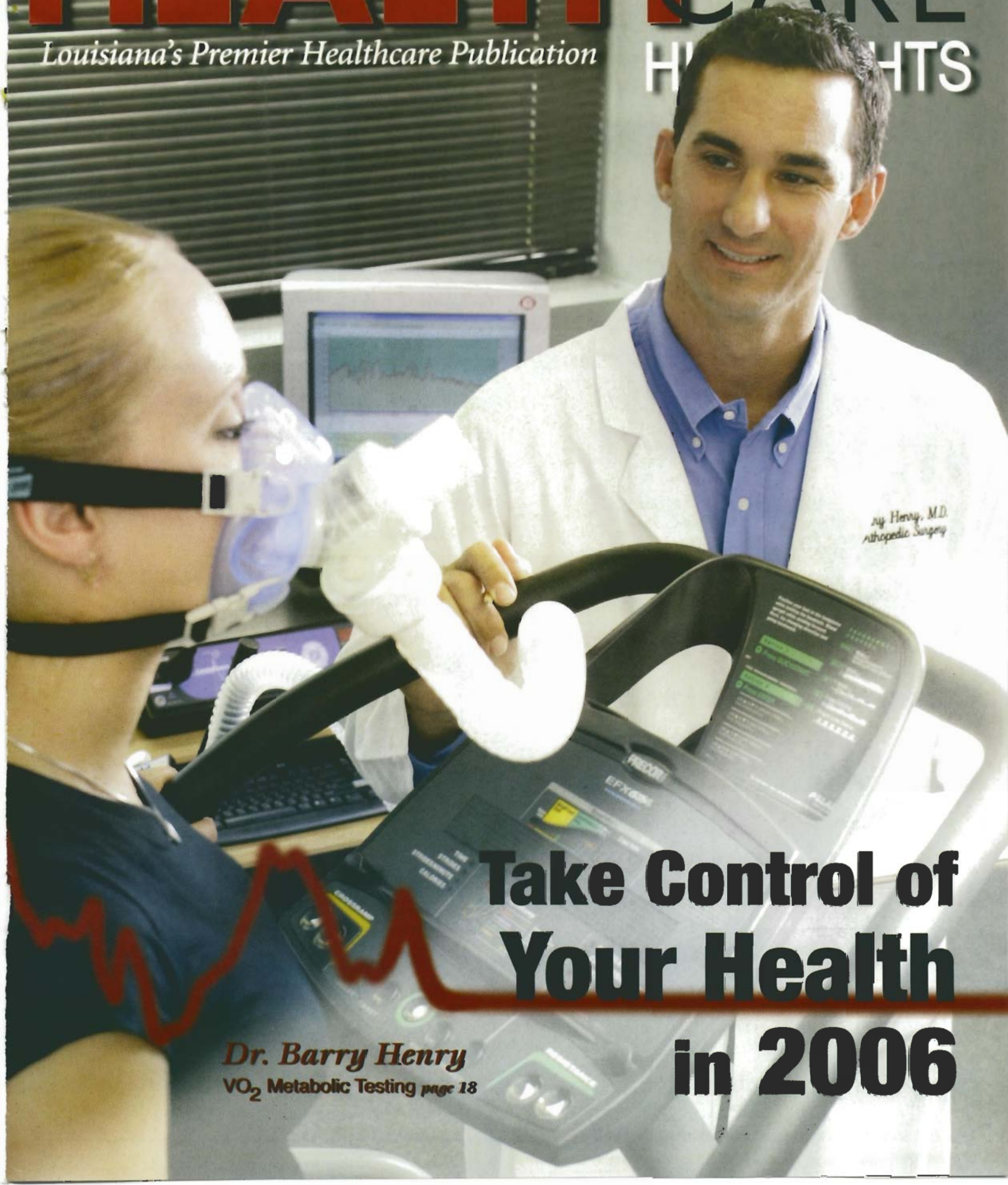


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HIGHLIGHTS



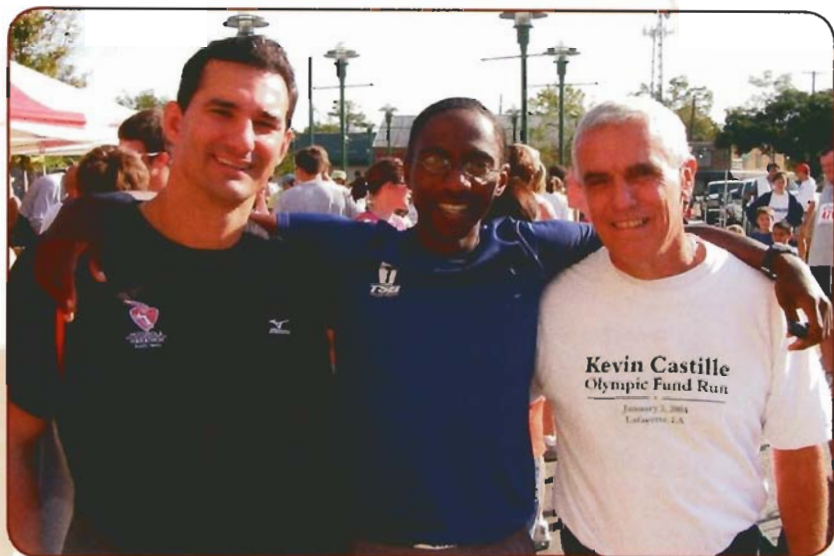
Dr. Barry Henry, M.D.
Orthopedic Surgery

Take Control of Your Health in 2006

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VO₂ METABOLIC TESTING:

A Breath of Fresh Air for those Serious about Getting Fit



Dr. Henry, Kevin Castille (center), Gerry George
Kevin was the winner of 2005 Cajun Cup and is a CORE Performance Lab participant.

What does superstar cyclist Lance Armstrong have in common with clients at a Lafayette, Louisiana orthopaedic clinic? Both utilize VO₂ Metabolic Testing to improve their fitness and athletic performance.

Armstrong – who has won the Tour de France bicycle race an unprecedented seven straight times – is one of many elite athletes who have made VO₂ Metabolic Testing part of their training and fitness regimens. And thanks to Dr. Barry Henry, Orthopaedic Surgeon, this advanced fitness technology is being utilized at his Orthopaedic Surgery and Sports Science clinic in Lafayette to help improve the health and physical fitness of people from all walks of life.

“VO₂ Metabolic Testing has been utilized by elite athletes around the world for several years,” said Dr. Henry, who developed the CORE Performance Lab (Cardiorespiratory Orthopaedic Rehabilitation Education) as part of his clinic. “But one of the most important things we are doing at the CORE Performance Lab is taking this advanced technology and using it to help everyday athletes and people perform at a higher level with lower injury rates.”

VO₂ Metabolic Testing measures the amount of oxygen the body uses during different levels of exercise. The test is performed with the subject exercising on a treadmill or exercise bike while breathing into a mask.

The recorded information is then used to calculate “target intensity zones” which determine the intensity level of exercise each individual should maintain during workouts to achieve maximum fitness results.

“Part of VO₂ Metabolic Testing is something we call a Graded Exercise Test,” said Dr. Henry. “This monitors the heart rate and VO₂ to determine a person’s anabolic threshold. With this information, we are able to calculate the heart rate each client needs to achieve during exercise to reach their personal fitness goals.”

VO₂ Metabolic Testing is a key part of the CORE Fitness Analysis – a program developed by Dr. Henry to evaluate and improve health and fitness. The program includes a series of scientific tests, while also taking into consideration each client’s personal medical history. After clients are tested, Dr. Henry and his staff – which includes a full-time Registered Clinical Exercise Physiologist from the American College of Sports Medicine – use the results to develop a detailed individual exercise prescription and nutritional guidelines for each client.

“There is no magic pill that can take away all of your health problems,” said Dr. Henry. “At the CORE Performance Lab, we advise you about how your own body has the capacity to heal itself with the assistance of effective tools for exercise and nutrition.”

Essentially, we can evaluate and help to improve the health and fitness of almost anyone.

We stress simple priorities, simple tasks, simple routines that will help you achieve your fitness, health and sports activity goals without increasing your risk of injury or bodily harm."

The CORE Fitness Analysis is a physician-guided program designed to improve the overall health and physical fitness of people of all ages and physical abilities, including those who suffer from chronic health problems and limited stamina.

"Essentially, we can evaluate and help to improve the health and fitness of almost anyone," said Dr. Henry. "For instance, if you have a patient with very low stamina we will have no problem evaluating that person's fitness level and prescribing appropriate exercise and nutritional guidelines to improve the patient's overall health.



Brian Broussard, local CRNA and triathlete during VO2 Metabolic Testing with Dr. Henry

At the same time, we can help elite athletes take their workouts and performance to the next level – or even help a grandmother become stronger in her activities of daily living."

In addition, a CORE Fitness Analysis can benefit patients suffering from injuries by increasing their strength and educating them about recovery and metabolism of the muscle and bony tissues, which enables them to enjoy a faster recovery.

"One of our goals in bringing VO2 Metabolic Testing to our community and developing the CORE Fitness Analysis is to stop misinformation about working out, exercise, weight loss and achieving overall health," said Dr. Henry.

"We're here to help people improve their health and physical fitness the right way in the short-term and for the long-term. The feedback from our clients has been overwhelmingly positive, thus we cannot help but want to share this service with many others in our community and state."

The CORE Performance Lab has the distinction of being the only free standing medical facility in Louisiana to offer VO2 Metabolic Testing. Combined with their unique CORE Fitness Analysis program, this facility is truly offering a breath of fresh air when it comes to technology, education and helping people to improve their physical fitness.



Michelle and Charles Decker during a VO2 competition hosted by the CORE Performance lab

CORE Performance Lab - Dr. Barry Henry - Orthopaedics
 401 North College Road - Suite 11 - Lafayette, LA 70505
 337.235.2663 - DrHenry@henryortho.com