



Anson Orthopaedic & Sports PHYSIOTHERAPY CLINIC

www.ansonphysiotherapy.com

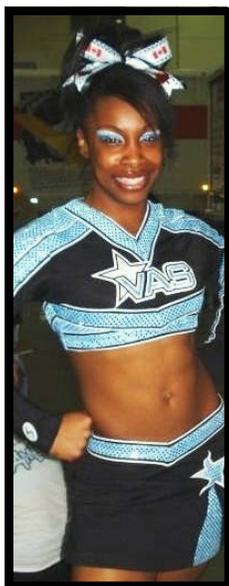
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Fall 2008

September

ATHLETES FLYING HIGH!

We are going to bring in a new section of the newsletter: About You. This will highlight various clients and their injury that brought them to Anson for treatment. We are going to let you know how they did and who helped them on their road to recovery. I would like to introduce you to **Denika**, a high level cheer athlete that competes at my daughter's gym. I treated her this last Spring after a bad ankle sprain from a fall in tumbling. We initially worked with manual techniques (hands on),



modalities to promote healing and therapeutic taping. Denika was in rehab for a short time only working on specific strengthening and balance training.

BY LORI

We also put her into an ankle stabilizing brace in order for her to compete in the World's in Orlando Florida this past spring. Her team came 4th in the world and top in Canada!

I have to tell you, she is an amazing athlete. Her tumbling skills often leave me in awe at how effortless it appears to be.



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ARE YOU BEING PRESENT IN YOUR LIFE?

The popular Vancouver author, Eckhart Tolle reminds us that we often aren't present in the moment. We are already at work in our mind while in the shower, at home while at work and constantly stuck in our mind chatter. He suggests simply

becoming aware of our breathing. Noticing the in and out, not changing anything but simply being aware. He suggests using our senses to become aware of our bodies. This helps us tune out the mind chatter and become present in the

moment since the present moment is all we actually have! So notice what you can hear, smell, taste, see and feel. Close your eyes and notice your breathing.

Take a moment and enjoy just being.

"Be aware that what you think, to a large extent, creates the emotions that you feel.Rather than being your thoughts and emotions, be the awareness behind them."

Eckhart Tolle



Physiotherapists offer advice to prevent injury from mobile technology. We now work anywhere, using wireless technology like laptops and physiotherapists are seeing more and more clients suffering from pain that results from working directly at their laptops.

The long periods people spend working without taking breaks, sitting with their heads bent forward and shoulders hunched often triggers pain: from the neck and shoulders to the wrists and hands.

Musculoskeletal disorders are one of the most common causes of severe long-term pain and physical disability, and are considered one of the biggest health problems facing mobile workers today. Statistics show that an increasing number of laptop users experience ongoing aches and pains. Many of these injuries can be prevented with improved work habits and posture.

Physiotherapists have the knowledge and skills to advise on modifications to the work environment as well as giving guidance on improv-

ing work habits and postures. Specific strengthening and stretching exercises, combined with aerobic conditioning, may be part of the prescription to prevent recurrence of repetitive strain injury (RSI).

Prevention and early intervention are the preferred approaches to managing RSI. Simple changes such as adding an external keyboard or mouse, and raising the monitor screen, will allow you to adopt a healthier working posture.

Laptops defy the ergonomic principle of allowing for optimal posture for musculoskeletal health, and laptop users who spend hours on end typing text may suffer the consequences of sore shoulders and a tight neck.

Physiotherapists recommend using key commands and shortcuts whenever possible, buying laptops equipped with adjustable height screens, and using an external keyboard when typing for extended periods.

Make frequent postural changes and take breaks;

Remove unnecessary supplies from carrying case such as drivers, batteries, and cables;

Select a carrying case with wheels or backpack style.

If these options do not work for you try periodically alternate carrying on the left and right shoulders or hands;

Use a docking station, external keyboard, and pointing device - whenever possible;

Be creative – try using items around you to optimize your setup. For example, use your portable computer on top of the carrying case to raise the monitor to eye level or use a three-ring notebook to incline/decline to a better angle. This is especially effective when using an external keyboard;



Physiotherapists:
The Body Specialists

SOCIAL NOTES:

Our hand therapist, Paulina, who used to work at two clinics is now moving over to Surrey Sports and Rehabilitation clinic only. Paulina has been with us for 5 years and we are going to miss her! You can still contact her in Surrey at 604-581-1911.

Mhairi has been involved in a specialized exercise program at Kingston General Hospital that is tailored to individuals while having their dialysis treatment. Mhairi will be presenting at a medical conference in October in Quebec City about factors that contribute to blood pres-



sure responses while exercising during dialysis. Mhairi has also been involved in the training, injury prevention and management of the Pine-tree Senior Boys Basketball team.



If you need any help with your computer or printer or networking I highly recommend our **computer doctor**, Michael Lutynski. He saved us this

year when our computer crashed!! He has been involved in networking our computers, updating programs, trouble shooting, and fixing anything that wasn't working. He also creates websites. He is reliable, affordable, gives excellent service and will come to you.

Michael can be reached at 778- 317-5922 or check out his website:
callthecomputerdoctor.com

FREQUENTLY ASKED QUESTIONS

BY LINDA

1) Will my extended benefits cover acupuncture?

If they cover Physiotherapy, then YES, it is part of your treatment by a university trained physiotherapist

2) Why do you charge more for a treatment then some other clinics?

We book only 2 patients an hour where a lot of other clinics book 3 or even 4 patients an hour. We want to make sure we have enough time to provide quality care for you.

3) How many appointments will I need?

Each person is different and so are their injuries. Your physiotherapy treatment plan will be tailored uniquely to you and constantly monitored and updated as you progress to a new level of fitness, rehabilitation.

4) I am pregnant, is physiotherapy safe?

Yes. Not only is it safe it can be a way to better prepare your body for labour and assist in the best possible birthing circumstances for your body. Your physiotherapist will know the precautions to be aware of with pregnancy.

5) I have arthritis, can physiotherapy help me?

Yes physiotherapy can help with arthritis, through pain management techniques, education and exercise that will keep you mobile longer.

6) Why do you have a cancellation fee?

Your time slot is reserved especially for you. Often others are waiting for that time slot and if we don't have adequate notice we are unable to fill it. To be fair to the clients and the therapists we charge a late cancellation (less than 24 hours) or no show fee.

7) My doctor gave me a referral for physiotherapy but it has another clinics name on it, can I still come to your clinic?

Yes, you may choose to go to any physiotherapy clinic.

8) Do you take DVA patients and if so what do I need?

Yes, we treat DVA (Department of Veteran's Affairs) clients, we do need a referral from your doctor and we need to get pre-approval from DVA.

9) Do I need a doctor's referral?

Only if your injury was caused by a motor vehicle accident or is a workplace injury involving Work safe BC.



FEES AS OF AUGUST 2008

We often have people call and ask for our fee schedule. To continue to offer you our high level of service we have revised our rates.

We offer longer treatment times for individualized care and attention. We feel that quality, compassionate healthcare is the most important aspect that we offer.

Our therapists are always continuing education and all have various specialties to offer for you.

Fees as of August 2008

Private: \$55 session

ICBC admin fee: \$25 session

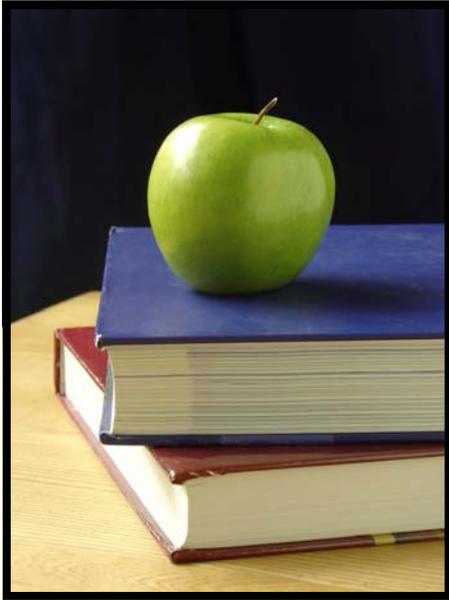
MSP: \$15 session

Limited to 10 per year, must have a family income less than \$28,000/year. If you are unsure of your coverage you can phone the clinic and ask.

WCB: no user fee, fees covered by Work safe BC

Late cancellation (<24 hours) or no show: \$40





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. We now also offer acupuncture as well.

Our team of therapists Trish, Lisa, Mhairi & Lori, and our administrative staff, Linda, Marnie and Sandra are here to help you with your mobility!

LISA'S APPLE DIP! (KID TESTED!)

This very complicated recipe will leave you gasping for breath with all of the details to remember! My daughter made it many times this summer to rave reviews from all ages.

What it requires:

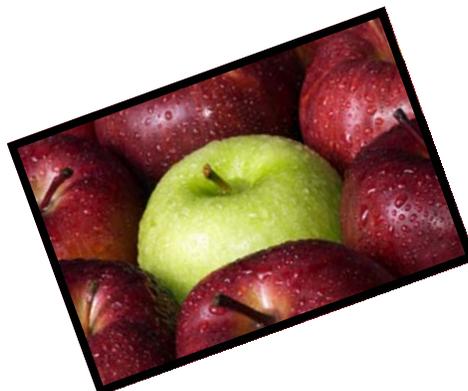
One small tub of spreadable cream cheese

One small tub of caramel (like the stuff you dip apples in, you can find it in the jam/peanut butter aisle)

Skor bits for the top (find them where the chocolate chips are)

Green and red apples sliced

Mix the first two ingredients in a bowl, sprinkle Skor bits on top. Arrange the apple slices around the dip. Voila! An amazing, sweet treat for all ages.



If you would like to receive this newsletter via email please let Linda know at info@ansonphysiotherapy.com. If you know someone that would like a copy sent to them, give us a call at 604-945-7888.

Thank you for all of your referrals of friends and family. We appreciate it!!