

ANSON PHYSIOTHERAPY CLINIC

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YOUR MOBILITY TEAM



Paulina, Anne, Lori, Shelley, Shahnaz and Trish are all a part of your mobility team at Anson Physiotherapy Clinic.

ANKLE SPRAINS!

Ankle sprains are a common and painful injury that can happen in sports like running, soccer, basketball or by simply stepping unexpectedly onto an uneven surface.

The ankle joint is made up of three bones—the tibia, the fibula and the talus. The talus is held between the other two bones primarily by ligaments. These ligaments are like thick elastic bands and they give the ankle stability.

When an ankle is sprained, the ligament has either been overstretched, partially torn or completely torn. Most ankle sprains cause in-

jury to the ligaments on the outside of the ankle.

Initial treatment of all sprains in rest, ice, compression and elevation (RICE), as soon as possible and for 72 hours after injury. This helps promote healing, decreases pain and reduces swelling around the ankle joints. The severity of the injury will determine whether crutches are required or not and for how long. Most ankle sprains heal in 3-8 weeks.

Physiotherapy treatment can start very early after an injury. Rehabilitation techniques will help reduce the time that your ankle is painful and



ankle movement is restricted so that you can get back to work and activity more quickly. Early treatment will reduce the swelling and pain, making it easier to walk. Even one treatment and appropriate advice can make a significant difference. Long term balance and proprioception work is very important for ankle stability.

Thanks to the Canadian Physiotherapy Association for this information

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Did you know?

- *Rest, Ice, Compression and Elevation is the first treatment for an acute ankle sprain*
- *Balance and proprioception should be incorporated at the end of ankle rehab*
- *The Canadian Physiotherapy Association has many info hand-outs at www.physiotherapy.ca*

PLAY IT SAFE-WINTER FUN

Winter enthusiasts look forward to this time of year when there's an abundance of winter activities to enjoy like skiing, snowboarding, skating, snow shoeing, tobogganing, hockey and many other active pursuits. Before heading out to the ice, snow trails or slopes, Canadians need to remember that winter activities often pose a higher risk of injury if time isn't taken in advance for proper body conditioning. Winter sports demand specificity of training unique to them.

Make sure you do a dynamic warm up and take it easy in the beginning of the season.

The ABC's of Smart Training.

A is for alignment –as experts in movement and mobility a physiotherapist can tailor a program of stretching and strengthening exercise to promote optimal postural alignment.

B is for Balance– balance is a fundamental component of any sport, especially skiing. If you have a sedentary lifestyle, you may need to “train” your balance reactions for sport related activity.

C is for Core Training—Skiers and boarders need a strong core or torso as an anchor for the legs.

D is for Deceleration control— Skiing and boarding must be able to control their deceleration speed to finish their run safely. Exercises that work the quadriceps in a slow controlled manner such as step ups, split squats and lunges are excellent ways to train for this.



DID YOU KNOW? SOME COOL BODY FACTS FOR YOU!



You use 14 muscles to smile and 43 to frown.

The strongest muscle of the body is the masseter muscle, which is located in the jaw.

Muscles normally account for 40 percent of one's body weight.

There are 230 joints in the body. Every one pound of muscle that your gain, your body burns an extra 50 calories a day.

Muscles are comprised of muscle fibers. Each fiber is thinner than a human hair and can support up to 1,000 times its own weight.

The human body has more than 650 muscles.

There is no thing as spot reducing. We cannot reduce fat itself in a specific area of the body but we can build up the underlying muscle.



Your body is 70 percent water.

The brain sends messages at 240 mph.

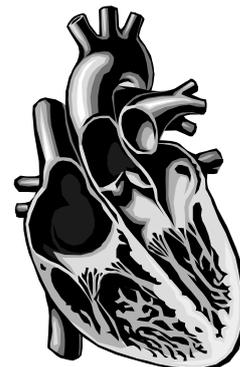
You blink your eyes about 20,000 times a day.

There are 10 million nerve cells in your brain. Your heart beats about 100,000 times a day.

The more fit you are, the more efficient your heart is at beating.

To find your resting heart rate, take your pulse with two fingers over your wrist by the thumb side and count the thumps you feel in ten seconds. Multiple this by 6 to get your resting heart rate.

A normal resting heart rate is 60—80 bpm. Some athletes have resting heart rates as low as 32 bpm. Imagine the decreased amount of work that their heart have to do in just a day!



RUNNING/WALKING STRETCHES

CALVES



HAMSTRINGS AND QUADS



BUTTOCK STRETCH



HIP FLEXOR



GROIN



ILIOTIBIAL BAND



Here are some easy running and walking stretches that you can do after your activity. Hold each stretch for 30 seconds or three gentle breaths. There should be no pain at all, just a mild stretching sensation. Be aware of where you feel these stretches and be gentle with them. You want

to feel them where the area is shaded. Regular stretching will help loosen your muscles and help prevent them from being injured. Stretch when you are warm to get the most from your stretches.

Pictures from the Canadian Physiotherapy website.

MUSCLE IMBALANCE—IS IT YOU?

I recently had a client come to me to get checked out before training for a half marathon. I had seen him after knee surgery some time ago. It was very proactive of him to come to me first. I was curious as to what we would find and after assessing his muscle strength, length and balance we found some very key area's that needed to be addressed. Chances are that he would have had an injury at some point in his training if

these were not addressed.

Our body compensates always if there is either a stiff area or weak area. Often we are unaware that

there are any imbalances until they are looked for and tested. For example tight hips can lead to back injuries, weak lower trapezii muscles can promote shoulder and neck dysfunction, a weak rotator cuff can bring on shoulder pain. It is one of the

reasons that my job is so interesting. Being aware of any imbalances allows them to be addressed. Specific exercise can bring the body back into balance again.



If you want your body tested for muscle imbalance come and visit your physiotherapist for a consultation.

UP AND COMING!

Keep your eyes open for our new logo that is coming soon! Our logo represents the fact that we are manual therapists, which means that we use our hands to help your body get back to optimum health. It represents the fact that we offer our advice, expertise and knowledge.



The holiday season is coming! Remember that your exercise routine is still important to help you keep your stress level down during this busy time. Take the time for your body and your mental health to keep active. January will be much

more comfortable if you keep up your activity during December.



Physiotherapy: It'll move you!

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Quality, Compassionate, Healthcare!



About us:

Anson Physiotherapy has been in service since 1992. We treat individuals of all ages for many areas: 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, and 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 staff, Shelley & Shahnaz, are here to help you with your mobility!



10 WARNING SIGNS OF INNER PEACE

1. Being present in the moment: acting spontaneously rather than from fears based on past experiences
2. Chronic optimism; a tendency to reframe all events and situations in a positive light
3. A complete loss of interest in conflict.
4. Persistent sense of humor
5. Adaptation to changing conditions
6. Frequent episodes of appreciation, pleasure and generosity.
7. Feelings of trust and closeness to others.
8. Identifying and openly communicating feelings.
9. Inability to worry (a very serious symptom)
10. Increasing susceptibility to love extended by others, as well as an uncontrollable urge to extend it.

