

October Newsletter

Your monthly health tips from Berkhamsted Chiropractic Clinic

MUSCLE OF THE MONTH!

QUADRICEPS

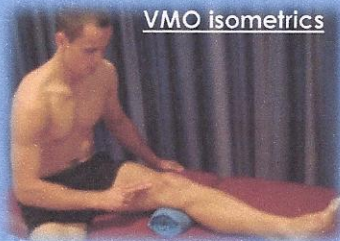


Key facts:

- The quadriceps muscle is composed of four smaller muscles, vastus medialis oblique, rectus femoris, vastus lateralis and vastus intermedius.
- They work to flex the hip and extend the knee.
- Imbalances between these muscles can lead to abnormal positioning of the patella/knee cap.
- Symptoms of this include **pain deep in the knee, pain on knee flexion and crepitus sounds on movement**. This is also known as patellofemoral pain syndrome (PFPS).
- PFPS is the most common overuse injury of the knee and can be prevented by strengthening the vastus medialis oblique which is commonly weak.

Solutions:

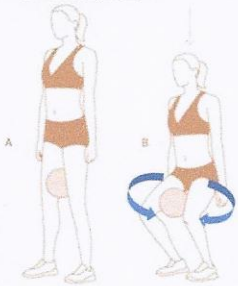
1. Strengthen vastus medialis oblique



VMO isometrics

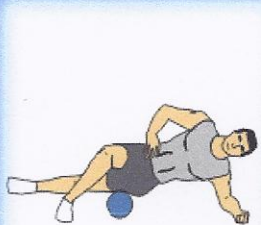
Turn foot out, flex ankle, contract quad and push the knee into a towel. Perform 10 repetitions, holding each for 3 seconds.

Mini squat



Squeezing a ball between the knees gently, perform squats to 45° flexion. Perform 3 sets of 8-20 reps.

2. Stretch Iliotibial band



Using a foam roller and your own body weight, roll up and down the outside of your leg to stretch the ITB.

SEASONAL HEALTH FOOD:

ROSE HIPS



Rosehips are the little orange/red buds that form at the base of the rose flower. Many varieties of roses form hips particularly wild roses and autumn is the perfect time to collect these little nutritional power packs.

Most well known for their high vitamin C content, rosehips contain approximately 1700 mg of vitamin C/100g of dried hip. During World War II, England turned to the rosehips for vitamin C during a prolonged citrus shortage. More recent research emerging from Germany and Denmark has suggested rosehips may be effective in helping those suffering from arthritis.

Native Americans have been using rosehips to make tea for thousands of years. To make tea with rosehips you will need approximately 5-6 hips/cup. The hips should be roughly crushed and left to infuse their goodness into the tea for at least 10 minutes.

"Sleep tight"

If you struggle to get to sleep, wake up throughout the night and feel tired in the morning, why not try this list of self-help, sleep hygiene tips to help you to get a long and restful sleep!

1. **Maintain a regular sleep routine.**
2. **Don't read, write, watch TV or use your laptop in bed.**
3. **Avoid drinking alcohol and caffeine 3 hours before bed time.**
4. **Try the relaxation techniques from our previous newsletters whilst lying in bed!**
5. **Be aware of any medication that may affect your sleeping pattern.**
6. **Do not eat a heavy meal before bedtime.**
7. **Exercise regularly, but not too close to bedtime.**
8. **Keep your bedroom dark, cool and quiet.**
9. **Invest in a good quality mattress and pillow.**
10. **Avoid clock watching, cover up any lit clocks.**
11. **Have a relaxation pre-bedtime routine e.g. warm bath, listen to soothing music or try listening to a meditation CD whilst in bed.**