



# ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

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Fall Edition  
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## An attitude of gratitude

This summer holiday we enjoyed being at the cabin with the kids which included swimming, boating, biking etc... One of my biggest triggers to irritation is when the kids fight about who goes tubing first or who gets a longer ride. So this year we had a cabin meeting in the beginning and set out the rules. Not only were they not allowed to do those two infamous things but they also had to participate in our daily gratitude

discussion. It was a fill in the blank question.

### I am grateful for....

It could be simple things such as the sunshine, the water, the nice weather.

Our guests participated in the daily event enthusiastically as well. We got some amazing answers from the kids. The focus was now on giving

It was the quickest way to turn everyone around and bring us into a state of gratitude.



It is such a simple concept but so powerful. I am grateful to be able to share this with you!

*Namaste*

*Lori*

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## Walking up a

Get the most out of your walk!

Slow walking relies mostly on elastic recoil, so in order to get any cardio vascular or muscle building effect you have to pick up the pace. Simply put you need to "huff and puff." Walking is a great way to improve your conditioning.

Start with a slower pace for the first 3-5 minutes to warm up and then pick up the pace until you are short of breath but still able to carry on a conversation. Maintain this pace for as long as you are comfortable then slow down until you catch your breath.



## sweat

Try timing your walks and aim for 30 minutes 3 times a week.

This will help improve your heart muscle's endurance, burn calories, help decrease blood pressure and stress.

Happy puffing!

Trish

"pick up the pace until you are short of breath but still able to carry on a conversation."

## Carpal tunnel syndrome

Carpal tunnel syndrome (CTS) is compression of the median nerve at the wrist level. This nerve becomes compressed under the transverse ligament for a variety of reasons. Symptoms that indicate (CTS) include pain, numbness and tingling in the thumb, index, middle and part of the ring finger on the palm side. These symptoms are usually experienced or exaggerated at night and with forceful hand/wrist motions. Some patients with more severe CTS also report hand clumsiness and weakness. The cause of CTS varies. Some patients develop CTS due to inflammatory arthritis, diabetes, secondary to hand or wrist trauma, and some females in their last trimester of pregnancy. Others may develop CTS because of a ganglion cyst or a tumor in the area of the carpal tunnel. Another cause may be repetitive gripping, pinching or wrist movements, although this is somewhat controversial.

The Median nerve passing through the rigid and inelastic carpal tunnel to supply the

hand, is easily compressed by any condition which increases the volume in this area. The carpal tunnel is unable to accommodate for this increase, which results in pressure on the nerve causing pain, numbness and tingling reported. Clinical diagnosis includes a series of tests, and a nerve conduction test is supportive to this diagnosis.

Management/Treatment of this condition is dependent on the length of time the problem has been present and the severity of the nerve compression. Conservative management includes, supervised night splinting/bracing, ultrasound and activity modification. Proper fitting of the brace or custom-made splint is important to achieve relief of symptoms. Surgical management includes Carpal Tunnel Release (CTR) to decompress the median nerve when conservative management has been unsuccessful. Research has demonstrated that surgery will not guarantee resolution of the problem if the nerve has been compressed for

a prolonged period of time. Patients who seek diagnosis/treatment quickly once they begin to experience symptoms of CTS, have a much better chance for good recovery with or without surgery.

Following CTR surgery, hand therapy can guide recovery and enhance outcome with help in wound care, scar management, and specific nerve and tendon exercises to increase pinching and grip strength. A physiotherapist or certified hand therapist is a great resource to determine if body mechanics/posture is contributing to the problem. Splinting is available through our clinic or local hospitals.



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## Social notes!



Marnie



Welcome to Marnie and Darlene, our new front desk staff.

You may hear their voice on the phone or have the pleasure of meeting them at the clinic.

Marnie is a new grandma and loves to garden. Darlene is a Disney groupie, sews everything

and loves to cook. (We get to enjoy the benefits of that!)



Darlene

## Weekend to end breast cancer 2006

The 60 km walk was a great success again running from August 18 – 20th. 2100 participants each fund raised a minimum of \$2000 to help with breast cancer research.

Anne, Trish, Paulina and Lori all spent Saturday evening in Killarney Park treating all sorts of injuries and helping the walkers make it through to the next day.



Lori, Trish, Anne and Paulina at the end of the night.



It takes a lot of training and dedication to make it through the walk and fund raise the money.

Overall, it was a great event, lots of fun and very busy!



## The Ten “nevers” in Physiotherapy

1. *Never say you can't because you'll do it anyway.*
2. *Never say it's easy because we will make it harder.*
3. *Never say I want to go home, because you 'll stay longer.*
4. *Never lose count because you'll start at one again.*
5. *Never complain because we can't cope with whining.*
6. *Never scream or cry because it only encourages us.*
7. *Never look like you're enjoying it because we may want to try it too.*
8. *Never hold your breath because if you pass out there's too much paperwork!*
9. *Never lie or cheat because we always know if you've done your exercises.*
10. *Never finish exercising before your therapist is ready because you'll get more to do.*

*Physiotherapy: It'll move you*



Paulina, Anne, Lori, Shahnaz and Trish: your team at Anson Physiotherapy Clinic. (Missing: Darlene, Marnie)

*Quality, Compassionate, Healthcare!*

Check out our website:  
[www.ansonphysiotherapy.com](http://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***

## **Re-Charging your batteries!**

In today's society, each of us has many demands placed on us that require time and energy. Sometimes, it seems almost impossible to have enough time between the stresses of work and family commitments. It seems that we are often pulled in many directions.

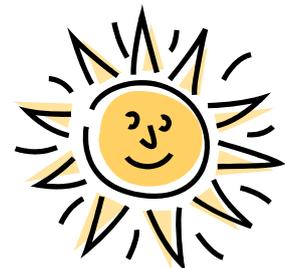


It's important to remember to take time out regularly that is reserved just for ourselves. Time that matters only to *our* well being. Time to remember what is truly important. Us. (yes, you!)

But how do we care for ourselves without increasing the time pressure?

Think simple and easy. Perhaps reading a book, doing some stretches, calling a friend, walking the dog, enjoying a glass of wine, watching a movie, yoga..... The list is endless to make up our personal escape.

Taking time for ourselves is often difficult, everyone else gets the priorities. We need to be responsible to take care of ourselves first and then we have so much more to give!



Never forget how important it is to recharge our personal batteries. Then we will have the energy to conquer our world.

By Darlene

*"Most people are searching for happiness outside of themselves. That's a fundamental mistake. Happiness is something you are, and it comes from*