



# ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

www.ansonphysiotherapy.com

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Fall Edition  
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## ABOUT YOU!



Here are some of our older clients, Ruth and John, who come and see us for tune ups!



Leanne is working on her rotator cuff strengthening for her fitness classes.



Dominic works hard at his core exercises.

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I sometimes get asked what are the ages of clients that I treat. People are often surprised to hear that we treat children, teens, adults and seniors. Mobility problems can affect all ages.

I have some high level athletes as well as week-end warriors that need assistance with muscle balance, posture awareness and specific strengthening and they are of various ages.

Not giving away any names of course, but I think that Trish has our most senior client who has 90 years of wisdom.

Pain is typically the main reason why people seek physiotherapy assessment and treatment. It seems to be the motivating factor in wanting to treat the problem. However, sometimes I see clients that notice differences between sides such as a stiff hip and they want it assessed. If you're not moving right,

we can help you find out why. These factors can affect all ages.

So young, old and in between are the ages that we work with in the clinic.



Ashley doing her exercises.

*We treat all ages; young, older and in between.*

## REFLECTIONS ON CLEANING A TOILET BY TRISH

So here I am on my day off scrubbing away at the toilet bowl and I recall a conversation with one of my patients. She is a lovely woman who does Tai Chi and has remarkable flexibility as well as leg strength even though she has Parkinson's Disease. I asked her if she had a big gym ball so that she could do some exercise for the injury she came to us for help with. Like many patients she had a ball but didn't use it as she didn't know what exercise to do with it. Although she did not exercise with the ball she does have a unique and very good function for the ball – she sits on it to clean her toilets! I had such a great laugh at that image but also loved the innovative thinking. What a good way to de-

crease the load on hips, knees and back while you scrub. If you have a gym ball you don't



know how to use or are too scared to sit on it because it is too wobbly for you, call for an appointment and we would be very happy to help you out. The ball can be used in many different ways for every ability level. One of my favourite suggestions for when to use the ball is during commercial breaks. During an hour long TV program there

are nearly 20 minutes of exercise time that can be used instead of channel surfing – even sitting on the ball while you watch TV is exercise.

Maybe you have some innovative uses for your gym ball or other exercise equipment that you would like to share. We'd love to hear from you.

*Would you like to have a physio treatment before work or school? Mhairi is offering early morning (7 am) appointments again as of September 10th on Tuesday and Thursdays. Call for an appointment: 604-945-7888.*



## SOCIAL NOTES!

Fall is a time of change and that seems to be the one constant in everyone's lives. At Anson we have some changes coming up as well.

Lisa is moving back east to be closer to family this September. We have enjoyed working with her and wish her all the best. She just might miss BC when she gets back to those winters!

On the addition side, Lori's daughter, Noelle, has joined the administrative staff part time to help cover holiday relief. She is excited to learn the ropes of the

clinic and brings a unique and fresh perspective.

Lori loved her latest Kinesio taping course and is having lots of fun playing with the blue, electric pink, black and beige tape. Many of her clients have become test subjects for her!

Trish is continuing to work on her visceral manipulation skills with study groups and practicing.

Mhairi learned how to surf this summer. (Check out the picture!)

She is going to be helping out with Terry Fox's Senior Football team. She is also working with

Pinetree's senior boys basketball team with strength, agility and plyometric routines to prepare them for the upcoming season.



# GETTING OUT OF OUR COMFORT ZONE BY LORI



It seems that every year when we return to the cabin at Shuswap Lake and I have to dock the boat I get nervous all over again. We share a boat with four families and on our vacation we get the use of it to tube, ski and wakeboard. I have been driving the boat for 8 years and I still get nervous the first few times I have to dock it. I do consider just avoiding it and letting someone else

drive but I know when I get out of my comfort zone and do it anyways I get a great feeling of accomplishment afterwards.

I try and teach my children that we all have to get out of our comfort zones in order to learn new things and progress. And that feeling of "yes!! I did it!!" takes some discomfort and even fear to go through to get. And sometimes we have to do it again even if we did it all last

year!

This year my son learned to stand on his knee board. He was so excited to have done something new, scary and out of his comfort zone. His sense of accomplishment and confidence was huge afterwards.

If it's been awhile since you have gotten out of your comfort zone why don't you give it a try! It's not so bad after all.

# RECONNECTIVE HEALING® BY LORI

Speaking of getting out of my comfort zone gets me to my next topic quite nicely. I went to LA to learn Reconnective Healing® two years ago and then completed another course in Victoria afterwards because I was so excited about it. Reconnective Healing® is a great alternative healing technique that I offer at the clinic.

You get to lie down fully clothed on our comfortable massage table. Your optimal state of mind is to become the observer and the observed. Just notice what your body feels. "Allow yourself

to experience the wonder of expectancy without the attachment of specific and detailed expectation. Trust that the healing that is most appropriate for you is the one that you will receive." This is taken from the brochure.

A typical session lasts about 30 minutes. One to three sessions are normally suggested.

The interaction with these highly palpable energies is initiated during the session and they continue to work with you long after you've left the office.

Presently session fee's are the same as for a physiotherapy treat-

ment, \$55. If you would like to try a session you will need to let the front desk know that is what you are wanting to try because I have to book either at the beginning or the end of my day to that I can have the time and the quiet to work.



If you are interested in more information you can pick up the brochure at the front desk or go to

[www.TheReconnection.com](http://www.TheReconnection.com).



Our appreciation goes out to all of you that refer friends & family to us.

**Thank you.**

We continue to strive our best to create a peaceful, supportive healing environment and to serve you.



**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, Marnie, Sandra, Linda N. and Noelle are here to help you with your mobility!*



*Phil doing his favourite warm up.*

If you would prefer to have this newsletter emailed to you please contact Linda at [info@ansonphysiotherapy.com](mailto:info@ansonphysiotherapy.com) and we will add you to our list. We do not share your information with anyone else.



*Linda hard at work!*

**Amazing Easy Appetizer**

- 1 block of cream cheese
- Dark soya sauce
- Toasted sesame seeds
- A toothpick
- Triscuits (or crackers of your choice)

Take the cream cheese and poke holes in the top with the toothpick. Pour the soya sauce over the cream cheese getting it into the holes. Sprinkle toasted sesame seeds over the top. Serve with a small knife and the crackers. Yummy!!

**We are still looking for website models. If you are willing to have your picture taken for our website please let Linda know. Thanks!**



*Kathy working on her core exercises.*