



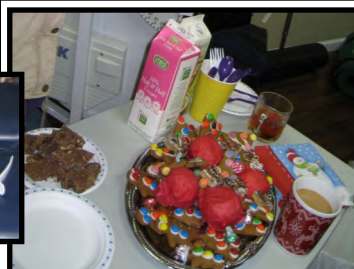
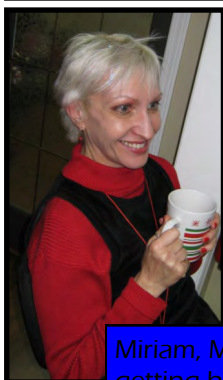
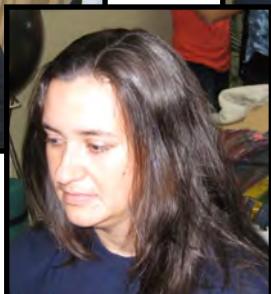
# ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

www.ansonphysiotherapy.com

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

New Year 2015

## CHRISTMAS BLING PARTY!



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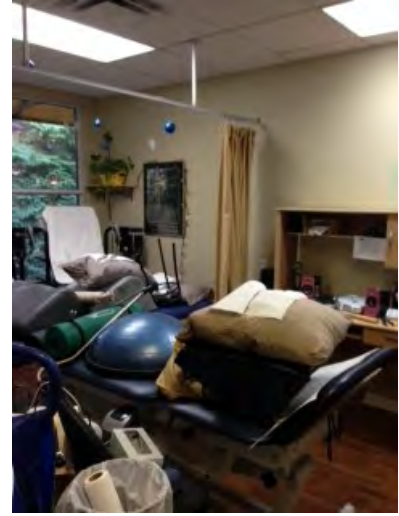
"Some changes look negative on the surface but will soon realize that space is being created in your life for something new to emerge."

Eckhart Tolle

Miriam, Mhairi, Trish and Linda getting hair bling put into their hair for Christmas! Nikita Graham is our Hair Bling lady. She ties the beautiful strands onto a single hair strand. It

OPEN HOUSE  
FRI. FEB. 20TH: ALL DAY  
COME FOR THE BLING!

# RENOVATIONS AGAIN!



It is hard to survive renovations at the best of times but during the Christmas season is even worse! However, we all made it! These are the during and not completed yet pictures. It actually looks great now. This is a reminder of the mess you have to make in order to create change! Come by and see!

Thanks for your patience during the mess!

## JOIN US FOR OUR OPEN HOUSE:

COME SEE OUR NEW CHANGES

FRIDAY FEB. 20, 2015

ALL DAY AT THE CLINIC

DROP BY AND HAVE SOME TEA AND GOODIES.

FREE HAND WAXING AND FREE HAIR BLING BY LINDA

## SOCIAL NOTES!



As most of you know, it has been a very difficult year for the staff at Anson. Reddy passed away, due to pneumonia that went into respiratory failure, Sept. 24, 2014. Her baby son, Ronan, survived the ordeal although he was born 10 weeks early. We had no idea that her young life would end so early. We miss her laugh, her gentleness and her loving spirit. We feel her presence although her body has left this world. Renovations have been completed as well, closing off the extra rooms



that we had been leasing since May 2013. We survived the dust and the noise and are now back to being an intimate and cozy clinic. We felt that



the extra space wasn't worth the extra cost and the sound problems that also came with the rooms. We are thankful to our carpenter, Frank and our painter, Lenny who both did excellent jobs.

Natalie, has joined us now to help cover some afternoon hours. She is also expecting her first baby in June. Congratulations!

Mhairi is back three days a week getting back into the swing of things with a toddler running around at home.

## YOU AND YOUR EXTENDED HEALTH BENEFITS

Did you know that your extended health benefits form part of your financial compensation from your employer? Know your plan. If you haven't done so already, read through your benefits package. If you don't have your booklet, call your human resources person and request it. You may be losing out by not utilizing your benefits.

**Make 2015  
the year  
that you  
put your-  
self first!**

We direct bill your extended health provider, no more submitting receipts. Your only job is to look after you.

There are many reasons people come to see a physiotherapist. The goal however remains the same, people want to feel better. Take time this year to put yourself first. Have a university trained physiotherapist help with that annoying shoulder pain, the sore neck or sore feet. Posture correction and exercise based programs can increase your performance and sense of well being.

If your plan renews in Jan. there may be a yearly deductible that is taken off the first billing. We are able to direct bill most plans.

You can call Linda, our clinic manager, at 604-945-7888 if you want to find out more about direct billing.

*We DIRECT BILL! We deal with your insurance companies so you don't have to.*



In a huge review study published in the *British Medical Journal* that included over 300 Random Control Trials and had over 300,000 participants they made some great conclusions:

- 1): Exercise and physical activity prescription were equally effective as drug interventions in the prevention of coronary heart disease and pre-diabetes.
- 2): Exercise/physical activity interventions were MORE EFFECTIVE than drug treatments among patients with stroke.

Take Home Message: It is very important to exercise! Your body needs it!  
[Adapted from APTEI.com]

## BRAIN PAIN SCIENCE BY TRISH

Modern imaging techniques have helped us learn more about how the brain constructs pain. There is a better perception now of how complicated the pain experience can be as well as how different it is for each person.

Here are a few examples of the brain's interpretation of pain.

- 1) Smells, sights and sounds can trigger a pain sensation, panic attack or PTSD (post traumatic stress disorder)

occurrence.

- 2) The ability of the brain to recognize the involved area accurately can be altered.
- 3) Mirror pains begin – the same body part on the opposite side begins to hurt.
- 4) Biological changes, these may occur in varying intensities and number. Normal movement patterns are altered, sleep disruption, thinking changes, appetite can vary, and you can feel unwell (the sickness response).



The most consistent results for pain relief come from:

- 1) Gentle, pain free movement and exercise
- 2) Proper breathing techniques (many uninjured people breath incorrectly)
- 3) Meditation and relaxation techniques

These above three techniques are able to help you manage chronic pain.



## 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. We also offer LILT (low intensity laser treatment) for pain relief, and faster healing at a cellular level.*

*Our team of therapists Trish, Mhairi, Natalie, & Lori, and our administrative staff, Linda, Joelle and Miriam are here to help you with your mobility!*



**Kobe and Walnut after a long, healthy walk.**



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 or email.

## Peanut Squash Soup

By Linda  
SERVES: 5-6

Adapted from Cooking Light Magazine

### INGREDIENTS

1 tablespoon peanut oil  
4 cups (1/2 inch) cubed peeled butternut squash  
1 cup chopped onion  
2 tablespoons minced garlic (about 6 cloves)  
1/4 teaspoon salt  
1/2 teaspoon ground cumin  
1/4 teaspoon ground coriander  
3 – 4 cups chicken stock/broth (depending on how soupy you like it)  
3/4 cup peanut butter  
2 tablespoons tomato paste  
Crushed red pepper, to taste  
1/2 cup chopped fresh cilantro

### INSTRUCTIONS

Heat peanut oil in a large saucepan over medium-high heat. Add squash and next 5 ingredients (through coriander) to pan. Sauté for 5 minutes or until onion is tender. Add chicken broth, peanut butter, tomato paste, and crushed red pepper, stirring well to combine. Bring to a boil then reduce heat and simmer until the squash is tender (about 10 minutes). Sprinkle with cilantro and serve

