



ANSON Orthopaedic & Sports Physiotherapy Clinic

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Move for today and tomorrow!

Regular stretching and exercise is so important for your body to stay strong and healthy! Move today and tomorrow to keep your body moving. Jason shows us a low back, hip and shoulder stretch using the ball.



Gardening tips:



"Gardening has great general health benefits such as preserving flexibility, increasing mobility and building strength and endurance." But it also can leave us stiff and sore if we overdo it. Moderation is helpful as well as proper positioning, proper gardening technique, stretching, pacing and rotating tasks. Here are some ideas for you.

Ideas to Remember:

Warm up before you get going. Mimic the movement patterns that you will be doing (such as raking).

Stretch at the end of the task..

Work within your physical strength: an average middle-aged man can safely lift 64 lbs and 28 lbs for a woman. It would be less than this if the load is difficult to reach or an awkward shape.

Use tools to reduce work such as a wheelbarrow or tools with long handles.

Keep your supplies

within easy reach.

Rotate activities so that you don't spend too much time repeating one motion.

Be aware of your posture and body mechanics.

Pace yourself. Remember that it often isn't until the next day that you will feel sore or stiff.

Talk to your physiotherapist if you have any specific concerns or need more advice.

Refer to www.physiotherapy.ca for more information.

<i>Inside this issue:</i>		<i>page</i>
Repetitive Strain Injuries		2
Treatment of RSI's		2
Social Notes		2
Pain		3
Sleep: Important to Heal		3
Continuing Education		3
About Us		4
Low Back Pain		4

"Gardening has great general health benefits such as preserving flexibility, increasing mobility and building strength and endurance."

Repetitive Strain Injuries

I am often asked about Repetitive Strain Injuries (RSI) also termed Cumulative Trauma Disorder or incorrectly tendonitis of the upper limb. Many patients I see clinically present with some combination of localized pain and swelling of the elbow, wrist or thumb and increased pain with resisted motion of the affected muscle group. The upper limb is often affected as the muscles in the shoulder, elbow and wrist are less conditioned as compared to the muscles of the legs. Many occupations and recreational activities require prolonged use of these weaker muscles groups which are not able to manage as well over time, as the muscle groups of

the legs. Muscle weakness in the upper limb can lead to muscular imbalance which leads to positioning and substitution patterns that can contribute to microtrauma, swelling and pain. With these RSI's it is sometimes difficult to be certain as to what the cause is. There are a number of factors which may place someone at risk over another in a similar circumstance. Lifestyle behaviours such as caffeine or nicotine consumption decrease circulation which places one at a higher risk. If one is unfit, pregnant, or suffer from Diabetes, Rheumatic, Liver or Thyroid disease, you are also more susceptible than someone else. Repetitive and prolonged activities



contribute highly to these injuries. Rest alone will not relieve chronic muscle fatigue or prevent it from being an ongoing problem.

Paulina Undurraga,
Physiotherapist, Certified Hand
Therapist

How do we Treat RSI's?

Step 1: symptom control (identify cause & rest from activity, use splint/support, anti-inflammatory drug therapy, ice and/or physiotherapy)

Step 2: stretching and strengthening/conditioning

Step 3: modify postures (work station), tools or techniques (sport or instrument) prior to

returning to activity.

Step 4: take frequent breaks from a repetitive activity to continue daily stretching program permanently and remain physically fit/conditioned.

Don't let all that hard work go to waste!



Prevention is the key in avoiding these injuries.

Social notes!



Our warm and lovely clinic manager, Shelley, is leaving us the end of March. We thank her for all the work she has done for us and we know her smile and friendly voice will be missed.



Please welcome our newest team member, Darlene, who is just learning the ropes of the clinic. We appreciate your patience in the learning phase! She is a great addition to our team.

We celebrated our first year on our own in September. It was a year of lots of changes and learning for everyone involved. We appreciate having our own area and reception now.



Pain: your protection response?

There are many myths and misconceptions about pain. More has been learned about the physiology and construction of pain in the last 10 years than was known prior to this.

All pain experiences are normal, when your brain perceives a threat its job is to protect and preserve the body. The pain response is a complex process that draws on past experiences, reasoning, emotions, thoughts, and what is happening around you. The brain actually has to decide if

you are in danger.

The amount of pain you feel does not necessarily indicate how severe the injury is. This is why your physiotherapist will do a physical examination and a thorough history. It is important to know what stage of the healing process you are at and to what extent the tissues are damaged.

Pain can fool you, we are all familiar with the person who has a headache and how a loud noise can increase their pain. The

noise didn't touch

them but the increase in pain is real. How does swelling increase pain, what is the difference between swelling and inflammation? Your physiotherapist can explain this to you and also help you understand what acceptable pain is, how to manage your pain and how to avoid activities and postures that you may not realize are causing you to feel worse.

Trish Stevens
Physiotherapist

Sleep: important to heal

Often we hear of sleep issues with clients and sleep is important for healing. Here are some quick notes on helping you sleep better.

* Avoid stimulants such as caffeine, nicotine, large meals, excessive alcohol, & decongestant cold medicines,

*set a calming atmosphere (no news or paying bills!), use what works for you!

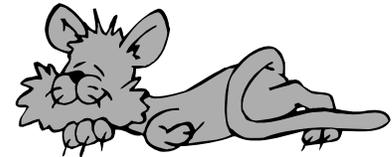
Learn how to meditate: even if you can't sleep you will benefit from the restoring deep relaxation.

*try to go to sleep at the same time and get up at the same time, every day (yes, even on the weekends),

and do something quiet and non-stimulating, then try again,

* get yourself physically tired by working out during the day (not

*if you don't fall asleep within 30 minutes, get up



too close to bedtime) ,

*learn to meditate!! It is so simple and useful for regenerating. (check www.ishaya.org for details,) I wish I had these techniques when I had babies!!

* try a relaxation CD, try squeezing each body part from your toes to you head one at a time with a release, or try just simply focusing on your breath.

Continuing education

All of the physical therapists at Anson Physiotherapy continue to upgrade and update their skills. Learning the latest techniques and research best practices are one of the ways that we stay current and excited about our profession. Recently Trish and Lori were on a great

therapeutic taping course as well as a fabulous integration course of hip./lumbar spine/ and pelvis. Complicated but very useful. (It is the reason we have so many small balls at the clinic for clients to use at home!) Anne and Trish were also on a neurodynamics course



which deals with the nervous system and it's interaction/symptoms. Paulina was on a splinting course to continue to build on her skills in this area. More courses are coming for all of us! It is a busy year!

Physiotherapy: It'll move you!



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

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, 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, Darlene, Sabrina & Shahnaz, are here to help you with your mobility!

Low Back Pain: risk factors

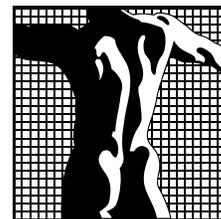
Documented physical risk factors for low back pain according to Nachemson et al 2000 are:

1. Heavy physical work
2. Frequent bending
3. Twisting
4. Excessive lifting
5. Pulling and pushing
6. Repetitive work
7. Static postures
8. Vibrations
9. Poor work ergonomics
10. Lack of physical activity

The most frequently documented psychosocial risk factors according to Hoogendoorn et al 2000 are:

1. Distress
2. Depression
3. Beliefs about low back pain
4. Job dissatisfaction
5. Mental stress at work

The single most powerful risk indicator is a previous history of low back pain. (Hestbaek et al 2003). Taken from "When a Back Goes Out...Where Does it Really Go?" By Bahram Jam.



So what does this mean for you?

It is important to recognize the risk factors in your job/life including the psychosocial ones and address any that you have control over such as lack of physical activity or stress levels. Most people experience an episode of low back pain in their lifetime.

Our goal, as physiotherapists, is to help you regain your mobility, strength, function and independence. We promote home exercise programs and education in regards to posture, pain control and ergonomics.