMS or orthopedist has little to offer. Chiropractic and massage can neatly fill this treatment gap with care that will, depending on when used, either enhance performance or speed recovery, offering the proactive care of the SBM.

The problem with the last statement is, can it be scientifically proven? In fact, it can be using training theory. Training theory is the application of Hans Selye’s General Adaptation Syndrome model to sport. Training theory dictates how stress – Selye’s eu-stress or positive stress – can clarify the expression of the five biomotor skills that makes an athlete athletic.

The legitimate question is, does chiropractic enhance the five biomotor skills? It does. While research is by no means extensive, there is strong evidence from peer-reviewed journals that chiropractic care, soft tissue work and flexibility work – the three most common treatment methods offered by the sports chiroprac-



tor – positively affect the expression of the five biomotor skills, ultimately enhancing performance.

The nice thing about applying training theory to chiropractic care is that it uses a widely recognized (at least in Europe), scientifically based sport science to explain and/or justify proactive care in an athletic setting, which is the classic subluxation-based model of chiropractic. So, while the intent of the patient may differ, the utilization of chiropractic care, soft-tissue work and stretching can meet the needs of either group.

Transitions: What kinds of injuries do you see in children and young adults who play sports that continue to follow them into adulthood?

Dr. Ebbets: For this discussion, children will be deemed to be under 12 years of age and young adults will be ages 14 and above.

Children should not get hurt participating in sport. Overuse, contact or collision injuries are a sign that the activity is not age-appropriate for the child.

Childhood should be a time of discovery, with participation in multiple activities done at low intensity. Training should be minimal and strongly integrated into games. I recently had an article published, titled “Fun-Commitment-Performance,” which clearly detailed the three stages of development in a young athlete’s career. Tudor Bompa, one of the leading training theorists of the 80s and 90s, talked about “not fatiguing the system” of the child athlete. That statement may not be clear to all, but watch children play a game: What do they do when they get tired? They stop. Why? Intuitively they know not to fatigue the system. Excessively fatiguing the system shunts energies needed for growth and development to survive activities of the moment.

For the adolescent (14+), sports participation becomes a commitment. If training is overdone or preparatory work for activity is not adequate, injuries may happen. Ignoring collision/contact sports for a moment, it can be generalized that boys tend to develop growth plate injury problems while females develop problems due to instability issues. Realizing this, flexibility work for boys and dynamic stabilization and balance work for girls can be done to prevent or lessen the occurrence of age- and sex-related injuries.

The macro trauma of contact/collision sports is inescapable. Anything from bumps and bruises up to broken bones and head injury are a daily reality. Once again, the common denominator of a high baseline of general fitness may be the only method to lessen the inevitable damage of participation.

To what extent do childhood injuries plague the later adult? It depends greatly on the nature of the injury. Surely, any injury that negatively affects one’s biomechanics or the symmetric action of running or walking will limit participa-

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Ask the Faculty

tion in adulthood. Certainly, adolescent surgeries, poor rehabilitation, and weight gain can be other factors. Other examples would include early overzealous training, and competition or overdevelopment due to a poorly designed personal lifting program can create circumstances that will preclude one from achieving adult potentials and even limit one's adult athletic choices.

Transitions: How can these be avoided?

Dr. Ebbets: Many countries, through their national governing body (NGB) for sport, monitor sports participation throughout life. One of the functions of the NGB is a clearly stated, progressive plan of development for an athlete and usually the population in general. In the U.S. we cherish freedom of choice, which allows for both sensible and senseless decisions.

This attitude dribbles over into training – people do what they like to do when they like to do it and don't do what they don't like. Competition and favorite training predominate, while work with the movement fundamentals and preparatory work get cursory attention.

What needs to be done is to develop a lifelong plan with clearly defined intermediate steps. With continual change and lack of direction within the U.S. Olympic Committee over the last 8 to 10 years, there has not been a clearly defined pathway for development for the NGBs to follow unless the NGB has acted unilaterally.

What can the individual do? Learn the fundamentals of your sport. Commit to a seasonal approach that goes through various training phases – i.e., prep work, strength training, and cardiovascular development as appropriate – with clearly defined goals for each phase. On a daily basis, do the foot drills, some balance

work, and give attention to core stability.

Transitions: How do you feel about young athletes dieting? Lifting weights?

Dr. Ebbets: Why would a young athlete diet? Assuming they are probably not eating properly in the first place, why would one try to both grow and compete without proper fuel? I realize there are certain sports, such as gymnastics or wrestling that require restrictive diets; but is it not obvious that this can stunt growth and future development? There is an exposé called *Girls in Pretty Little Boxes* that examined the dark side of gymnastics and figure skating. Were the dietary plans and some other practices in these sports closely examined, I'm sure most would agree this is a form of child abuse.

Weight training before age 15 is usually counterproductive, especially in the long term. There are several reasons for this. First and foremost, much of what happens in a weight room is without plan or

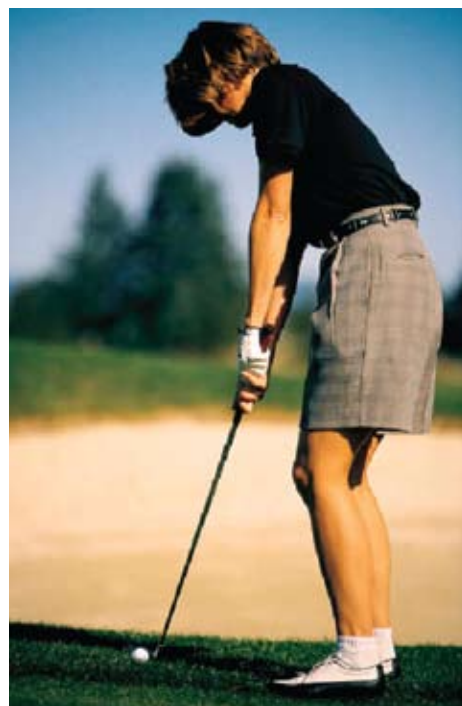
reason. Proper technique, rest intervals and developmental progressions receive minimal attention. The rush is often towards intra-squad competition with many lifting too much, too soon with flawed technique that promotes poor biomechanics, muscular imbalance and asymmetrical development. These training flaws create a faulty foundation that fosters unnecessary muscle and joint injuries with the extremes of competition.

Body-weight exercises for the adolescent such as squat thrusts, push-ups, jump-squats and the like promote body awareness with relation to the ground. Note that the movements are multi-link, involving many joints at once or in sequence. This is an important concept, as rarely does sport success hinge on the strength of a single muscle but rather the synchronous movements of the muscles and joints of a closed kinetic chain in coordination with numerous stretch reflexes. Tudor Bompa says, "Train movements, not muscles."

It should be noted that vigorous and early weight training can damage the epiphyseal end plates of a youth and stunt growth. Human experiments in the former Eastern Bloc countries had disastrous results. However, even in America not everyone escapes abusive situations. Check out "Little Hercules" on the Internet for the affects of body building on a 10 year-old.

Transitions: What sports do you recommend for adults and the elderly?

Dr. Ebbets: In America we have neatly blurred the line between competitive performance and participatory sport. Competitive sport is performance-based. Participatory sport is joining in. If you ask most triathletes or marathoners about their sport, they'll be quick to note how



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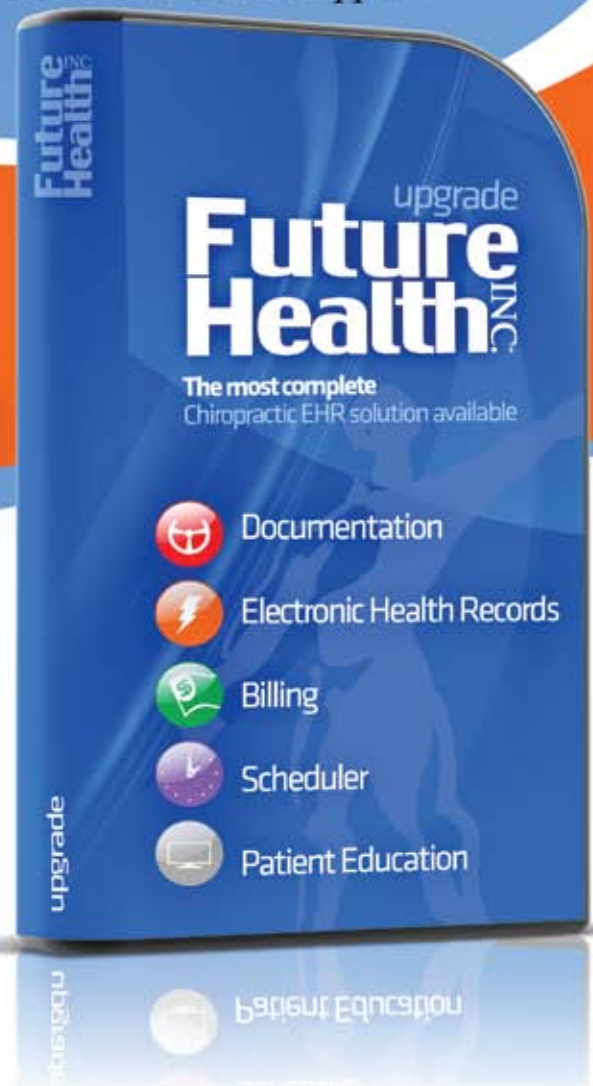
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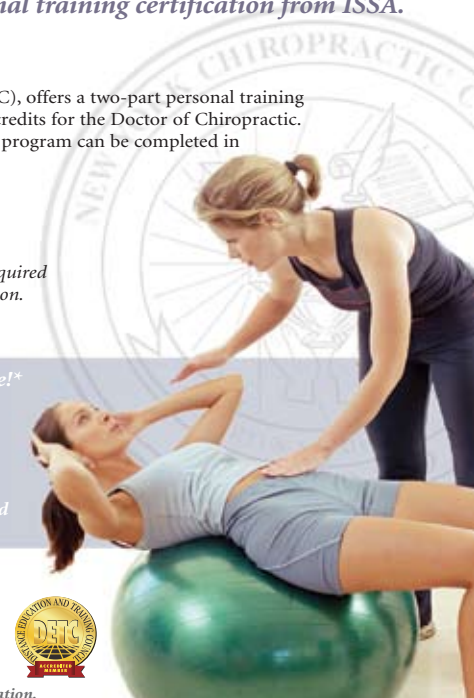
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News Briefs

American Chiropractic Association Leaders visit NYCC

American Chiropractic Association's (ACA) President Rick McMichael, DC, and Chairman Mario Spoto, DC visited the NYCC Seneca Falls campus as guests of the Student American Chiropractic Association (SACA) to discuss some of the pressing issues currently facing the chiropractic profession. Both speakers encouraged participation in national and state chiropractic organizations: "We need to preserve, protect, improve and promote the chiropractic profession," said Dr. McMichael.

Dr. McMichael sees a rosy future for chiropractic. He also discussed some of the national issues associated with managed care, insurance coverage, and how other professions' lobbying efforts may, or may not, align with those of chiropractic. He urged the profession to gather and support critical causes with a unified voice: "Each of us has to take the responsibility to be part of the team that is moving us forward," said McMichael.

Dr. Spoto briefed students on healthcare reform and provided updates on the status of relevant chiropractic regulations. He also explained the ACA's active role on Capitol Hill participating in round tables and pressing lawmakers for clarifications regarding legislation. Spoto also identified four key components relevant to success in practice: knowing how insurers do busi-

ness, coding documentation, ethics, and fiscal accountability in the office. He explained that the ACA would assist them in matters involving patient education, doctor education, insurance relations, and business.



David Herd, DC, Rick McMichael, DC, NYCC President Frank Nicchi, DC, MS, and Mario Spoto, DC

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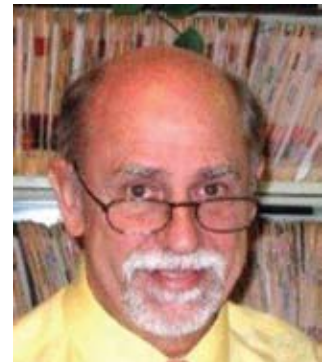
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Kocis Appointed to DOT Work Group

Leonard F. Kocis, DC, DACBOH (NYCC '89), was recently selected to serve with the medical examination work group of the U.S. Department of Transportation's Federal Motor Carrier Safety Administration. The group, comprised of nine doctors, two physician assistants, a registered nurse and a chiropractor, is charged with assisting the administration with implementing national medical examiner initiatives.



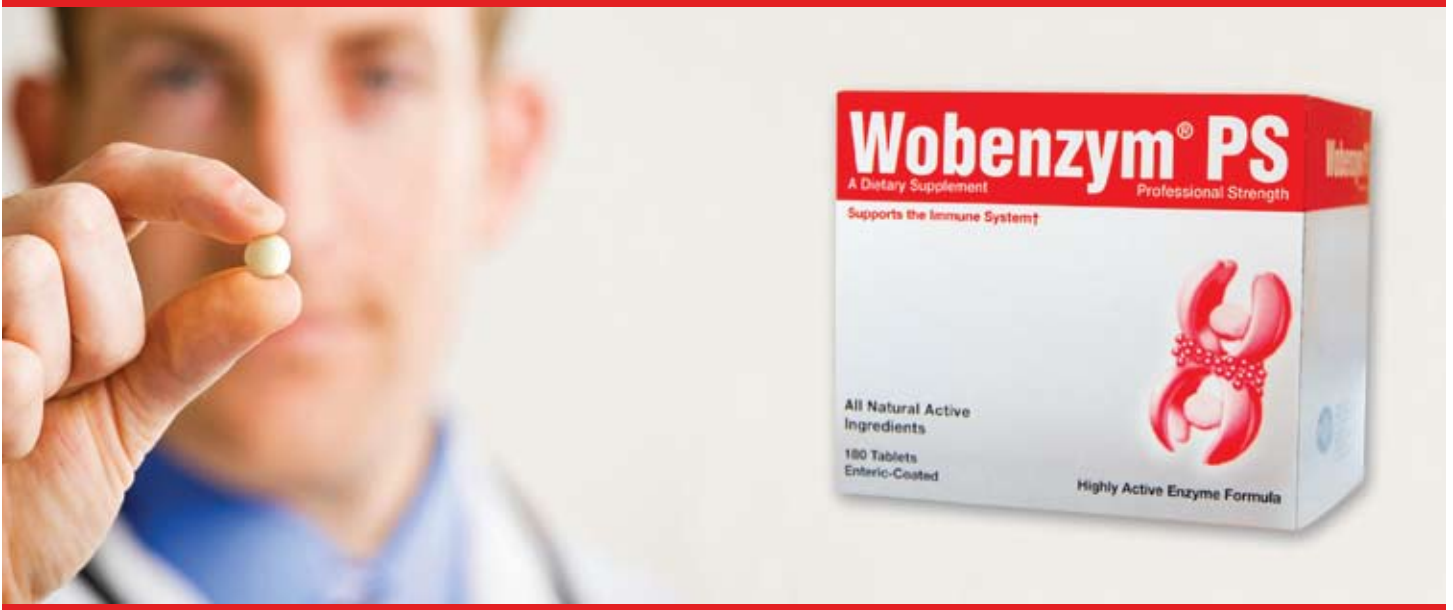
Leonard F. Kocis, DC, DACBOH (NYCC '89)

Dr. Kocis, board-certified in occupational health, maintains an injury and wellness practice in Torrington, Conn., where he lives with his wife, Kerry, and their three children: Bryan, Sara, and Kevin. He is the second vice president and legislative chairman of the Connecticut Chiropractic Association.

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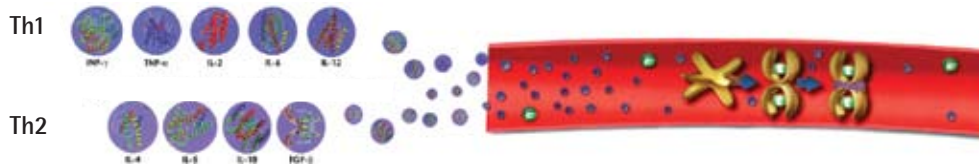
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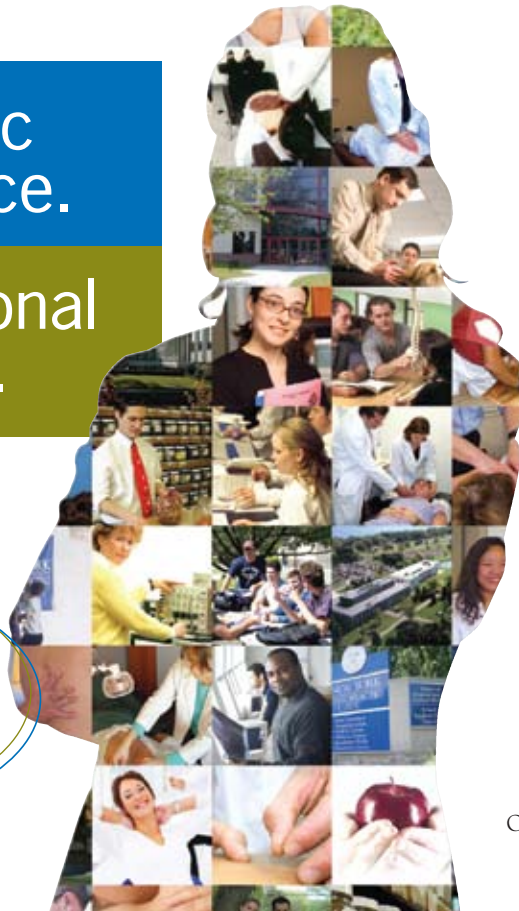
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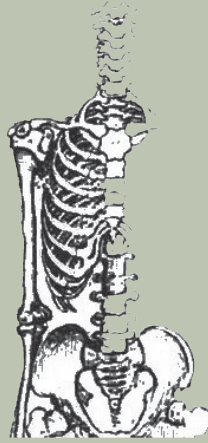
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Alumni Spotlight

Justina Ngo, DC ('07)

Continued from page 19

professors teach us," she advises. Ngo has kept in touch with some of her former instructors and values the fact that she can continue to ask questions of them. "I am truly thankful to the many wonderful doctors I have met through NYCC. Their passion to help new practitioners really shines through."

Advice

Dr. Ngo is still figuring out how best to attract patients, and has learned that the best way to keep them is "by showing them you really care about them as an individual, that you have the best intentions for them, and that you are willing to do whatever it takes to help them get better. You don't have to be right every time, but you have to know where to look for the answers. Patients always appreciate honesty, and satisfied patients lead to referrals."

Ngo and her husband recently celebrated their second anniversary. Her hobbies include traveling, cooking, and eating!

Ask the Faculty

James Russell "Russ" Ebbets, DC (NYCC '92)
Speaks to the Issues of Fitness and Sports Injuries

Continued from page 24

many events they have completed. It is never about how well they did, more that, "I have done 'x number' of triathlons/marathons." It is a situation of "competers versus completers."

The distinction needs to be made that past a certain age, most participation in sport shifts towards completers. With that in mind, the 40+ age group would be well-served to participate in any exercise that promotes movement.

I would recommend weight training for all ages to both men and women. In addition, activities such as yoga, walking, cycling, hiking, swimming, *tai chi*, or walking 18 holes of golf can offer the benefits of exercise, provide a social outlet, and create an improved level of fitness. The key becomes to couple this activity with a regular schedule, sensible diet and periodic chiropractic care, and you'll be giving Methuselah a run for his money.



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Neal Wieder, DC, DCBCN, of Longwood, Fla., was awarded Diplomate Chiropractic Board of Clinical Nutrition by the Board

of Chiropractic Clinical Nutrition, having practiced chiropractic for over 32 years and incorporating chiropractic care, acupuncture & clinical nutrition.

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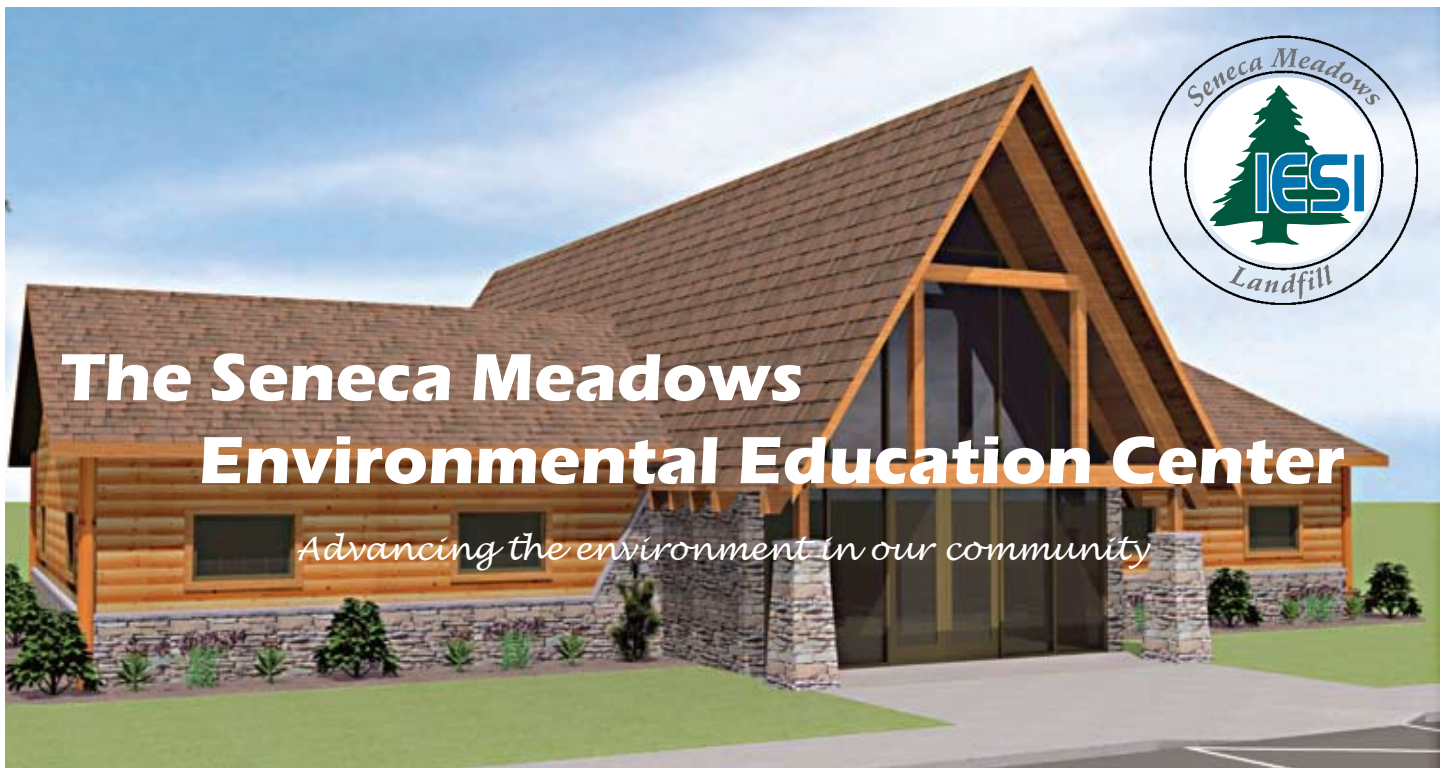
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