

ANSON PHYSIOTHERAPY

Summer edition

July 2005

WEBSITE LAUNCHED!

Our new website is officially launched! We are very excited to have our website up and running, thanks to the hard work of John at Seescape Media Solutions. We have pictures of willing clients and therapists at work, along with information about physiotherapy, and of course our newsletter. Come check us out at ansonphysiotherapy.com.



www.ansonphysiotherapy.com

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SIMPLE STRESS REDUCTION



In our busy lives that are filled with so many things to do, it feels like we never have enough time, never enough time to stop and think and quietly contemplate. The constant rush, rush, rush, do, do, do seems overwhelming at times. I have found a way to STOP for an instant. A way to find peace and stillness that I would like to share with you.

Sometimes, we physically do take the time to stop and then our thoughts take over, spinning us this way and

that. It is so chaotic in that sea of thoughts. How do we find any calm water?

We know that stress causes disease; This isn't healthy but how do we do anything about it? Stress effects our minds and our bodies.

We don't have to be caught up in the whirlpool of the thoughts, there are other options. I have found that the Ishaya's teaching on meditation or ascension as they prefer to call it, is invaluable for me to get through my day. They are simple, gentle techniques that can be used eyes closed or open to help calm the sea, to help bring peace to your

day. It is like slowly becoming the scuba diver, under the water so that the constant waves of thoughts don't effect you anymore: just quiet, stillness prevails. Peace. I am so much more productive when I am at peace!

I have learned four techniques based on the emotions of praise, gratitude, love and compassion. No belief is required, religious or otherwise. My children have learned them. I practice them daily. This is a practical tool for decreasing stress in your life and increasing peace.

Namaste,
Lori Dalin

Did you know?

- Stress effects our minds and bodies.
- It takes as little as twenty minutes twice a day to increase your peace and productivity.
- These techniques can be used eyes open or closed.
- Find out more at www.ishaya.org

GOLFING TIPS

Golf is an great sport, especially in the summer months. It involves swinging, bending, and walking. These golfing tips are recommended by the Canadian Physiotherapy Association (CPA) to help one stay active get the most out of the season.

Stretching: Warm up your body and stretch your trunk by holding a golf club over your shoulders and gently rotate your body to the right and to the left with your legs hip width apart. Hold each side for 20 seconds.

Hold one shoulder across your body and hold for 20 seconds, repeat with your other side.

Put one foot on a bench and gently stretch your hamstrings (the back of your thigh) for 30 seconds with your knee straight. Change

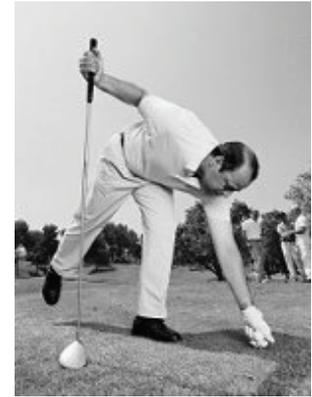
sides.

Technique: You may want to get some lessons from a golf pro on proper technique.

Strengthening: Strong abdominals and back are important requirements for a healthy game. Crunches, with your legs bent are a good beginning for abdominals.

On hands and knees and reaching out with alternate arm and leg is a good back stability exercise.

When reaching down to pick up the ball, you can use a "golfers lift" which is when your leg reaches out behind you as your opposite arm reaches into the hole to pick up the ball. This works well to balance your body. It is best for light objects, like golf balls.



Walk tall, with belly in and shoulders back during your golfing. Good posture is always important. You may want to have a double strap golf bag or push a cart instead.

Remember to start the season slowly and if you are having problems, come see us!

HAND THERAPY NEWS!

For your convenience, I have expanded my practice to include both treatment and splinting for wrist and hand conditions/injuries.

What is a splint? A brace used to support or immobilize a part of the body while

- A) it is healing to maximize function or outcome
- B) to provide stability to a degenerative joint

- C) to gain motion of a stiff joint
- D) to correct a deformity

The cost of the thermoplastic splints vary depending on the area needing immobilization. Most extended health plans will reimburse these fees when you provide an official clinic receipt. We encourage you to check with your extended health plan before booking an appointment as they

may also require a physician's referral in order to reimburse the cost.



Yours in Health,

Paulina Undurraga,
Physiotherapist,
Certified Hand Therapist

SOCIAL NOTES!

Congratulations to Anne and Brian, who are getting married early July. She will be taking August off for her honeymoon and will be back again in September. We wish them both the best!

Good luck to Sabrina, who has found a full time summer job working with children.



Welcome to Shahnaz, our new receptionist! Shahnaz, who was a former patient of Paulina's, brings a wonderful enthusiasm and warmth to the clinic. You will find her on the afternoon/ evening shift as well as Fridays during the summer. We are excited to have her join our team.

I AM PHYSIOTHERAPY!

This poem was seen on a T-shirt on campus at the School of Rehab Sciences at UBC. We loved it so much we wanted to share it.

I am not a chiropractor or masseuse,

I don't dispense drugs, cut people open or give them baths.

And I can't give your shoulder, knee or tennis elbow a quick fix.

But I am sure I can teach you how to make it better.

I have a University degree, NOT a two week diploma.

I speak English and Medical-ese.

And I know a thing or two about the heart, lungs and brain as well.

I can proudly declare that I am in rehab,

As an Olympian, a University President, or intramural athlete.

I believe that the client is the center of my attention,

That ultrasound is not just for babies,

And that I belong in all areas of health care.

A plinth is a table for treatment,

My hands are truly proud and noble instruments,

A referral is not required,

And you should lift with your legs, NOT your back, your legs.

Physiotherapy is one of the most in-demand jobs

The BEST way of you to get healthy, and the ONLY job for me.

I am Physiotherapy.

Physiotherapy at UBC is now a master's level entry degree which means that one has to have an undergraduate degree to get into it and completes a Masters when finished.

WEEKEND TO END BREAST CANCER

Anne, Trish, Paulina, and Lori all volunteered at the weekend to end breast cancer last August. That time is coming up again and we are going to help out again. It was so much fun last year and unbelievably busy! We are trying to recruit a few friends to help this year. The walkers have to train for months to be able to complete this 60 km, two day walk. Lori has already treated two walkers for injuries along the way. This year the

"The walkers have to train for months to be able to complete this 60 Km ,two day walk."

walk will be August 19-21. The walkers camp out together on the Saturday night with food, entertainment and socializing.

"It's a weekend of hope, as we honour lives lost, celebrate survivors, and help bring breast cancer care to those who so desperately need it. This extraordinary weekend is about finding the hero in yourself and discovering strength you never knew you had."

For more information check out www.endcancer.ca



FEE INCREASES

Our clinic is unique because we have longer treatment times than most clinics. We want to have the time to give excellent, personalized service to all of our clients. Our fee's have not increased for three years, despite the rising costs of everything else. In order to maintain our standard of service and excellence we have had to raise

our treatment fees. We thank you for your understanding.

Private fee: \$45/session

ICBC administration fee: \$20

MSP : \$10

Late cancellation/no show fee: \$25

No doctor's referral is necessary for physiotherapy service.

Some extended health plans require a doctor's referral, please check your coverage.

Many thanks also to the many referrals to friends and family members. We appreciate your trust in us.

Physiotherapy: It'll move you!

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Quality, Compassionate, Healthcare!

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, 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!



YOUR MOBILITY IS IMPORTANT!

Physiotherapists are the body specialists. We are here to help you with your mobility.

Our bodies are our vehicles and they need regular maintenance to keep them running smoothly. Stretching, strengthening, working out your heart are all important but sometimes it is easy to get distracted with all the busyness of "life". When things break down we see you. Our goal is always your independence. We aim to give you easy exercises that can be accommodated in your day as much as possible. However, there are some things that need focus and commitment. Rehabilitation exercise programs can require these. They are worth it though! Especially as we age it is important

to make sure that we stay strong and supple. Full range of a joint means that the cartilage gets adequate nutrition in all of it. For example, shoulder range of motion is 180 degree's plus. Most individuals over 40 don't have full range only because they haven't been using it! This is why yoga is an excellent form of exercise: you go through full range and maintain it.

Our heart is the most important muscle in our body. It pumps blood and oxygen to every cell in order to feed it and take away waste. We need to care for our hearts by providing aerobic (huff and puff) exercise that stimulates it enough to keep it strong. A healthy heart can pump slower than an untrained heart because it

is so much more efficient. It pumps more blood per pump. This lessens the work it has to do on a daily basis.

Regular maintenance is worth it in the end. We are here to serve you and keep your vehicle running as smoothly as possible. If you need any help with your mobility: be it proper stretching, specific strengthening or advice on strengthening your heart, come and visit your physiotherapist. We will do our best to serve you.