

Nicol receives Order of merit



KUALA LUMPUR:

The conferment of the Order of Merit by Yang di-Pertuan Agong Tuanku Mizan Zainal Abidin on national squash queen Nicol Ann David is seen as the country's highest recognition for sports. With the conferment, Nicol, 24, becomes the first recipient of the award given to Malaysians who are renowned at national and international levels.

Established on June 26, 1975, the award is limited to 10 recipients who have made significant contributions in arts, science and humanity. The award, however, does not carry any title.

"She deserves the award. We in the SRAM (Squash Racket Association of Malaysia) are very proud of her achievement and congratulate Nicol for it.

Are you well balanced?



Testing Nicol and Louise on Balance



Nicol, Aisling and Louise were all tested on their balance. Their scores varied and this proved to be interesting as an added pre match or training tool. This test is quick and easy. By standing on a foam pad with your eyes shut for 20 seconds. It reads your balance state, where the weight shifts to rebalance.

The 'CAPS unit' is made to determine the stability of one's vestibular system. It uses a perturbing foam pad to test for computerized dynamic posturography. The test protocols can quantify the ability of a subject to maintain balance in non-static conditions. Usually coupled with the ability to test the subject either with or without visual references (eyes open or closed) or with a moving environment that gives conflicting visual information, dynamic posturography makes it possible to quantify a subject's vestibular functions.

This is because, in certain testing conditions, the visual and proprioceptive systems cannot be used, and the subject must rely only on the vestibular system to maintain balance. The stability score tells you how much chance there is to fall.

Chiropractic Neurologists use the CAPS unit to determine where and what they can use for optimal stimulation and afferentation of the nervous system and therefore to decrease the chance of injury.

Chiropractie Rodermans (Amsterdam and Almere) has one of the 4 units in Holland. Have yourself tested and see what performance you have. If you have any questions or interest, feel free to contact me direct and I can forward on Chiropractie Rodermans contact details.

Promotions

For interest in Exhibitions (World Ranked Women), Company events, group clinics

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