



ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

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Spring Edition
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WELCOME OUR NEW ADDITION!



on-one personal training and exercise prescription for clients. Wanting to further her education in this field, Kelsy enrolled in the Masters of Science in Physical Therapy program at the University of Alberta

I would like to introduce our new physiotherapist, Kelsy, who just joined our team. Kelsy graduated from the University of the Fraser Valley with a Bachelor of Kinesiology in 2006 and worked as a Registered Kinesiologist in Vancouver doing one-

and graduated in 2009. Kelsy's clinical experience varies from hospital to private practice setting, paediatric to adult age groups, and neurological to sports-related injury rehabilitation. Kelsy is currently pursuing her manual therapy and acupuncture levels.

In her spare time she enjoys playing women's fast-pitch softball, golf, tennis and is an avid Canucks fan. Kelsy uses manual therapy to provide symptomatic



relief and restoration of function so her clients can return to activity.

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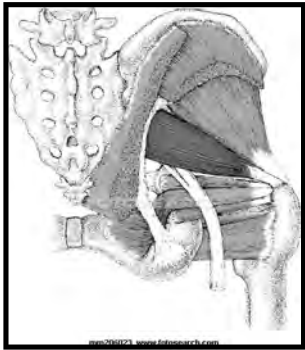
Kelsy is currently working afternoon/evenings. You can book an appointment with her at 604-945-7888.

If you would prefer to have this newsletter emailed to you as a link please contact Linda at 604 945 7888 or email us at info@ansonphysiotherapy.com and we will add you to our list.

We do not share your information with anyone.

PIRIFORMIS: PAIN IN YOUR BUTTOCKS

BY LORI



One of the muscles that we routinely check for spasm and tight-

ness is the piriformis muscle. It runs diagonally across your buttocks to your hip. It is hip rotator that varies depending if your hip is straight or bent. It often has trigger points, sore spots in the muscle belly, in low back, pelvis or hip dysfunctions. The sciatic nerve crosses underneath it and can also be effected with piriformis spasm.

Most of the time this muscle can either be stretched or released to ease its spasm/tightness. A stretch lengthens the muscle by moving the two ends further apart. It is important that you feel the stretch and that there is no pain during it. I often ask clients to take three deep breaths

into each stretch which tends to take about thirty seconds. What is most important is that you monitor your bodies response to the stretch and bring your awareness to allowing the muscle to lengthen. There are many piriformis stretches out there. We have shown you two of them here.



Noelle showing us a piriformis stretch.

A release takes the two ends of the muscle and shortens it. This takes all of the tension off of the muscle and if it is in spasm it will soften and relax. A tennis ball or



Noelle showing us another piriformis stretch.

racquetball can be used to aid a release. You lie down and put the ball underneath the piriformis muscle = it will be the tender spot! You can then breath and gently allow it to soften. It gradually stops being so tender. It often takes up to three minutes. Then you can move the ball a bit further down the muscle belly to see if there is any more tender spots. Continue until it feels better.

"Nothing is so strong as gentleness, and nothing is so gentle as true strength."
St Francis De Sales

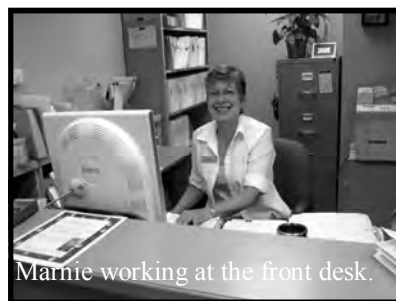
SOCIAL NOTES!

There are a few changes this newsletter as we go into the Spring: Sandra, from the administrative staff, has moved on and we are welcoming Kelsy to our physiotherapist team. Best of luck to Sandra and welcome to Kelsy. (See front page article.)

Lori has returned from her first Orlando, Florida trip with her daughter and her senior 3 cheer team and is getting ready to go to the World's with the junior 5 team.



She also went to a resistance training workshop at Fitness New West and came home with some new ideas for strength training.



Marnie working at the front desk.

Trish got to spend a week in Mexico for a well deserved vacation. Now she is back to work and is busy hitting the books and working with her study group getting ready for the level 4 Visceral Manipulation course that she will be attending in Seattle in April.

Mhairi has been busy with basketball tournaments across the province. She is also looking forwards to another physio course coming up in May.

FIT TO A TEE



A game of golf is a healthy activity to help gain and maintain flexibility and range of motion. It's a physical activity that includes walking, lifting and repetitive arm movements, providing the benefits of cardiovascular and strengthening exercise programs.

However, returning to action after being on hiatus for several months puts enthusiasts at high risk of injury. The golf swing is a complex, explosive and physically stressful movement that requires the full rotational capacity of 127 joints and the dynamic activation and coordination of 400 pairs of muscles.

To avoid injury, Physiotherapists recommend:

- Walking 20-30 minutes a day,

three to four times a week; during the golf season

- Begin practicing your grip on the club;
- Practice your back swing. Keep the club at waist level and slowly increase to a full swing;
- Start with one of the shorter clubs and work up to the longer, heavier irons.
- Stretch as a warm-up, as a break during repetitive movements and as a cool-down after your golf game. It helps you to move easily, keeps muscles flexible and relaxed, joints mobile, and relieves tension and strain.
- Gear – such as your golf shoes, clubs and golf bag – are meant to ease the work, not cause ad-

Taken from bcphysio.org.

ditional strain.

- Carry your golf bag over both shoulders and walk upright. If you have a one-strap system, alternate sides;
- Push rather than pull a wheeled golf cart;
- Hold clubs in a loose, comfortable grip to reduce strain in your hand and forearm;
- When standing for long periods, stand tall and occasionally shift your weight from one foot to the other, or rest one foot on your golf bag or cart.
- Reduce strain by fitting the clubs to the golfer, not the golfer to the clubs.

TURF TOE BY MHAIRI

What is it?

Turf toe is when the toe is hyperdorsiflexed (excessively bends upwards) causing overstretching of the tendon and capsular ligament usually at the level of the MTP (the joint where the toe bends). The metatarsal head becomes compressed, leading to irritation of the bony surface, and sometimes bone fractures and dislocation. This most often happens at the big toe.

Who gets it?

Anybody can get it, however, it is mostly seen in athletes who do a lot of running such as football and rugby players.

Why?

Since the introduction of artifi-



cial turf and the use of softer/more flexible soled shoes, the number of these cases has increased. The risk of turf toe may also be related to the player's position, weight, years of participation, joint disease, a flattened foot arch, increased ankle dorsiflexion (excessive ankle upwards motion) and previous injury.

How do I know I have it?

Pain, swelling, and lack of mobility around the toe joint are common. It may also be painful to walk, run, jump, and skip.

Can it be treated?

There are several treatment options depending on the severity of your injury. This may include specialized insoles and taping that prevent excessive toe movement. Your physiotherapist may also prescribe specific stretches and exercises to improve flexibility and strength of the ankle and foot. Early evaluation and treatment is key to faster recovery and to prevent this from becoming a long term problem that may require surgery.



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 tools in our treatment. 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, Kelsy & Lori, and our administrative staff, Linda, Marnie, Linda N. and Noelle are here to help you with your mobility!

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 continue to serve you.



Adriana showing off her Ironman medal!

Awesome homemade Caesar Salad Dressing

1 clove garlic (minced)
½ cup oil
¾ tsp salt
¼ tsp pepper
~ ¼ tsp mustard powder
~ 1 ½ tsp Worcheshire sauce
2 TBSP parmesan cheese grated
plus more for the salad
2 TBSP lemon juice
1 egg Put in boiling water for 1 minute and then take out and add to dressing
1 cup or so of croutons
1 head or so of Romaine lettuce, washed and ripped to bite size pieces



Combine all of the ingredients except the croutons and lettuce in a blender and blend together. Taste and fine tune with spices. Pour over the lettuce, extra parmesan and croutons. Toss and enjoy.

Hint: separate your romaine lettuce into washed leaves and put into plastic bags in the fridge so that you always have it ready to make a great salad!