



# Anson Orthopaedic & Sports Physiotherapy Clinic

www.ansonphysiotherapy.com

#209-3041 Anson Avenue, Coquitlam, BC, 604-945-7888

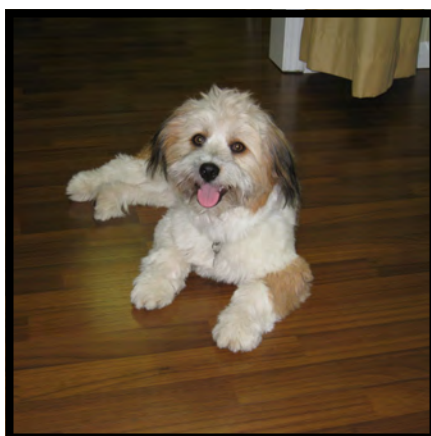
Summer Edition

2012

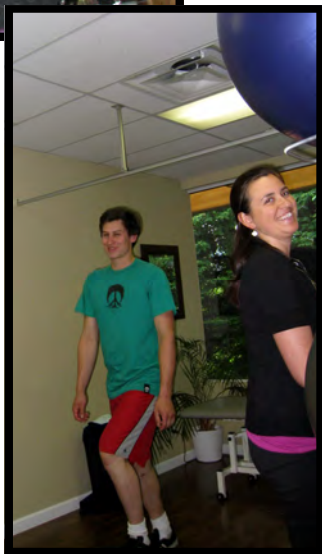
## ABOUT YOU!



Sabrina working on her knee control after surgery. She is working with the muscle stim and the half roller so that she can wear her high heels to grad!



Walnut supervising the exercise at work.



Sharilyn's knee getting LILT treatment (low intensity laser therapy) to help with healing.

<i>Inside this issue:</i>	<i>page</i>
Walking	2
Social Notes	2
Contusions	3
LILT	3
About Us	4
Quinoa Cake	4

"Your choices of action may be limited—but your choices of thought are not."

— Abraham

## THE JOY AND FITNESS OF WALKING

We recently added a new puppy to our family and now the two to three time daily walks are a regular part of our schedule. I am amazed at what great exercise walking is. I find it de-stressing to be outside in nature—even when it is raining (although I recommend good outerwear!) Our new puppy, Walnut, has learned to walk with his head tall and keep up to my pace. We enjoy a brisk 20–45 minute walk. If I want to really push it I walk where there are lots of hills. Pushing up hill can get your heart rate pumping—don't think that you won't sweat! Pace and hills are everything.

What I love the most about walking is that it is free, you can go anytime, you can go anywhere, all you need is good shoes and jacket, and you

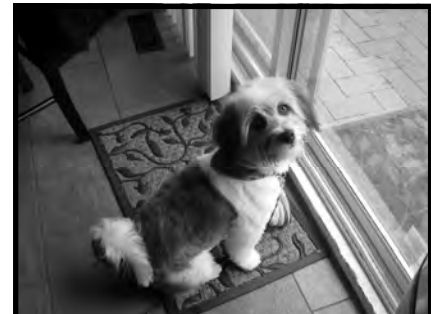
get the added benefit of being in nature.

Anyone can start a walking program as long as they start slowly and they are consistent with the training. I recommend writing a journal or schedule and beginning three to four times a week. Begin with 10 minutes and gradually add 5 minutes until you can get up to 30–60 minutes of brisk walking. This means a quick pace that you can maintain and still carry on a conversation. This is not window shopping in the mall!

I would recommend basic walking stretches at the end and to balance your fitness program I would suggest some yoga, resistance exercise and/or some core work.

The benefit of having a dog is that they **have** to walk! Our puppy is much calmer and better behaved

with proper exercise. I think that this principle goes for all of us. Don't worry, you don't need to have your own dog. The SPCA has volunteer dog walkers that help them give their dogs exercise. Regular exercise is maintenance for our bodies and since it is these bodies that help us move around it is a good thing to take care of them. The added benefit of decreased stress and greater mental clarity, decreased blood pressure, stronger bones, stronger muscles, increased heart health are just some of the



## SOCIAL NOTES!



Lori travelled with Noelle's level five cheer team to Bellevue, Palm Springs and Florida for competitions this year. Florida was the Worlds Cheerleading Competition. This was truly a great event and having the opportunity to watch the best in the world was very much enjoyed by both. Lori also went to the I Can Do It conference in Vancouver this year and came home even more enthused about the importance of thoughts and attitudes in healing.

Mhairi has been busy with football again: the Terry Fox Raven's Spring camp, and the under 18 Football team try-outs at SFU on the May long weekend. She also success-

fully completed her Sports Physiotherapy Certificate which had a written and a practical component to it. Recently she ecked out Capilano Suspension Bridge's new Cliff Walk. (See picture.)



In June, Trish attended her 35 year reunion from Physiotherapy at the U of M. She was surprised that she had such a great time since she hadn't seen these people since graduation.

Trish has been doing online courses to keep up on the latest ideas from gait to osteoporosis. She has been continuing with the Visceral Manipulation training and finished the final level in April. Last year she started the Neural and Articular Manipulation and she is continuing on the teaching assistant track. In July she will be in Las Vegas as the teachers from Europe are here to teach a course that integrates these 3 areas.

# CONTUSIONS

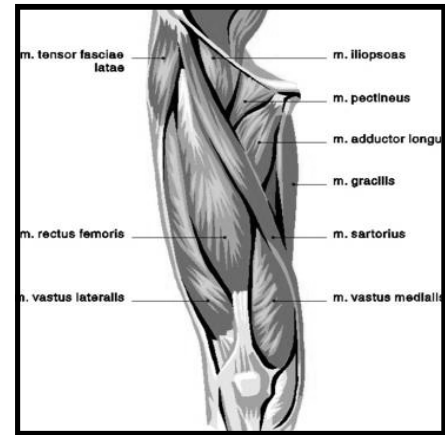
BY MHAIRI

The quadriceps muscles (front of the thigh) are constantly exposed to direct contact in various vigorous sports such as football, soccer, and basketball. A direct blow often to the front or side of the thigh results in a quadriceps contusion. Its severity is often underestimated. This can vary from a mild bruise to a severe bruise with a deep hematoma (blood pool) that may take months to heal. A quadriceps contusion often displays pain, effusion (swelling), muscle tightness, increase in local heat production, and ecchymosis (bruising). Moderate to severe contusions may result in the formation of a myositis ossificans (calcium deposit) within the muscle. A myositis will result in long term loss of strength and function therefore this is a situation to avoid. Rehab of a mild to moderate contusion

needs to be very controlled to prevent a myositis from forming. Being too aggressive will actually slow the healing process.

Here are some tips to prevent the development of myositis ossificans:

- 1) Education of athletes at risk, coaches, and therapists
- 2) Keep in mind that blunt injuries to the thigh are potentially serious
- 3) Injured players should not be encouraged to return to play
- 4) Immediate first aid (ice, elevation, compression) may minimize the hematoma
- 5) Protected weight-bearing and avoidance of early heat, mas-



sage, and stretching is crucial!

- 6) Plenty of rest and slow progressions during the early stages can pay dividends in terms of time saved later. Seeking physiotherapy assessment can determine your readiness to return to sport after a contusion.

We will assess your flexibility, strength, power, any muscle imbalances and pain. We can help with an individualized rehabilitation program for you.

If you would prefer to get this newsletter in an email reminder please email us at [info@ansonphysiotherapy.com](mailto:info@ansonphysiotherapy.com) and we will add you to the list. We do not give out your personal information to anyone.



Our new laser system (LILT) has continued to result in some great outcomes for clients. It

## LOW INTENSITY LASER THERAPY:

uses three wavelengths of light energy to help increase healing at a cellular level. There is a red light array, an infrared light array and a handheld laser portion. There are no known side effects unlike any drug, even an over the counter one like Advil.

We have found it to be particularly helpful for chronic osteoarthritis type of conditions or some of the wearing down of joints. It cannot change what has happened at the joint but it can help with decreasing pain and swelling. The effects are accumulative and there are certain protocols that come with

the software that is based on the research done at Meditech. Some people feel an immediate change even on the first treatment.

Sharilyn, pictured here, was such an example. She is shown here having a session on her right knee.

The LILT treatments have decreased her pain and swelling and increased her function. She still does her exercises but now we also have some new technology that can work at a cellular level to help her body heal faster.



It has officially been ten years since Lori bought the clinic. Ten years of learning and growing. She is excited and looking forwards to the next ten! Come celebrate with us this August 15th (Wed.) and enjoy a piece of cake.



Did you know that direct billing is finally here? Great West Life and SunLife are the two extended healthcare companies that offer this option. Instead of you paying for treatment, we are able to directly bill them. See Linda F., clinic manager, for more details.



## About us:

*Anson Physiotherapy has been in service since 1993. We treat all ages of individuals for all areas of problems: back, neck, shoulders, elbows, knees, feet, hands etc. We focus on longer treatment times for personalized, individual attention from our university educated physiotherapists. Pain control, education, therapeutic modalities and hands on techniques (manual therapy) are all important parts of our jobs. Personalized exercise programs using the ball or weights along with stretching and posture work are mainstays of our practice.*

*Our team of therapists Trish, Mhairi, & Lori, and our administrative staff, Linda, Linda N., Linda K. and Noelle are here to help you with your mobility!*

### Chocolate Quinoa Cake (no flour required!)

2/3 cup white or golden quinoa  
1 1/3 cups water  
1/3 cup mild  
4 large eggs  
1 tsp pure vanilla extract  
3/4 cup butter, melted and cooled  
1 1/2 cups white or cane sugar  
1 cup unsweetened cocoa powder  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt

Bring the quinoa and water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 min. Turn off the heat and leave the covered saucepan on the burner for another 10 min. Fluff with a fork and allow the quinoa to cool.

Preheat the oven to 350 degrees F. Lightly grease two 8 inch round or square cake pans. Line the bottom of the pans with parchment paper. Combine the milk, eggs and vanilla in a blender or food processor. Add 2 cups of cooked quinoa and the butter and continue to blend until smooth.

Whisk together the sugar, cocoa, baking powder, baking soda and salt in a medium bowl. Add the contents of the blender and mix well. Divide the batter evenly between the two pans and bake on the centre oven rack for 40—45 minutes or until a knife inserted in the center comes out clean. Remove the cake from the oven and cool completely in the pan before serving. Frost if desired.

Store in a sealed container in the refrigerator for up to one week or freeze for up to one month.