

## 125- New ICAKA President, Iliolumbar ligament, virtual neck, Tiger Woods, Teenagers, TV kills, Groin Pain, Wii

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Hi Everyone,

Just attended the ICAK-Australasia's annual general meeting. <http://www.icaka.org.au/> . Tony Ancell and his team including Roger Price and John Flutter gave a great introduction to [Epigenetic Orthodontics](#) and Airway enhancement. Presentations by Simon King, Keith Keen, Susan Walker, Matthew Brady and myself. I accepted nomination for President of our Chapter and was voted in. A great team of helpers volunteered, including Tracey Lademann, Gina Martins, Kate Swincer, Jane Brooks, Brad Lidbury, Graham Taylor, Matt Brady, Terry Coulits and Eric Pierotti. Keith Keen is the immediate past president. Suggestions for helping the Chapter work better, run easier and grow more are now welcomed by the executive. Please email or call me. We can only do a better job by understanding your expectations of the new leadership and your suggestions for improvement. Suggestions for conference venues, speakers newsletter info will also speed up our productivity. Our next conference is listed to be held in the non earthquake, non tsunami town of Koh Samui. Thailand. Professor Joe Schafer will be our speaker at that [conference](#) . Don't miss this great opportunity to relax and learn. All are welcome.

Donald

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1. [Dr. Repetto's new newsletter No 32 is now hot off the press.](#) Go to her website for some great AK related info.

2. [Back pain caused by iliolumbar ligament injury.](#) "Immunohistochemical staining has shown that iliolumbar ligament had a rich nerve tissue. Those results indicate that ILL plays an important role in proprioceptive coordination of lumbosacral region alongside its known biomechanic support function. Moreover, the presence of type IV nerve endings suggest that the injury of this ligament might contribute to the low back pain."

3. [A virtual environment finds more neck problems](#) . "Neck pain is significantly associated with reduced CROM as demonstrated by both Virtual Reality and conventional assessment methods. The VR method provides assessment of functional Cervical Range Of Movement and can be used for CROM enhancement. Assessment by VR has greater sensitivity than conventional assessment and can be used for the detection of true symptomatic individuals."

4. [Is Tiger Woods really sick?&nbsp; Here is an interesting medical blog.](#) "As a psychiatrist, I would first want to apply here the concept of a hierarchy of diagnoses. So a high amount of sexual activity could certainly occur with many conditions, and the concept of a sex addiction, if valid, would have to be the last thing one would diagnose - a diagnosis of exclusion since it could happen with so many other things. First on everyone's list of causes of high sexual activity, I would think, should be mania, or bipolar disorder. Next, or right with it, would be obsessive compulsive disorder (OCD), with sexual content; this is quite common. Then perhaps PTSD with sexual trauma (with later hypersexuality in some people), substance abuse (e.g., amphetamine, steroid, or testosterone abuse), and frontal lobe syndrome. Some depressed individuals also appear to engage in sexual activity, not because of aroused libido, but out of a

wish to come out of their isolation and engage with others, even if only physically."

5. [Mediterranean diet helps your thinking.](#)

In two large, prospective, population-based studies, researchers examined whether better adherence to a Mediterranean-type diet, with or without greater physical activity, is associated with less global cognitive decline or lower incidence of Alzheimer disease."

6. [Doctor's short visit time hurts the doctor, not the patient.](#) "GPs' feelings of burnout or dissatisfaction with the time available for their patients do not obstruct their diagnosis and awareness of patients' psychological problems. On the contrary, GPs with high levels of exhaustion or depersonalisation, and GPs who are dissatisfied with the available time, sometimes provide more opportunities to discuss mental health problems. This increases the chance that appropriate care will be found for patients with mental health problems. On the other hand, these GPs are themselves more likely to retire, or risk burnout, because of their dissatisfaction. Therefore these GPs may benefit from training or personal coaching to decrease the chance that the process of burnout will get out of hand."

7. [Why teenagers don't get up in time](#) . "Sit by the window in school? Lack of the right light each morning to reset the body's natural sleep clock might play a role in teenagers' out-of-whack sleep, a small but provocative school experiment suggests.

Specialists say too few teens get the recommended nine hours of shut-eye a night. They're often unable to fall asleep until late and struggle to awaken for early classes. Sleep patterns start changing in adolescence for numerous reasons, including hormonal changes and more school, work and social demands."

8. [Too much TV can kill you \(eventually\).](#) "Television viewing time was associated with increased risk of all-cause and CVD mortality. In addition to the promotion of exercise, chronic disease prevention strategies could focus on reducing sitting time, particularly prolonged television viewing."

9. [The best research reviews/cochrane have biased outcome reporting.](#) "Outcome reporting bias is an under-recognised problem that affects the conclusions in a substantial proportion of Cochrane reviews. Individuals conducting systematic reviews need to address explicitly the issue of missing outcome data for their review to be considered a reliable source of evidence. Extra care is required during data extraction, reviewers should identify when a trial reports that an outcome was measured but no results were reported or events observed, and contact with trialists should be encouraged."

10. [Drinking tea gives men a skinnier waist.](#) "This study suggests that frequent consumption of tea ( $\geq 2$  cups/day) is associated with a lower waist circumference in men. The relationship between coffee and tea additives with waist circumference in men and women is intriguing and requires further study." "Danielle R. Bouchard, R. Ross, I. Janssen. "Are Coffee and Tea Consumption Associated with Waist Circumference?" Abstract 266. First International Congress on Abdominal Obesity, Jan. 28-30, 2010."

11. [Doctors deceive/lie to each other.](#) "The focus has hitherto been on doctors deceiving

patients and, to a much lesser extent, patients deceiving doctors. Despite the disapproving glares of unamused colleagues, we need also to be "honest and open" about the deceptions that occur between clinicians so that we can identify why they occur. Only then can we distinguish between those that are unjustified and need to be eliminated and those, if any, that are permitted."

12. [Skin cells change into nerves](#) . "Cellular differentiation and lineage commitment are considered to be robust and irreversible processes during development. Recent work has shown that mouse and human fibroblasts can be reprogrammed to a pluripotent state with a combination of four transcription factors. This raised the question of whether transcription factors could directly induce other defined somatic cell fates, and not only an undifferentiated state. We hypothesized that combinatorial expression of neural-lineage-specific transcription factors could directly convert fibroblasts into neurons. Starting from a pool of nineteen candidate genes, we identified a combination of only three factors, Ascl1, Brn2 (also called Pou3f2) and Myt1l, that suffice to rapidly and efficiently convert mouse embryonic and postnatal fibroblasts into functional neurons in vitro. These induced neuronal (iN) cells express multiple neuron-specific proteins, generate action potentials and form functional synapses. Generation of iN cells from non-neural lineages could have important implications for studies of neural development, neurological disease modelling and regenerative medicine. "

13. [Side bending neck manipulation helps whiplash reflex pain](#). "Sensory hypersensitivity indicative of augmented central pain processing is a feature of chronic whiplash associated disorders (WAD). This study investigated the immediate effects of a cervical spine manual therapy (SMT) technique on measures of central hyperexcitability. In a randomised, single blind, clinical trial, 39 participants with chronic WAD were randomly assigned to a cervical SMT (lateral glide) or manual contact intervention. The Neck Disability Index (NDI) and GHQ-28 were administered at baseline. Pressure pain thresholds (PPTs), thermal pain thresholds (TPTs) and Nociceptive Flexion Reflex (NFR) responses (threshold and VAS of pain) were measured pre and post intervention. There was a significantly greater increase in NFR threshold following SMT compared to the manual contact intervention ( $p = 0.04$ ). PPTs at the cervical spine increased following both SMT (mean  $\pm$  SE:  $24.1 \pm 7.3\%$ ) and manual contact ( $21 \pm 8.4\%$ ) with no difference between interventions. There was no difference between interventions for pain ratings with the NFR test, PPTs at the Median Nerve or Tibialis Anterior, heat or cold TPT. SMT may be effective in reducing spinal hyperexcitability in chronic WAD."

14. [Experienced chiropractors find chest pain problems better than students](#). "Chest pain may be caused by joint and muscle dysfunction of the neck and thorax (termed musculoskeletal chest pain). The objectives of this study were (1) to determine inter-observer reliability of the diagnosis 'musculoskeletal chest pain' in patients with acute chest pain of non-cardiac origin using a standardized examination protocol, (2) to determine inter-observer reliability of single components of the protocol, and (3) to determine the effect of observer experience. Eighty patients were recruited from an emergency cardiology department. Patients were eligible if an obvious cardiac or non-cardiac diagnosis could not be established at the cardiology department. Four observers (two chiropractors and two chiropractic students) performed general health and manual examination of the spine and chest wall. Percentage agreement, Cohen's Kappa and ICC were calculated for observer pairs (chiropractors and students) and all. Musculoskeletal

chest pain was diagnosed in 45 percent of patients. Inter-observer kappa values were substantial for the chiropractors and overall (0.73 and 0.62, respectively), and moderate for the students (0.47). For single items of the protocol, the overall kappa ranged from 0.01 to 0.59. Provided adequate training of observers, the examination protocol can be used in carefully selected patients in clinical settings and should be included in pre- and post-graduate clinical training."

15. [What do patients think about their back exercise program?](#) "Spinal stabilisation exercises are commonly used in the management of low back pain (LBP). There is limited evidence relating to patients' experiences of their involvement in such programmes. The aim of this study was to explore the experiences of a sample of individuals with chronic LBP who participated in a randomised controlled trial (RCT) investigating the most efficacious dosage and frequency of spinal stabilisation exercises. The qualitative study involved nine participants who took part in focus group discussions. The data were analysed using thematic content analysis and provided insights into the experiences of the participants. Four themes emerged: Physical dimensions of the LBP experience, emotional and psychological dimensions of the LBP experience and perceived effects of the programme and lastly, the impact of the treatment programme on participants' knowledge, understanding and adherence. In conclusion participants' experiences were not limited to the positive effects of stabilisation exercises on pain, functional disability and quality of life, but also reflected increases in confidence, the formulation of self help strategies and the ability to exert better control over their LBP. The findings highlight the importance of well planned associated educational support packages in the treatment of LBP paving the way for future qualitative research."

16. [Groin pain weakens stomach muscles.](#)

The purpose of the study was to compare thickness of the transversus abdominis (TA) and obliquus internus (OI) muscles between athletes with and without longstanding adduction-related groin pain (LAGP). Forty two athletes with LAGP and 23 controls were included. Thickness of TA and OI were measured with ultrasound imaging on the right side of the body during rest. Relative muscle thickness (compared to rest) was measured during the active straight leg raise (ASLR) left and right, and during isometric hip adduction. TA resting thickness was significantly smaller in injured subjects with left-sided ( $4.0 \pm 0.82\text{mm}$ ;  $P < 0.001$ ) or right-sided ( $4.3 \pm 0.64\text{mm}$ ;  $P = 0.015$ ) groin complaints compared with controls ( $4.9 \pm 0.90\text{mm}$ ). No significant differences between patients and controls in TA or OI relative thickness during the ASLR and isometric hip adduction were found (all cases  $P \geq 0.15$ ). In conclusion, TA resting thickness is smaller in athletes with LAGP and may thus be a risk factor for (recurrent) groin injury. This may have implications for therapy and prevention of LAGP.

17. [Wii balance board provides cheap assessment of standing balance](#) . "These findings suggest that the WBB is a valid tool for assessing standing balance. Given that the WBB is portable, widely available and a fraction of the cost of a FP, it could provide the average clinician with a standing balance assessment tool suitable for the clinical setting."

18. [Body weight and step size alter muscle coordination.](#) "EMG coordination patterns are similar between conditions of high levels of body weight support and faster stride frequencies vs. lower levels of body weight support and slower stride frequency. Our data suggest that the interaction of body weight support and stride frequency should be taken into consideration for



optimizing motor output during locomotor training."

19. [Multiple tasks help posture in Tourette syndrome](#) . "Postural control was examined during standing with and without a secondary visual attention task. Sway velocity was higher in younger children than older ones and also higher in children with TS than in controls. The secondary task exacerbated the velocity anomalies in younger children with TS. The effects were independent of tic severity, medication, and attention deficit. The results suggest that postural control anomalies in TS are sensitive to attentional requirements."

20. [Eye dominance does not affect posture](#) . "Ocular dominance does not seem to affect postural function in the monovision and far viewing condition"

21. [Placebo treatments are now "official"](#) . "For many years, placebos have been defined by their inert content and their use as controls in clinical trials and treatments in clinical practice. Recent research shows that placebo effects are genuine psychobiological events attributable to the overall therapeutic context, and that these effects can be robust in both laboratory and clinical settings. There is also evidence that placebo effects can exist in clinical practice, even if no placebo is given. Further promotion and integration of laboratory and clinical research will allow advances in the ethical use of placebo mechanisms that are inherent in routine clinical care, and encourage the use of treatments that stimulate placebo effects. "

22. [Informed dissent helps you change your mind and may save your tonsils](#) . "The parents of a 6-year-old boy awaiting a tonsillectomy in our department rang to cancel his admission on the morning of his operation. The night before his admission the little boy had searched the internet for information on tonsillectomy, and Google had led him straight to an unabridged graphic YouTube video of the operation. Not surprisingly, he concluded that he did not want the operation, and regrettably his place on the operating list could not be filled."

23. [Why Probiotics/yoghurt culture doesn't always help](#) . "In total, 1966 articles were identified, of which 72 fulfilled the inclusion criteria. There were 20 case reports of adverse events in 32 patients, all of which were infections due to *Lactobacillus rhamnosus* GG or *Saccharomyces boulardii*; the risk factors included central venous catheters and disorders associated with increased bacterial translocation. There were 52 articles reporting 53 trials in which 4131 patients received probiotics. Most trials showed either no effect or a positive effect on outcomes related to safety (eg, mortality and infections). Only 3 trials showed increased complications, which were largely noninfectious in nature and in specific patient groups (eg, transplant and pancreatitis). In 2 of these trials, the probiotic was administered through a postpyloric tube."

24. [Eggs and poultry with skin increases the risk of prostate cancer](#) . "We observed 127 events (prostate cancer death or metastases, elevated prostate-specific antigen concentration, or secondary treatment) during 2610 person-years. Intakes of processed and unprocessed red meat, fish, total poultry, and skinless poultry were not associated with prostate cancer recurrence or progression. Greater consumption of eggs and poultry with skin was associated with 2-fold increases in risk in a comparison of extreme quantiles: eggs [hazard ratio (HR): 2.02; 95% CI: 1.10, 3.72; P for trend = 0.05] and poultry with skin (HR: 2.26; 95% CI: 1.36, 3.76; P for trend = 0.003). An interaction was observed between prognostic risk at diagnosis and poultry. Men with high prognostic risk and a high poultry intake had a 4-fold increased risk of recurrence or progression compared with men with low/intermediate prognostic risk and a low poultry intake (P for interaction = 0.003). Our results suggest that the postdiagnostic consumption of processed or unprocessed red meat, fish, or skinless poultry is not associated with prostate cancer recurrence or progression, whereas consumption of eggs and poultry with skin may

increase the risk."

25. [Price discounting affects nutrition choice, education doesn't.](#) "Neither price discounts nor tailored nutrition education had a significant effect on nutrients purchased. However, the significant and sustained effect of discounts on food purchases suggests that pricing strategies hold promise as a means to improve population diets."

26. [More chocolate causes less strokes](#) . "Results of 2 prospective cohort studies showed, respectively, a 22% reduction in stroke risk for those who had 1 serving of chocolate per week and a 46% reduction in stroke mortality from weekly consumption of flavonoids in 50 g of chocolate vs no consumption. A third study showed no association between chocolate intake and stroke or death."

27. [Migraine sufferers have higher risk of heart disease.](#) "Results of a large case-control study including more than 6000 patients with migraine show an increased risk for cardiovascular disease events for migraineurs both with and without aura. In addition, migraineurs were more likely to have diabetes, hypertension, and high cholesterol than those without migraines, and their Framingham risk scores were also higher."

28. [Neck pain is more common than nausea in migraine.](#) "In patients with migraine, neck pain was more commonly associated with migraine than was nausea, which is considered a defining characteristic of the disorder, a new study shows. The finding that neck pain was more commonly associated with migraine than was nausea would seem to be a big surprise, given the absence of its mention in textbooks and in The International Headache Classification II (ICHD-2) criteria," said lead author Anne H. Calhoun, MD, with the Carolina Headache Institute in Chapel Hill, North Carolina."

29. [Oxytocin helps Adults with Autism](#) . "Inhaling the hormone oxytocin appears to improve social interactions in adults with high-functioning autism spectrum disorder (HF-ASD), new research suggests.

The study showed that compared with HF-ASD patients who were given placebo nasal spray, those who inhaled oxytocin could better differentiate between players who interacted with them and those who did not in a virtual ball toss game. In addition, the study also showed that oxytocin enhanced total gaze time when looking at pictures of human faces, particularly in the eye region."

30. [Exercise increases brain/hippocampal volume helping short term memory.](#) "Aerobic exercise can significantly increase the relative hippocampal volume in patients with schizophrenia, as well as in healthy controls, a small, randomized study suggests. In fact, the volume increased by 12% in those with schizophrenia and by 16% in those without and was associated with improvements in short-term memory test scores. These results indicate that in [these patients], hippocampal volume is plastic in response to aerobic exercise," write Frank-Gerald Pajonk, MD, Dr. K. Fontheim's Hospital for Mental Health, Liedenbug, Germany, and colleagues."

1. Enterprise Is Better Than Ease by Jim Rohn

If we are involved in a project, how hard should we work at it? How much time should we put in?

Our philosophy about activity and our attitude about hard work will affect the quality of our lives. What we decide about the rightful ratio of labor to rest will establish a certain work ethic. That work ethic—our attitude about the amount of labor we are willing to commit to future fortune—will determine how substantial or how meager that fortune turns out to be.

Enterprise is always better than ease. Every time we choose to do less than we could, this error in judgment has an effect on our self-confidence. Repeated every day, we soon find ourselves not only doing less than we should, but also being less than we could. The accumulative effect of this error in judgment can be devastating.

Fortunately, it is easy to reverse the process!

Any day we choose, we can develop a new discipline of doing rather than neglecting. Every time we choose action over ease or labor over rest, we develop an increasing level of self-worth, self-respect and self-confidence. In the final analysis, it is how we feel about ourselves that provides the greatest reward from any activity. It is not what we get that makes us valuable, it is what we become in the process of doing that brings value into our lives. It is activity that converts human dreams into human reality, and that conversion from idea into actuality gives us a personal value that can come from no other source.

So feel free to not only engage in enterprise, but also to enjoy it to its fullest along with all the benefits that are soon to come!

Human beings have the remarkable ability to turn nothing into something. They can turn weeds into gardens and pennies into fortunes.

Enterprise is better than ease.

Showing a profit means touching something and leaving it better than you found it.

Enterprise is the hope of our future.

Profits are better than wages. Wages make you a living; profits make you a fortune.

We all know a variety of ways to make a living. What's even more fascinating is figuring out ways to make a fortune.

Kids ought to have two bicycles, one to ride and one to rent.

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"Neglect starts out as an infection then becomes a disease." —Jim Rohn

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