

Rejuvenations News

June 2009

Upcoming Schedule

June 6 & 7—NH Leisure Expo at Strawberry Banke, in Portsmouth. Rejuvenations will be providing chair massage, offering discounts, and holding our water bottle raffle. Don't miss the PPAF 25th annual Chowder Festival on June 6 across the street at Prescott Park.

June 27 & 28—American Cancer Society's Relay for Life 2:00 pm—8:00 am at Timberland Co. in Stratham. This is our sixth year attending and raising money to help fight cancer.

July 23—26—Stratham Fair at Stratham Hill Park. This will be our 4th year attending the fair. We will be providing chair massage, discounts and holding our water bottle raffle.



We are online!

Our newsletter can now be found on our website at www.RejuvenationsPT.com



In This Issue...

June 21st is the official start of summer, but many of us have already started enjoying the warm weather and sunshine. In this issue of Rejuvenation News you can test your knowledge of the sun and its effects with our Sun Quiz.

For golfers and those of us who play other racquet sports we have included an article about golfer's elbow. You will learn what it is, what causes it and how to prevent it. For those of you afflicted with golfer's elbow, we've

added some stretches on page 4 of our *online newsletter* that will help.

Have you ever had a charley horse? Most of us have. We'll be exploring the origin of the name charley horse in the article on page 4.

As always, don't miss our puzzle on page 2.

We look forward to seeing you at the NH Leisure Expo, Relay for Life, and the Stratham Fair. And have a wonderful (and safe) summer!

Golfer's Elbow

Summer is the time to get out and enjoy the weather and outdoor activities. But sometimes overdoing it will put a damper on your summer fun, as is the case with golfer's elbow.

Golfer's elbow is pain and inflammation on the inner side of your elbow. This is where the muscles that flex your fingers and wrist attach to the bony bump on the inside of your elbow, so the pain may spread into your forearm and wrist.

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The warm weather has arrived and we are all excited to get outside and enjoy summer fun. Here's a fun quiz to test your knowledge of the sun.

1. The sun's rays are strongest between _____ am and _____ pm.
2. True or False. UV light from tanning beds can cause skin cancer.
3. Sunscreens should be applied every _____

Sun Quiz

- hours.
4. True or False. You must get some unprotected sunlight to get enough vitamin D.
5. Sunscreen should have an SPF of at least _____ and be broad-spectrum.
6. True or False. Beach umbrellas and other kinds of shade provide full protection from the sun's damaging rays.



7. A typical white tee shirt has an SPF of _____.
 8. Sunscreen should be applied _____ hour(s) before going outdoors.
 9. The most preventable risk factor in the development of skin cancer is _____.
 10. True or False. Children do not need to wear sunscreen.
- Turn to page 3 to see how you did.



Golfer's Elbow (cont'd)



(Continued from page 1)

Despite the name, golfer's elbow is not limited to people who play golf. Any activity that involves repeated use of the wrists or holding a tight grasp can cause problems. The most common causes include:

Golf: Gripping or swinging the clubs incorrectly is how this injury acquired the name.

Racket sports: Having an excessive topspin can hurt your elbow, or using a racket that's too small, heavy or tightly strung also can lead to injury.

Throwing sports: Improper pitching technique in baseball or softball is another culprit.

Household Activities: Painting, raking, hammering, chopping wood, or other repetitive wrist, hand or arm movements can result in golfer's elbow as well.

The best way to recover from any type of over use injury is by follow-

ing the R.I.C.E (Rest, Ice Compression, Elevation) method. When possible, take a break from the activity that is causing your pain. Sneaking in a round of golf before your elbow heals won't help you feel better; it will only prolong your recovery. When you return to the activity reduce the load on your elbow by using a forearm strap, which is available in most pharmacies. If pain persists you should consult your doctor. Sever cases may require physical therapy intervention or in rare cases surgery.

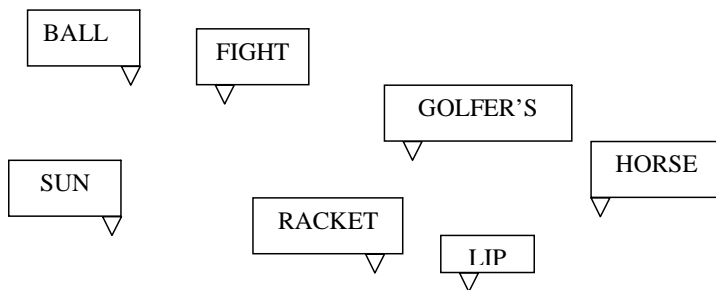
Of course an ounce of prevention is better than a pound of cure. Here are some tips to help prevent golfer's elbow.

Stretch & Strengthen: Walk or jog for a few minutes to warm up your muscles. Then take time for gentle stretching before you begin your game. Also, make sure to strengthen your wrists and forearms to reduce strain.

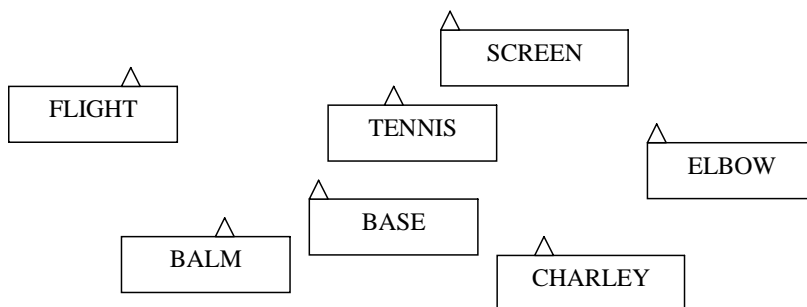
Fix your form: Having a professional instructor check your form may be good for your health as well as your game. A good golf swing incorporates your full body. Holding your body rigid or having poor follow-through will overwork your forearm muscles creating undo stress.

Proper Lifting: Always keep your wrists straight and firm when you lift. This includes free weights at the gym. Having your wrists cocked or bent while lifting increases the force transmitted to your elbow causing undo strain.

So get out and enjoy the weather. If you do notice *any* strain from your summer activities then consider scheduling a sports massage appointment. Sports massage combines massage techniques and stretching to help enhance your athletic performance and assist in preventing injury. Focus is given to the specific muscles based on your sport or fitness activity and needs.



R S E U P M M T E O R F T U M N



Puzzle

"It's time for _____!"

Draw a line from the arrows on the words above to the arrows on the matching words below.

The remaining letters will fill in the blanks.

Sun Quiz—Answers



Now let's see how you did....

1. The sun's rays are strongest between **10 am** and **4 pm**. A good rule of thumb is if your shadow is shorter than you, seek shade.
2. **True.** Most tanning salons use UVA bulbs. UVA rays contribute not only to tanning, but can cause premature wrinkling and skin cancer. If you want to look tan, consider using a self-tanning product.
3. Sunscreens should be applied every **2** hours. You should also reapply sunscreen after swimming, drying off or perspiring.
4. **False.** Vitamin D supplements and eating a healthy diet are safe ways to get the required vitamin D.
5. Sunscreens should have an SPF of at least **15** and be broad-spectrum. Broad-spectrum means that it protects from UVA and UVB rays. Make sure your lip balms and lipsticks have SPF protection, too.



6. **False.** Although umbrellas and other kinds of shade are a good idea, they do not provide full protection. Harmful UV rays can bounce off water, sand and porch decks to reach you under cover. By the way, snow reflects up to 80 percent of the sun's rays.

7. A typical white tee shirt has an SPF of **3**. While most clothing absorbs or reflects UV rays, loose-knit fabrics and lighter colors do not offer much protection. Wet clothing clinging to you also does little good. Colorless dyes are now available as laundry products that will increase the SPF of fabrics to an SPF of 30. Always remember to wear a wide-brimmed hat and UV light blocking sunglasses whenever possible.
8. Sunscreen should be applied **1/2** hour before going outdoors. Apply it generously and evenly on all areas exposed to the sun.
9. The most preventable risk factor in the development of skin cancer is **sun exposure**. More than 90% of skin cancers occur on sun exposed skin like the face, neck, ears, forearms and hands.
10. **False.** Children should be protected from damaging rays the same way as adults. A single overexposure to sunlight when young can have serious consequences such as skin cancer later in life. Long-term overexposure can cause skin cancer, wrinkles, freckles, age spots, and dilated blood vessels. Changes in the texture of the skin can occur making it tough and leathery, which makes a person look older than his or her actual age. Reduce lifetime exposure by protecting your children with sunscreen.

So, seeking shelter, using sunscreen and avoiding tanning booths will help your skin stay young and healthy, and help you enjoy a safe and fun summer season!



Did You Know... Cholesterol?

In our last issue we discussed some of the physical effects of stress and an overactive fight / flight response. One of these effects is an elevated cholesterol level.

A study in Japan tested blood cholesterol levels before and after a massage. The results showed a decrease in cholesterol levels after only 25 minutes of massage.

The reason: Massage helps reduce stress, thus reducing the amount of cholesterol released into the bloodstream.

Have your doctor test your cholesterol levels regularly, and come in for massage to help improve your health.

Summer Myth – Sink or Swim?

We've all heard that we shouldn't go swimming for a half hour after eating, but is that medically sound or is it a myth?

If you guessed myth, you guessed right.

The myth is based on the idea that a person with a full stomach will get stomach cramps and drown.

While the cramping theory is debatable, what is not debatable is the number of reported cases of drowning due to a full stomach—none. Not even one case of near drowning.

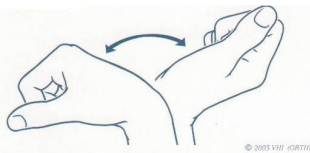
This is probably due to the fact that most people experiencing cramps don't panic and drown, but stretch the muscle to relieve the pain, or get out of the water. So, as with any exercise, swimming on a full stomach may be uncomfortable, but it's safe to say you won't sink—you'll swim!



Stretch and Strengthen for Golfer's Elbow

STRETCH

Wrist Range of Motion



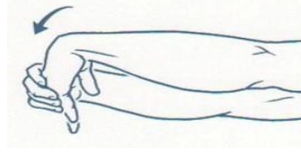
Slowly bend wrist forward and back as far as comfortable. Repeat 10 times each wrist.

Wrist Flexor Stretch



Keeping elbows straight, grasp one hand, gently bending wrist back to a comfortable stretch. Hold 10 seconds each side.

Wrist Extensor Stretch



Keeping elbows straight, grasp one hand, gently bending wrist forward to a comfortable stretch. Hold 10 seconds each side.

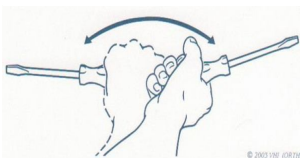
Towel Roll Squeeze



Squeeze rolled towel for 5 seconds, release. Repeat 5 times each side. (Can also use stress ball or rubber ball.)

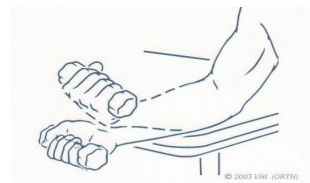
STRENGTHEN

Wrist Rotation



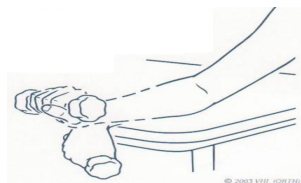
Holding a screwdriver or hammer turn palm up and down. Repeat 10 times.

Wrist Flexion



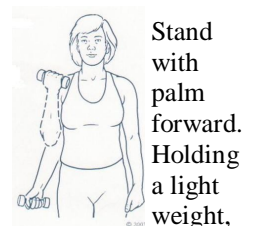
Rest arm on table. Holding a light weight bend wrist upward. Repeat 10 times each side.

Wrist Extension



Rest arm on edge of table, palm down. Holding a light weight bend wrist downward. Repeat 10 times each side.

Bicep Curls



Stand with palm forward. Holding a light weight, bend elbow up and down. Repeat 10 times.

“Why is it Called a Charley Horse?”

Most of us have heard the term “charley horse” before, but do you know where the comical name came from? If you said no, don't feel bad – no one knows for sure.

Charley horse, sometimes called charley's horse, suddenly appeared on the scene in the 1880s. The first reported mention is in an 1886 issue of *Sporting Life*. The *Journal of the American Medical Association* published a letter to the editor in 1946 entitled “Treatment of Charleyhorse”, showing the medical community's acceptance of the expression.

There are many theories as to the true origins of the term, though all are debatable. Here are a few of my favorites.

In 17th century England, policemen were purportedly nicknamed Charleys. The amount of walking

they did gave them aching legs, and thus the term was developed. It's a great explanation, though probably not the right one since the Oxford English Dictionary disowns the term as British.

It most likely started as baseball slang, though there are many colorful stories to account for the phrase. It may have resulted from the use of horses on the ball fields. It is reported that the White Sox had a lame horse named Charley pulling the roller at Comiskey Park in the 1890's. A commonly repeated story, it seems to put the horse before the cart, so to speak, since the slang appeared in *Sporting Life* several years earlier.

Another frequently shared tale, and my personal favorite, is that of the Hall of Fame pitcher Charley “Old Hoss” Radbourn. He played ball from 1881 – 1891, was an



outstanding pitcher and a good hitter. It's said that he was rounding third and heading for home when he began limping.

Another player asked, “What's the matter, Charely Hoss?” to which he replied, “My leg is tied up in knots.”

These are just a sampling of stories to explain why we call it a charley horse in America, but did you know many countries recognize it by different names? In Germany it's known as horse's kiss. It's a wooden thigh in Denmark, thigh hen in Norway, thigh cake in Sweden and paralyzer in Portugal. Our friends in Australia call it a corked thigh or corker, while in the United Kingdom and many Commonwealth countries it's referred to as a dead leg. Whatever you choose to call it, we can all agree it hurts!