



ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

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Holiday/New Year Edition

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MERRY CHRISTMAS AND HAPPY HOLIDAYS TO
YOU FROM ALL OF US AT ANSON PHYSIOTHERAPY!

TIPS FOR WELLNESS AND RECOVERY

***commit to being active.**

Stimulate your own body's natural healing process by aiming for 20 - 30 minutes of activity everyday. Swim, walk, bike, garden: focus on what you can do.

***get enough rest.** Your body needs to sleep to help repair itself.

***nourish your body.** Eat nutritious foods that assist your body to heal.

***improve your posture &**

use good body mechan-

ics. Good posture and bending and lifting properly will help reduce strain on your spine.

***stretch and strengthen.**

Exercises should be a part of your wellness plan to help your body have the flexibility and strength to move.

***take control.** Learn all you can about your condition. Take an active role and seek help to control pain

and reduce stress.

***watch your thoughts.**

Keep your focus on what you want and be positive!

***be patient.** Healing takes time.

"Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well."

Hippocrates

THE WORLD OF PHYSIOTHERAPY

My clients at Anson Physiotherapy are often surprised when I tell them that not only do I work in the clinic, but that I work part-time in the hospital as well. "But what kind of physio do you do in the hospital?" I get asked. I thought I would take this opportunity to explain the scope of practice of physiotherapy.

Physiotherapists work in many different areas of practice. In clinics, as you are aware, we often treat people with musculoskeletal issues, whether it is a traumatic work or sports injury, or a chronic repetitive strain injury. We treat all joints from the neck and jaw to the hand or foot. People who are involved in motor vehicle accidents or work related injuries often seek treatment from physiotherapists, as well as young people with sports related, or elderly with joint related pain. Our job is to assist the client to manage their pain, return to work or sport safely, and to prevent further injury.

In the hospital setting physiotherapists have more basic mobility goals. We work together with a medical team to facilitate the pa-

tient to get up out of bed, walking to the bathroom or in the hallway, and often to go on the stairs, and to ensure that the patient is safe to go back home. Our aim is to have to patient walking or moving at the level they did before they came into the hospital, or if this is not possible, then we work with the medical team to teach the patient the most independent alternative. We also teach patients proper positioning and exercises, so that they can strengthen and prevent muscle shortening.

Sometimes patients have compromised lung function, and physiotherapists are referred for "chest physiotherapy", that involve deep breathing exercises and manual techniques to prevent /treat problems such as pneumonia.

Physiotherapists treat patients in many areas of a hospital from the Intensive Care, to Orthopedic, Medical, Surgical and the Neurosurgery Units. We work with patients with different neurological conditions such as stroke, MS, or Parkinson's disease. We also work with patients who have cardiorespiratory



diseases, such as COPD or pneumonia. The list is long, but we have the training to treat a very wide variety of patients with some-

times complex histories.

Physiotherapists are also found working in the community doing rehabilitation, home care, pediatrics (often going to children's schools for therapy visits), and extended care centers.

Physiotherapists are university trained professionals, who are the "mobility experts". We may have a wide variety of focus, but our common goal in all areas of practice is to optimize our clients' mobility, function, and independence with their daily lives.

By Anne Wong, physiotherapist

SOCIAL NOTES!



Our Christmas Party was early this year due to the busy season of social engagements. We all went to glow in the dark bowling and discovered who the real talent was (or not!). Both Trish and her husband took home the best bowler awards, the rest of us just laughed and tried not to throw yet another gutter ball. Shahnaz even learned what "lofting" the ball meant!



Trish, our award winner in bowling!

ARE YOU BREATHING

If you notice that you can't take a relaxed deep breath or see a lot of shoulder and upper chest motion you may not be using your diaphragm efficiently. Many people don't realize that they are not breathing well until it has been corrected.

Some causes of shallow breathing are a history of:

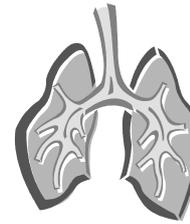
- neck tension
- asthma or other breathing problems
- having the wind knocked out of you
- chronic injury and/or pain
- holding in your stomach

-poor posture

With normal diaphragmatic breathing sixty percent of the motion in your rib cage should occur in the lower ribs as a lateral movement. Thirty percent of breathing is abdominal and the rest is through the sternum and upper ribs.

Benefits of using your diaphragm effectively are:

- lower blood pressure
- activation of the relaxation response
- quiet the mind



-stimulate the lymphatic system to increase the elimination of toxins

-improve CO2 exchange which can affect such symptoms as muscle cramps, 'fuzzy thinking', and pain levels

Diaphragmatic breathing is an important skill to learn and Physiotherapists are trained in teaching effective diaphragmatic breathing techniques.

STUCK IN YOUR THOUGHTS? THERE IS



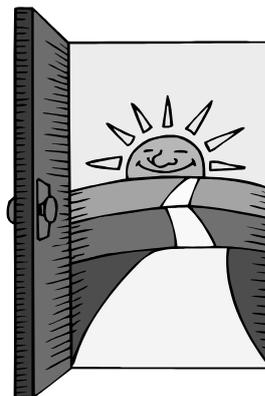
You have had a very busy day, rushing around, helping everyone else and you finally get a moment to stop and rest. You close your eyes but it is not peaceful. Then you are bombarded with one thought after another; they hook you and send you spiraling down another path full of more thoughts and feelings. How do you get any renewal or rest when your thoughts seem to overwhelm you?

Learning to watch our thoughts and just notice them (not comment or judge them) is the first step in learning to find the peaceful stillness that brings great joy and creativity. We knew this space as small children but as we grew up we seem to forget.

Try this simple test, close your eyes for five minutes and just count your thoughts. Sounds, feelings, sensations are all just another thought. The running "commentary" that we tend to associate with who we are is also just another thought. {"Hey, I am getting pretty good at this counting thing}

In my meditation course we were told that most people experience

over 100,000 thoughts a day! Enough to make anyone fatigued. By counting our thoughts we are allowing ourselves to "watch" them and not get stuck in them. If we are able to watch them then we cannot BE them.



Finding more peace and joy in every day, no matter what the circumstances has been a goal of mine.

Learning to mediate has been the tool that has taken me there. It is so simple and easy. It does take practice and commitment along with awareness and gentleness. My teachers are called Ishaya monks and they have devoted their lives to teaching these techniques. They are based on the emotions of praise, gratitude, love and compassion. They call the practice "ascension". You can do it with eyes closed or eyes

open so it is a very useful tool during your day as well.

It keeps my energy going in a long day so I don't feel drained at the end. I am so productive after I take a few moments of my day to be still. It helps me experience so much more joy and peace in my life.

If you are interested and committed to learning we are running a Life Without Limits 6 week course at the clinic for anyone who would like to learn to ascend. It will be Wed. from 7-10 pm tentatively beginning January 17th 2007. Cost is \$350.

Come join us and meet the Ishaya's. Come and learn to watch your mind and experience greater peace and joy!

Space is limited so email or phone us if you are interested at info@ansonphysiotherapy.com or 604 945 7888.

Namaste,

Lori Dalin, physiotherapist



Quality, Compassionate, Healthcare!

Check out our website:
www.ansonphysiotherapy.com



About us:

Anson Physiotherapy has been in service since 1992. 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 certified hand therapist, deals with upper extremity (shoulder, elbow, wrist and hand) injuries and post-surgical patients. Our team of therapists, Anne, Trish, Paulina & Lori, and our front

DARLENE'S CHRISTMAS RECIPE:

Magic Cookie Bars

1/2 cup butter

1 1/2 cups graham cracker crumbs

1 can sweetened condensed milk

1 cup chocolate chips

1 1/4 cups unsweetened coconut

1 c chopped nuts

Preheat oven to 350 degrees F.

Melt butter. Mix with graham cracker crumbs and press into 9 x 9 inch baking pan. Mix to-

gether condensed milk, chocolate chips, coconut and chopped nuts. Pour over graham cracker

mix and press into pan. Bake 25 to 30 minutes or until lightly browned. Cool well before cut-



ting. Store loosely covered at room temperature. Makes 24 very yummy bars.!