



DENVER  
CHIROPRACTIC  
CENTER

## This Issue

Opening  
monologue  
1

How my long  
(4-years!) ordeal  
with a torn  
rotator cuff  
ended happily  
2

Health News for  
You - Part I  
4

Why you should  
start jumping  
rope  
5

The best of  
Denver  
Chiropractic  
Center's Weekly  
email  
6

Glenn D. Hyman, DC, CSCS  
Jeff Stripling, DC  
Carly May, DC, CSCS 1780  
South Bellaire Street  
Suite 710  
Denver, CO 80222  
Phone: 303.300.0424  
Fax: 303.648.5456  
denverchiro@yahoo.com  
www.denverback.com  
©Dr. Glenn, Inc

# The Dr. Glenn Report

Don't put up with pain.

www.denverback.com 303.300.0424

October 2011

## The unintended side effects of chasing an arguably ridiculous goal.

I'm writing this about 2 weeks after finishing the Xterra Lory off-road triathlon on August 27, 2011. It was the best race performance I've ever had. (Granted that's not really saying much, but bear with me as I have a broader point to make here.)

Many of you read the July issue of this newsletter. I told then about the reasons I started doing triathlons 4 years ago (to deal with a little panic attack problem – you can find that issue on the articles page of denverback.com).

But simply doing cardiovascular exercise to maintain one's mental health gets rather boring. So there are goals. Winning isn't a realistic goal for me. The people who do these races are animals. Seriously, we're talking about some very fit and skilled athletes here. Coming in amongst the top 10 isn't even on my radar. Really.

My first goal in 2008 was to finish a race. I did that in my first tri. In my second race in 2008, I finished last by over 30 minutes. So merely finishing was no longer enough. The new goal was finishing ahead of at least one guy. And if I can't beat one guy, at least finish ahead of one lady- the women who do these races are just as tough as the guys, I don't discriminate. That was 2009 and 2010.

This year, the goal was to get out of the bottom 10%. I worked with Xterra Pro Cody Waite of Endurance Performance Coaching ([www.epcmultisport.com](http://www.epcmultisport.com)) to learn how to train. I followed the nutritional advice of the book "The Primal Blueprint" by Mark Sisson.

For the first time ever, I tried.

And some funny things happened along the way. I lost 17 pounds. Yes, 17 pounds. I got better at swimming and mountain biking (still stink at running). And I simply started feeling good. Somehow the balance between family and training and work just fell into place, and chasing after this goal- this arguably ridiculous goal of getting out of the bottom 10% made me happy. Who knew?

So on August 27, 2011, I finished #224 out of 272 athletes, guys and ladies. That's well outside of the bottom 10%. I also came in #153 out of 171 men, just a shade better than the bottom 10% again! Right on...

So once again, these things we do, the games we play, these races we run, they matter. No, most of us aren't in it for money. Most of us aren't in it to win it. But there's often a bigger goal. It's something personal and important. You know what I mean. We at Denver Chiropractic Center are here to help you chase your goals. And we're grateful that you choose us when you need a little help.



## How my long (4-years!) ordeal with a torn rotator cuff ended happily and how I keep it from returning to the dark side...

One of the first things that people ask me about kettlebell training, especially guys, is this: "How do I train my chest?" We'll get to that in a second. It just so happens that kettlebell chest training is just about the best way to save your shoulders and train your chest muscles. Bear with me a second, and I'll get to the point of this article:

Most of you have heard the story of how I became an Active Release Provider. Here it is quoted from my own "Shoulder Saver" article on [denverback.com](http://denverback.com) (it's on the articles page).

It's a sad-but-true story about how my rotator cuff was torn by a chiropractor when I was in school. When I was interviewing for my internship during chiropractic school, a guy we'll call Dr. Schmidt was one of the chiropractors I went to speak with. A couple of days earlier I had hurt my shoulder while working out. For some reason, I asked Dr. Schmidt if there was anything he could do. I'll never forget his smug answer.

"Young man," he said, "I happen to be the Leonardo DaVinci of adjusting. You've come to the right place." Really, he said that. Looking back, I should have run screaming from his office. But I was young & dumb, and still trusted my elders. He proceeded to put my elbow on his shoulder, wrap his hands around my shoulder, and blast my arm toward the floor.

I felt an instant, searing, fire-like sensation deep in

my shoulder joint. I knew something very bad had just happened. It was 1996. What turned out to be a grade-2 rotator cuff tear hurt non-stop until August of 2000. That's right, 4 years of shoulder pain.

In 2000, I met Dr. Mike Leahy, the Active Release® 'guru'. Miraculously, after two shoulder treatments by Dr. Leahy, the pain was gone. I could lift weights and all that stuff again. That's why I'm an Active Release® provider.

So, back to 2011...

Now that I've been enjoying relative shoulder health for over 10 years, I do have to work to keep them healthy. I've found that the Floor Press is great because it limits how far down your arms go. Using technical language- it prevents hyper-extension of the shoulders. In fact, in my experience, it hurts less than pushups sometimes do (especially for us P90X owners).

This self-limiting range allows you to work the chest muscles while limiting the impact on the vulnerable structures of the shoulder joint. Yes, you can do these with dumbbells, but the way that kettlebells hang off of your hands instead of lining the weight up with your bones requires more active stabilization from the rotator cuff muscles.

I like to balance this out with the KB row. If I'm feeling really peppy, I'll also throw in sets of shoulder presses with the Kettlebells.

1. Start with the bells close to your body. Going too wide really strains the vulnerable supportive tissue of the shoulder joint. Squeeze the handles tightly to activate your upper extremity muscles. This little trick makes you stronger. If you're in a gym grab a mat as most gym floors are filthy (I train at home.)



2. Slowly press all the way out, come to a full stop, and then lower your elbow all the way to the floor. Shoot for a weight that lets you get 10-12 reps. Do 3-4 sets. Going too heavy is pointless unless you have a very specific reason to do so, like playing football.



## Health News For You, Part I

*By the doctors at Denver Chiropractic Center*

### Did You Know?

Among the many natural ways to treat infection, tea tree oil is one of the very best. Tea tree oil is an essential oil taken from the leaves of the melaleuca alternifolia, a plant native to Australia. It has a wide variety of uses with strong antiseptic, antibacterial, antiviral, and antifungal properties. The aborigines in Australia used tea tree leaves to heal skin infections, wounds, and burns by crushing the leaves and holding them in place with a mud pack.

Tea tree oil effectively treats a variety of conditions. If you choose to try Tea Tree oil, it is good practice to do a patch test on your skin first, as undiluted tea tree oil can irritate the skin. If the skin is sensitive, then it is necessary to dilute it. A good tea tree oil solution can be made by mixing 5 parts of tea tree oil with 95 parts of water. Please note: tea tree oil should never be taken internally, even in small amounts.

Here are just some of the many ways to effectively use tea tree oil:

**Acne** - Tea tree oil kills the skin dwelling bacteria that cause acne. Dilute the tea tree oil as directed above and apply to lesions. Another way to apply it is by diluting it with aloe vera gel. To begin with, mix one or two drops to one ounce of the gel.

**Athlete's Foot** - Every morning and evening, saturate a cotton ball with tea tree oil (you may need to dilute it) and apply to the affected and surrounding areas. Also, you may want to apply a tea tree oil enriched moisturizer. Tea tree oil is also very effective when treating nail fungal infections.

**Insect Bites** - Apply full strength to the bite area. Tea tree oil is also an effective insect repellent. **Wound Healing** - Moderately apply tea tree oil (at a strength of 70% to 100%) on the wound at least twice daily.

Lastly, putting a few drops of tea tree oil in bathwater has a relaxing and rejuvenating effect. It will also soothe sore muscles.

### Attention All Athletes: Sleep More!!!

If you are an athlete – no matter what level – you are going to want to check out this important information. Here is why... Everyone knows quality sleep is important. Every year more information surfaces that shows it is even more important than many experts first thought. There are many research studies about amounts of sleep and how sleeping too much or too little affects your health. Now, there is another study showing just how important sleep may be for peak athletic performance.

Research published in the journal Sleep suggests that sleeping longer can dramatically improve physical performance. Members of Stanford University's male basketball team increased their sleep to 10 hours a night for around 6 weeks. Results? Their shooting accuracy improved by 9%, sprinting times improved, and fatigue levels decreased.

When it comes to athletes and high level sports, 9% can be enormous. Top athletes are often separated by seconds or less. For example, the difference between winners and losers in Olympic sprinting is often measured in thousandths of a second. The study at Stanford University found that getting enough sleep and rest was as important as training and diet for elite athletes. While there's no way that most of us can get 10 hours, maybe an extra 30 minutes would help?

## Why you should start jumping rope!

By Jeff Stripling D.C.

What if I told you there is a SINGLE fitness tool that will increase your speed and agility, strength and endurance, balance, coordination, can be used anywhere, and costs less than \$10?! I am referring to the jump rope. If your only experience with the jump rope is from elementary school you are missing out on an excellent full body conditioning instrument.

Used by boxers for decades to develop swift feet and endurance, an effective jump rope routine will torch calories in a very short amount of time while toning the entire body (11 calories burned per minute on average). The jump rope is a fun addition to your exercise regimen that can be made as difficult as you want. Speaking from personal experience, learning to jump rope can be (very) frustrating, but be patient and stick with because soon it will “click” and become second nature.

I recommend using a simple 9ft “speed rope”. These are available at all quality sporting goods stores, inexpensive (mine was \$5.99), and the size can adjusted to correctly fit your body. After you become efficient at single jumps you can add difficulty with double-unders, single leg jumps, criss-crosses, lunging jumps, and other advanced movements. I like to combine jumping rope with full body strength training exercises to make a circuit that I will repeat for a number of sets. Jumping rope will challenge both your aerobic and anaerobic pathways and help you, “float like a butterfly and sting like a bee!”

### Beginner Tips:

- Use your wrists AND forearms to make small circles
- Keep hands level with your hips
- Keep elbows close to torso with forearms slightly in front of body
- Jump only one or two inches off the ground (all about timing)
- Keep knees slightly bent to absorb impact
- Keep shoulders down and relaxed
- Choose a surface that has a little give to it

### Beginner Circuit

Complete as a circuit with minimal rest for 10 SETS

Jump Rope 1 min

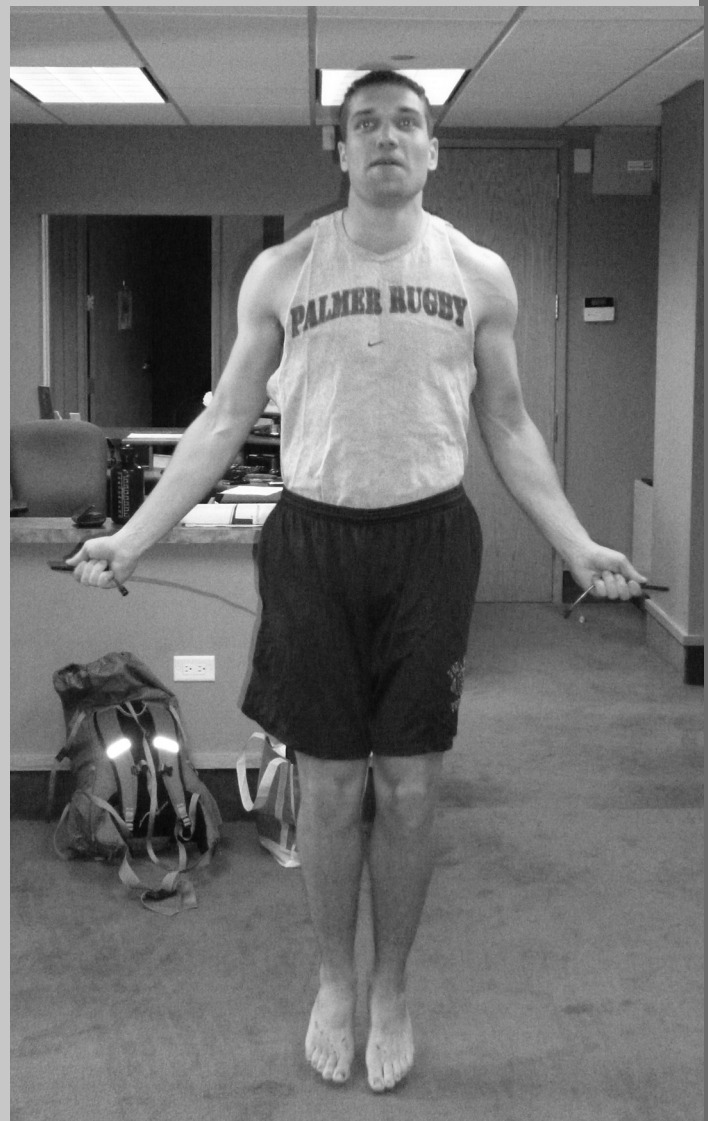
Push-ups 10x

Jump Rope 1 min

Bodyweight squats 10x

Jump Rope 1 min

Sit-ups 10x





## DENVER CHIROPRACTIC CENTER

Glenn D. Hyman, DC, CSCS  
1780 South Bellaire Street  
Suite 710  
Denver, CO 80222

Phone: 303.300.0424

Fax: 303.648.5456

denverchiro@yahoo.com

www.denverback.com

©Dr. Glenn, Inc

Office Hours:

Monday & Wednesday, 9-5

Tuesday & Thursday, 9-7

Friday 9-3

We are in-network with:

- Aetna
- Blue Cross
- United Healthcare
- Great West
- Kaiser PPO (but not HMO)
- PacifiCare
- Humana
- Choice Care
- Rocky Mountain Health Plans
- (• Cigna- Out of network, but welcome)



www.denverback.com

## The best of Denver Chiropractic Center's Weekly email – Health News For You.

*(If you like interesting stuff emailed to you, and you're not getting these, just go to our website and email us. We'll be happy to add you to the list).*

### Diet:

#### **What makes us fat?**

Excessive consumption of carbohydrates leads to excess body fat. (I used this fact to lose 17 pounds this year.) *"What Makes Us Fat? And What You Can Do About It."* An extensive review of the literature from the last 100 years by Gary Taubes. Find it on amazon.com or at your local library.

### Wellness/Prevention:

**Watch This!** People who watch TV for 2 hours a day have a 20% higher risk of developing type 2 diabetes, a 15% higher risk of developing fatal or nonfatal cardiovascular disease, and a 13% greater risk of dying early from any cause. Watching TV alters energy expenditure by displacing time spent on physical activities, and is associated with unhealthy eating (more fried foods, processed meats, sugary drinks and less fruits, vegetables, whole grains). On average, Americans watch TV 5 hours a day (who the hell has time for that??? – Glenn). *Journal of the American Medical Association, 2011*

### Health Alert:

**Patents About To Expire.** By the end of 2012, 7 of the 20 top selling medications will lose their patent protection. \$225 billions' worth of annual global sales of drugs will go off patent by the end of 2015. *FDA, August 2011* (My dad, a pharmacist, recently explained to me that drug companies

increasingly are pushing to have their drugs that go off patent approved for over-the-counter sales. Remember, your health is your responsibility.)

### Exercise:

**Good Reasons To Exercise.** Exercise reduces the risk of developing hypertension (high blood pressure), increases the density and breaking strength of bones, improves your physical appearance, and increases circulating levels of HDL (good) cholesterol. *Surgeon General's Report on Physical Activity and Health, 1996*

### Quote:

"There has never been a better time to learn." ~ voice on the iPad 2 commercial.

### Active Release Techniques (ART):

**Car Accident Injuries.** Did you know that treatments with Active Release Techniques can help you recover quickly from car accidents? The forces from a car accident can cause widespread injuries in your body. ART treatments help manage to the healing process by reducing scar tissue and maximizing ranges of motion. Spinal adjustments and functional rehab program adds to this healing effect. Treatment at Denver Chiropractic Center includes all of these. If you or someone you know has been in a car accident, call us today 303.300.0424.