

CANADIAN CHIROPRACTIC ASSOCIATION

President John R. Corrigan, BSc, DC

JCCA STAFF

Editor Allan Gotlib, BSc, DC

Canadian Chiropractic Association, Toronto, Ontario

Assistant Editors Pierre Côté, DC, PhD

Toronto Western Research Institute and University of Toronto

Gregory N Kawchuk, DC, PhD University of Alberta, Edmonton, Alberta

Jeff Quon, DC, PhD

University of British Columbia

Kent Stuber, DC, MSc

Calgary, Alberta

John J. Triano, DC, PhD

Canadian Memorial Chiropractic College

Mohsen Kazemi, RN, DC, FRCCSS(C), FCCRS(C), DACRB, MSc

Canadian Memorial Chiropractic College

Guest Editor, Sports Issue

Production Co-ordinator Tami Ehrlich

Advertising Editor, Journal of the Canadian Chiropractic Association

30 St. Patrick Street, Suite 600, Toronto, Ontario M5T 3A3 Tel: 416-585-7902 877-222-9303 Fax: 416-585-2970

Email: Dr. Allan Gotlib<AGotlib@chiropracticcanada.ca>

Website: www.jcca-online.org

PRINTER

Thistle Printing Limited

35 Mobile Drive, Toronto, Ontario M4A 2P6

JCCA Journal of the Canadian Chiropractic Association

(Formerly the Canadian Chiropractic Association Journal)

Copyright Registered © by the Canadian Chiropractic Association 1961

Copyright: The Canadian Chiropractic Association, 2011

All rights reserved. Without limiting the rights under copyright above, no part of this publication may be reproduced, stored in or introduced into any retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording or otherwise), without the prior written permission with the copyright owner and the publisher.

Published by the Canadian Chiropractic Association and issued quarterly
Printed and mailed at Toronto, Ontario.
Publications Mail Registration 09788

EDITORIAL AND EXECUTIVE OFFICES, 30 ST. PATRICK STREET, SUITE 600, TORONTO, CANADA M5T 3A3

General Information: The Journal of the Canadian Chiropractic Association is the official quarterly publication by the Canadian Chiropractic Association. The JCCA is published quarterly by the Canadian Chiropractic Association as a medium of communication between the Association and its members and is a forum for fair comment and discussion of all matters of general interest to the chiropractic profession and the Association. Readers are invited to comment and express their opinions on relevant subjects. Views and opinions in editorials and articles are not to be taken as official expression of the Association's policy unless so stated. Publication of contributed articles does not necessarily imply endorsement in any way of the opinions expressed therein and the Journal and its publisher does not accept any responsibility for them. Your membership fee to the Canadian Chiropractic Association includes a \$27.50 voluntary subscription for the Journal of the Canadian Chiropractic Association. Subscription rates for non-members are \$27.50 per year. Foreign subscriptions are \$74.00 Canadian. Subscriptions outside Canada and USA are sent airmail. Additional copies and back issues, when available, may be purchased at \$15.00 per issue. Business correspondence should be addressed to: the Editor of JCCA, 30 St. Patrick Street, Suite 600, Toronto, Canada M5T 3A3.

INDEXING SERVICES

JCCA is indexed by PubMed Central, CINAHL (Cumulative Index to Nursing and Allied Health Literature), MANTIS (formerly CHIROLARS), AMED, PASCAL, British Library Complementary Medicine Index, Index to Chiropractic Literature, and selectively by SPORTDiscus.

Contents

JCCA Vol 55 No 4 ISSN 00083194

JCCA Appointment

237 Kent Stuber DC, MSc

CCA Young Investigator Award

- 238 Mana Rezai DC. PhD candidate
- 239 Maja Stupar DC, PhD candidate
- 240 Treatment of post-traumatic myositis ossificans of the anterior thigh with extracorporeal shock wave therapy

David Allen Torrance BSc, DC

Christopher deGraauw DC, FRCCSS(C)

247 Avulsion fractures of the pelvis – a qualitative systematic review of the literature

Jason Porr BSc, DC

Calin Lucaciu MD. PhD

Sarah Birkett BA

256 The effects of aerobic physical activity on adiposity in school-aged children and youth: a systematic review of randomized controlled trials

Michelle A. Laframboise BKin (Hons), DC

Chris deGraauw DC, FRCCSS(C)

Chronic achilles tendinopathy: a case study of treatment incorporating active and passive tissue warm-up, Graston Technique[®], ART[®], eccentric exercise, and cryotherapy

Andrew L. Miners BPHE, BSc (Hons), DC, FRCCSS(C)

Tracy L. Bougie BPHE, BSc, CSCS, DC

280 Utilization of Vascular Restriction Training in post-surgical knee rehabilitation: a case report and introduction to an under-reported training technique

Peter M. Lejkowski BKin, DC

Jason A. Pajaczkowski BSc, BS, CSCS, DC, FRCCSS(C), FCCRS(C), DACRB

Heel pain due to psoriatic arthritis in a 50 year old recreational male athlete: 288

case report

Dominique Forand Yedon BSc, DC, FRCCSS(C)

Scott Howitt BA, MSc, CK, DC, FRCCSS(C), FCCRS(C)

294 Intraosseous ganglion cyst of the humeral head in a competitive flat water paddler:

case report

Brad Muir HBSc (Kin), DC, FRCCSS(C)

Jaclyn A. Kissel BSc, DC, FRCCSS(C)

Dominique Forand Yedon BScKin, DC, FRCCSS(C)

Contents

JCCA Vol 55 No 4 ISSN 00083194

302 Acute compartment syndrome of the foot in a soccer player: a case report

Michelle A. Laframboise BKin (Hons), DC Brad Muir HBSc (Kin), DC, FRCCSS(C)

313 Growth Restart / Recovery Lines involving the vertebral body: a rare, incidental finding and diagnostic challenge in two patients

Sandy Sajko BPHE, MSc, DC, RCCSS(C)

Kent Stuber BSc, DC, MSc

Michelle Wessely BSc, DC, DACBR, FCC (UK), DipMEd

318 Weight cycling in adolescent Taekwondo athletes

Mohsen Kazemi RN, DC, FRCCSS(C), FCCRS(C), DACRB, MSc

Alima Rahman Hons BSc(Kin)

Marco De Ciantis Hons BSc

325 Lateral epicondylosis and calcific tendonitis in a golfer: a case report and literature review

Erik A. Yuill DC, MSc, BSc, BPHE

Grant Lum MD, CCFP, Dip Sport Med