

AT A GLANCE

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the EVALUATOR

PRESIDENT'S REPORT

By: Dr. David Dos Santos

Over the past few months your Board of Directors has continued the hard work in strengthening and building The Society. I am pleased to inform the membership that we have two new members, and one associate members since the last communication. Our membership numbers now stand at **40**, including Associate members and one Honorary Member. CSCE now has members Coast-to-Coast, representing most provinces.

On April 5, 2003 CSCE held its most successful Annual Conference to date. There were approximately 175 registrants, and despite challenging weather conditions that day, there were 150 attendees. Titled "Whiplash and Neck Pain: Research, Management and Legislation", the multidisciplinary conference, co-sponsored with CMCC, was, by all measures, an overwhelming success. I would like to thank members of the Continuing Education Committee, and it's chair, Dr. J. Pikula, for their hard work in this matter. I would also like to thank Dr. G. Lawson for serving as Master of Ceremonies. For those members who could not attend, speaker's notes are available on CD ROM. For further information, please contact Ms. Laura Mba, CSCE Co-ordinator.

The Society operates with a limited budget. Despite this, the financial status of the Society is excellent with a strong positive cash balance, helped by the success of the Annual Conference. Your Board of Directors has demonstrated excellent fiscal prudence in keeping expenditures to a bare minimum. I would like to thank those Board and Committee Members who have sacrificed their time and monies in the development of the Society.

The Board has been working hard to represent members who perform independent evaluations in the Ontario automobile insurance arena. The Provincial Government is in the process of passing new regulations that will significantly impact on how the system works. In March 2003 Dr. M. Rajwani and myself made a presentation to the Automobile Insurance Review Committee on proposed changes to the regulations. I would like to thank Dr. Rajwani for his assistance. I am pleased to report that our written submission and verbal presentation was well received. On July 31, 2003 Dr. Lawson and I mae a presentation to the Government Committee on the proposed changes outlined in their pre-election White Paper. I would like to thank him for his assistance.

As you are aware, the Ontario Liberal Party won the recent election. In their White Paper released before the election, they committed to the elimination of the Designated Assessment System. Prior to the election I made a presentation at one of their public hearings. I emphasized the importance of maintaining an arms-length, impartial, peer reviewed assessment process in dispute resolution regarding medical/rehabilitation issues. In collaboration with the Coalition of Health Care Professions and Allied Organizations, CSCE continues to express our views to regulators of Auto Insurance. I would like to thank Dr. Stants for his efforts in this regard.

The Standards and Guidelines Committee has developed a draft version of a Position Statement on Evidence-based care. This was recently mailed out to all members for their input. It has similarly been sent to all Provincial Associations for their feedback. I expect this Position Statement to be passed by the Board in the next few months. This will be incorporated into the Standards and Guidelines Manual, with a new edition of the manual to be developed over the coming year. The Desktop Reference Manual and Directory of Members will also be updated.

I would like to thank Drs. Guerriero and Lawson for representing CSCE at the inaugural meeting of the International Federation of Chiropractic Evaluators in Orlando, Florida this past year. CSCE is a founding member of an international organization representing independent evaluators from Canada, United States and England.

At this stage the foundation of the Society has been set. The strategic direction over the next year will focus on further development of the framework for The Society to more accurately represent our national mandate. To help achieve this, we will be calling for Provincial Representatives or Liasons to represent CSCE and help expand membership numbers. As a first step local mandates will be established, keeping in mind the jurisdictional parameters in which members work. This may be a prelude to the establishment of Provincial Chapters.

I would be remiss if I did not mention our outgoing past President, Dr. R. Guerriero. I would like to thank him for his commitment and dedication to establishing and building the Society. He has been and continues to be a credit to The Society and Profession.

Sincerely,
Dr. D. Dos Santos
CSCE President

Core Stabilization and You: How To Bring Back The “Six-Pack”

By: Rick Corbett D.C., D.A.B.C.O.



If your mid section isn't what it could be, here's some information to help you bring back the “six-pack!”

In Ontario, musculoskeletal disorders:

- rank first in prevalence in chronic health problems and as a cause of long-term disability;
 - rank first as a reason for consultation with a health professional; and
 - rank second as a reason for the use of prescription and non-prescription drugs.
- As well, in Ontario, “musculoskeletal disorders and injuries are the second and third most costly categories of health problems in economic burden of illness studies.”¹

On an annual basis, between “10 and 17% of adults have an episode of back pain.” “Low back pain results in approximately 10% of all chronic health conditions and is the second most common reason for office visits.”²

Low back pain, when chronic, can in many people be associated with deconditioning of the muscles of the spine and/or trunk.³ In fact, a lack of core strength and stability can be found in even the athletic population.⁴

Spinal stabilization is a rehabilitation program designed to limit pain, maximize function, and prevent further injury by stabilizing spinal segments through muscular control.⁵

“Exercises can be classified as either “core”, or “assistance”, based on the size of the muscle areas involved, and the level of contribution to a particular sport movement.”⁶

“Core exercises are defined as exercises that recruit one or more large muscle areas (i.e., chest, shoulder, back, hip, or thigh), involve two or more primary joints (multi-joint exercises), and receive priority when selecting exercises because of their direct approach to the sport”.^{6,7}

[On the other hand, “Assistance exercises usually recruit smaller muscle areas (i.e., biceps, triceps, abdominals, calf, neck trapezius, forearm, lower back, or anterior lower leg), involve only one primary joint (single-joint exercises), and are considered less important to improving sport performance.^{6 7]}

Core stability involves enhancing: neuromuscular control, stabilization strength, and power, of the lumbo-pelvic-hip complex.⁸

Core stabilization can be thought of as spinal stabilization of the core, or primary muscles of the trunk, torso, or the mid section: the abs (transverse abdominus, rectus abdominus, internal obliques), the lower back (especially the multifidus, the quadratus lumborum, and erector spinae), the upper legs, as well as the pelvic floor.^{4 7}

The benefits of core stabilization could include: improvement in posture, balance, and peripheral mobility; enhanced athletic performance; as well as increased strength and agility.⁹

In addition, a strong core can make all other forms of exercise more effective.¹⁰

There are a number of tests that can be done to evaluate the strength of the core stabilizers.

To name a few, there are: the double leg-lowering test⁴, the captain’s chair¹¹, the crunch, flutters, V-ups¹², the bicycle sit-up¹³, and “the superman exercise¹⁴”, also known as the “modified bicycle sit-up”.

The side bridge is a core stabilizer exercise that particularly stresses both the quadratus lumborum and the oblique muscles.¹⁵

Due to the brevity of this article, we will confine ourselves to discussing one simple-to-do test to evaluate the strength of the core stabilizers: the “superman exercise”, or “modified bicycle sit-up”.

What follows is a description of a variation of this test and exercise.

Starting position:

Lay on your back on the floor or a mat, with both knees straight and your hands on your abdomen.

Bend your left knee.

Keep your right leg out straight.

As you bring your left knee up toward your right shoulder, reach forward with your right hand and lift your right shoulder off the floor or mat, turning your trunk toward your left as you do so.

Try to touch your left thigh with your right hand.

Hold this position for 5 seconds.

Return to the starting position.

Repeat using the right knee, and the left hand.

If you can perform a superman exercise/bicycle sit-up, congratulations: you may have fit core stabilizers.

If you cannot perform a superman exercise/bicycle sit-up or you have difficulty performing a bicycle sit-up/superman exercise, you may need to strengthen your core stabilizers.

So, how do we strengthen our core stabilizers?

There are a number of simple-to-do exercises that can strengthen our core stabilizers. Some of these exercises are “no-equipment techniques” (i.e. they require no equipment).

Some of these exercises are “equipment techniques” which can be done using equipment such as: medicine balls, Swiss Balls™, gym balls, stability balls, weights, Heavy Bars™, “BodyBlade™”, tubing, or the Reebok Core Board™. 7

There are other core stabilization exercises that are specific to Pilates™, or Yoga.

Francis¹¹ tested 13 types of abdominal exercises to see which one strengthened the abdominal muscles the most. The traditional crunch-style sit-up was used as the benchmark exercise in this study.

“The top-rated stomach strengthener was a no-equipment technique called the bicycle manoeuvre. To do it, the participant lies on the floor with the lower back pressed against the ground. The knees are then raised, and the exerciser starts moving his or her legs as if the exerciser were riding a bike.”¹¹

“The study found that the bicycle manoeuvre created almost 250 per cent more muscle activity in the rectus abdominus muscles – the “**six-pack**” set – than a crunch did.”¹¹

“Second on the intensity list was the “captain’s chair”. This exercise requires a pair of bars on which the exerciser can rest the forearms while letting the feet stay off the ground. The exerciser then lifts the knees toward the chest. The captain’s chair was 212 per cent more intense than a crunch.”¹¹

Performing crunches while lying on the back on an exercise ball came in third at 39% more intense than a crunch.

Whatever exercise you choose, remember to check with your health care provider before attempting any physical test, or exercise, to determine if it is right for you.



And here’s to your core stability!

Rick Corbett D.C., F.C.C.R.(C.)

References

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- 2,5 O’Young B, et al: PM&R Secrets, Hanley& Belfus, Philadelphia, 1997, p. 304, & p. 442
- 3 The Merck Manual, 15th Edition, p.1292
- 4 Jeffreys I, Developing a progressive core stability program, Strength and Conditioning Journal, National Strength and Conditioning Association, Vol 24, Number 5, pp. 65-6
- 5 Essentials Of Strength Training and Conditioning, National Strength and Conditioning Association (US). Editors: Baechle TR, Earle RW, Publisher: Human Kinetics, China, 2000
- 7 Fitlife <http://www.onlinefitlife.com/core.html>
- 8 Clark, M Core Stabilization Training Manual <http://www.performbetter.com/catalog/dept.asp?dept%5Fid=98>
- 9 Reebok Core Board <http://www.ginmiller.com/>
- 10 Mid Valley Athletic Club <http://www.midvalleyathleticclub.com>
- 11 Francis P http://www.canoe.ca/LifewiseStyle01/0604_abs-ap.html
- 12 Blaze Academy http://www.di.com/home/Jose/blaze/a_muscles.htm
- 13 rec.running <http://www.faqs.org/faqs/running-faq/part6/>
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- 15 Renegade Training <http://www.renegadetraining.com>

**MESSAGE FROM THE MEMBERSHIP COMMITTEE
CANADIAN SOCIETY OF CHIROPRACTIC EVALUATORS**

As the new chair of the membership committee it is with great pleasure that I announce the following new members to our society:

**Dr. Ron Fuller and
Dr. Michael Cartensen have been accepted as ASSOCIATE members of the CSCE**

**Dr. John Hall and
Dr. Parham Erfanian have been accepted as ACTIVE members of the CSCE.**

We congratulate these new members and welcome them to our growing group. We hope that other quality applicants will result in more new members this year.

We are the only Canadian national organization representing chiropractic evaluators. We have been recognized as representing the perspective of chiropractic evaluators at negotiations with provincial ministry officials as well as with the auto insurance industry. We endeavour to represent, at the provincial level, all chiropractic evaluators in Canada.

To achieve this last objective we need suitable members, involved with third party evaluations, in each province/territory in Canada where such evaluations are performed. If you have any colleagues who would make suitable candidates please ask them if they have considered applying for membership status.

Thank-You for your membership in the CSCE. All comments would be appreciated:
dormonrtarm@primus.ca or csce@nyrc.ca

Sincerely,

Thomas Dormon
