



Integrated knowledge in Anglesea

BY ELEANOR WOODS

A NEW WAVE of body healing knowledge is flooding Anglesea.

Experienced postural integration practitioner Rob Kain, 62, has brought his skills from Melbourne to the Surf Coast and is offering massage training with a twist.

Kain will deliver a basic relation massage course through Anglesea Community House, starting early August, and is also registering interest in an advanced practitioner's course for Surf Coast therapists who are interested in learning the art of postural integration massage.

"Postural integration is fantastic. It works on the body's fascia, which is the connective tissue of the body. It's basically like the glad wrap around the muscles. When you press into that it softens and helps relax the muscles," he said.

"Up until the age of about 20 our bodies are flexible and strong but over time the body changes, depending on how we sit or move.

"When you realign the fascia, you realign the body.

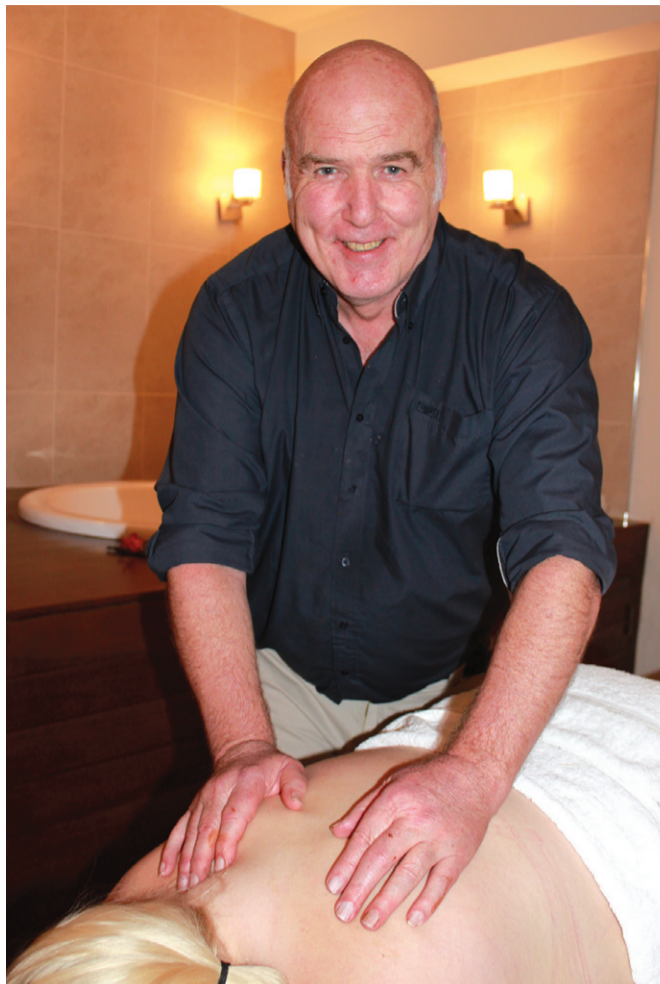
"I've worked with some really fantastic doctors and naturopaths over the years and have learnt a lot of amazing things. I want to pass that on to others."

Kain has worked on a several high profile athletes, including the Victorian rowing squad and Olympian Petra Rivers.

He is currently working on Anglesea's Karen Jones who is training for a body building title.

"Because the work I do is a little bit different I figure the best way to get the word out there is to offer locals a free session so they can see what it is all about."

If you are interested in learning more, contact the Anglesea Community House on 5263 2116 or call Rob Kain directly on 0400 345 803.



Surf Coast masseuse Rob Kain pictured working on a client at Anglesea Spa Resort.

First aid for your teeth

BY DR JASON GRAY

IN THE LAST article we discussed the importance of wearing a custom fitted mouthguard when training and competing in contact sports to protect your teeth against painful and potentially expensive dental injuries.

In the case of an accident and a tooth is damaged or knocked out it is important to contact and see your dentist as soon as possible.

All dentists will treat an emergency like this with paramount importance.

If a primary (baby) tooth is knocked out, it is important not to reinsert the tooth. Chipped baby teeth may sometimes be restored or smoothed if the damage is minor.

If a secondary (adult) tooth is chipped, find the fragment, store it in a cup of milk and attend your dentist as soon as possible.

If the secondary tooth is knocked out, immediately do the following.

First, the tooth needs to be located. Some years ago a young patient of Geelong Smile Studio suffered trauma (jumping on a bed whilst on holidays). Their tooth was knocked out but not found. Upon returning a week later, the tooth was found with radiographs and later surgery - embedded in her nose!

How you handle the knocked out

tooth is vitally important and affects the success of any future treatment of the tooth.

Only handle the tooth by the crown of the tooth; the visible white part of the tooth that is normally seen in the mouth.

Do not touch any part of the root of the tooth where there will be vital ligament cells still attached to the root.

If the root is dirty, ask the patient to gently suck the root clean.

If the patient is not conscious, rinse the tooth in either milk or saline. Never use water to clean the tooth as this kills the ligament cells on the root.

The shorter the time the tooth is out of the mouth and the more carefully the tooth is handled, the better the chance of the replanted tooth being successful upon placement in the mouth. Immediately place the tooth back in the socket (check the other teeth to see whether you have it the right way around!) and hold in place with a tissue.

If you are unable to replant the tooth back in the socket, store the tooth in a cup of milk or get the patient to hold it in their mouth next to their cheek. If this is not possible store in plastic wrap to prevent the tooth from drying out.

See your dentist as soon as possible.

Visit www.smilestudio.com.au for more information.

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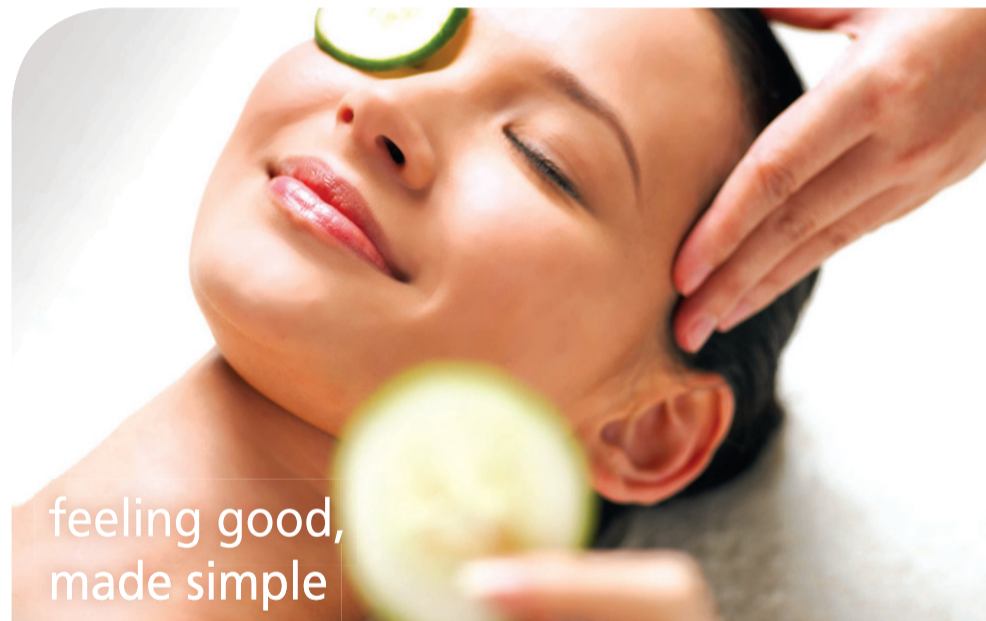
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