



# Anson Orthopaedic & Sports PHYSIOTHERAPY CLINIC

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## WHAT IS PHYSIOTHERAPY?

**When you are free to move – when you have mobility – you feel better and enjoy life more. But what about those times when movement becomes more of a challenge? Physiotherapy works.**

Physiotherapy is a primary care, autonomous, client-focused health profession dedicated to:

- \*Improving and maintaining functional independence and physical performance,
- \*Preventing and managing pain, physical impairments, disabilities and limits to participation; and
- \*Promoting fitness, health and wellness.

**What do Physiotherapists do?** Physiotherapists provide assessment, treatment and education for a wide range of health problems to ensure you make the most of your lifestyle. As people live longer and busier lives than ever before, it's not surprising that our bodies occasionally need assistance to stay in good working order. Physiotherapists can recommend the best way to treat problems with your muscles, bones and joints, circulatory, respiratory or nervous system. *Physiotherapists can also advise you on ways to prevent potential health problems from occurring before they arise.*



**Physiotherapy – How it Works** Physiotherapy involves using a variety of techniques to help your muscles, joints, heart and lungs work to their potential. Physiotherapists work in partnership with individuals of all ages to break down barriers impeding physical function. Physiotherapy can help individuals living with congenital or chronic diseases or other debilitating conditions and can assist those recovering from: surgery; illness; neurological conditions such as stroke; injury; industrial or motor vehicle accidents; or age related conditions. The practice of physiotherapy is drug-free.

Fundamental to a physiotherapists' approach is an appreciation of your role in your own care. Physiotherapists work with you to integrate your care into your lifestyle. They are skilled in providing treatment, preventative advice, rehabilitation and care for people with long-term or terminal illness and will develop a full treatment plan to suit your unique needs.

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### **Inside this issue:** *page*

Wrist Fractures	2
Social Notes	2
Therapeutic Heat	3
Successful Course	3
About Us	4
Pumpkin Muffins	4

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“Physiotherapists work with you to integrate your care into your lifestyle.”

## WRIST FRACTURES

As a physiotherapist treating mostly hand and wrist injuries, I see many patients after wrist fractures (broken wrists) on a regular basis. In fact it is one of the most common injuries I see in private practice. Wrist fractures account for 15% of all fractures of the skeletal system.

Some patients will be casted after reduction or "setting" of the fracture and be left immobilized for 6-8 weeks, others will require surgery if the reduction process is unsuccessful at maintaining alignment. Another group will have surgery immediately due to the severity or complexity of the fracture/break. The surgery is usually followed by with a cast for a week to 10 days to protect the repair.

I am often asked by patients "How much movement will I get back?" after their first clinic visit. Their concern stems from their inability to move their fingers and wrist. There can be a considerable loss of mobility initially, greatly influencing their ability to function. The reason for that is due to the trauma itself which creates swelling

of the fingers and wrist, followed by the period of immobilization in cast.

Several factors will determine how much of the function and movement will be restored and what is a reasonable expectation for each patient. Age, general health, occupational demands, severity of initial trauma (deformity), bone quality and good reduction are all factors in the final result. Equally important, is early and consistent therapy for the hand and wrist. Outcomes vary from person to person.

Ultimately, a good reduction/alignment is critical to a good result as this will affect the mechanics of the wrist and how it moves. If there is too much change in the length or poor angulation of the bone as it heals, the possibility of satisfactory movement is lessened. A good reduction alone, will not guarantee a good result however. Consistent therapy and following home exercises play a



large role in the end result.

Treatment initially will focus on reduction of swelling in the digits and wrist, introduction of specific tendon gliding exercises for the fingers and wrist and possible wound care or scar management (surgical incision). Progression of therapy consists of increasing wrist mobility followed by strengthening of the hand, wrist, elbow and shoulder, once medically cleared to do so. The program evolves according to healing timelines, a patient's medical status, and progress.

The healing process for a wrist fracture is lengthy with most patients taking a minimum 6 months. The soft tissues which are attached to the bone are normally injured in the traumatic event, contributing to the healing times. Full healing can be 12-18 months for some. Patience and persistence are key requirements of patients wanting a fair outcome. A sense of humor doesn't hurt either!

Written by Paulina Undurraga  
Physiotherapist and Certified  
Hand Therapist

## SOCIAL



## NOTES!

Please welcome Linda to our front desk staff! She comes to join our team in the mornings and brings a lot of experience to the computer and billing areas. I warned her that I will get her picture the next issue!!



Darlene is moving on to another job at the end of April to learn some new skills. Thanks so much for all of your hard work and dry sense of humor! The tigger lady will be missed!

# LET'S TALK THERAPEUTIC HEAT

One of the questions that physiotherapists are frequently asked is whether heat or cold is better.

For the first 48–72 hours after an injury you should **not** apply heat. Heat increases the blood flow and the release of fluid from the cells. This may cause an even greater amount of swelling and so may add to the pain and interfere with the tissue healing. Ice would always be your first choice for an acute injury.

The choice of ice versus heat after that time period is often a personal decision. In general, heat works better for nerve irritation, aching and stiffness in muscles and joints. Ice can be more effective with acute pain of muscle spasm, visible swelling or heat.

Heat can increase tissue

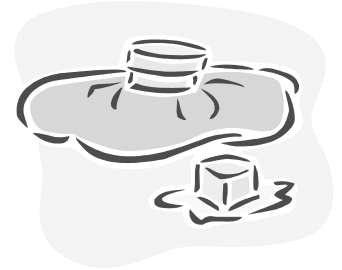
extensibility (making stretches more effective), improve circulation to enhance tissue repair following injury and can help control pain.

Heat can be applied in many ways. Popular forms are heating pads, hot water bottles, magic bags, heat wraps, hot packs or soaking in a nice hot bath. Costco now sells one time use Thermacare packs that are for necks or backs. They can be used for up to 12 hours of warmth. They provide excellent relief and can even be worn to bed.

Moist heat is more effective in achieving pain relief. That is why our hot packs are so soothing—they are kept in very hot water in what is called a hydrocollator.



Following the heat treatment the skin should be pink but not beat red. Be-



ware of over heating

the tissues so that you don't cause burns. Burns can happen from applying heat over skin that has had heat rub applied to it first or where there is skin numbness and you can't feel the heat getting too strong.

Overall, heat is an excellent drug-free way that you can control pain and muscle spasm.

By Trish Stevens, Physiotherapist

# SUCCESSFUL COURSE HELD AT ANSON

This past January four staff members and three others joined two Ishaya monks every Wed. evening for 6 weeks learning how to meditate or "ascend" as they term it. They introduced the concept of watching our thoughts so we don't get caught up in the 100,000 thoughts we have each day.

They taught four techniques based on praise, gratitude, love and compassion to help us decrease stress, and feel more peace and joy. We can use them eyes open and eyes closed. Participants had to commit to three 20 minutes sessions a day to practice the techniques.

(sort of like your physio exercises!)

The meetings were interesting, insightful and lots of fun. We had treats and tea and even managed NOT to fall asleep. One dedicated participant even drove in from Chilliwack every week.

These are techniques that I have used daily for 5 years now, and I wanted to share them with others, which is why I invited the Ishaya's to come and teach at Anson.

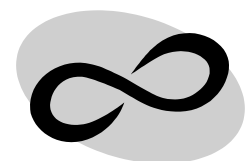
It was excellent to re-sit the course and hear all their information again.

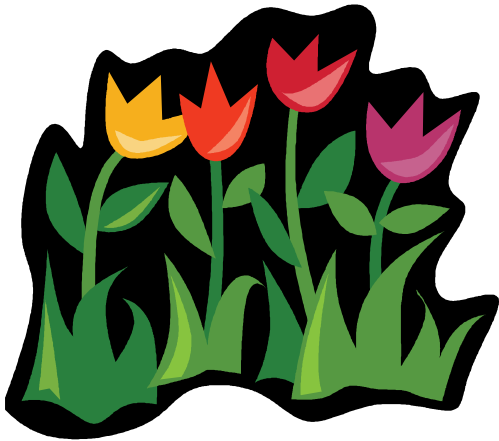
Every time I attend a course I learn and expand more.

If you are interested in learning more you can visit their Vancouver website at [www.freedom-in-vancouver.com](http://www.freedom-in-vancouver.com).

Namaste

Lori





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 staff, Linda Marnie & Shahnaz, are here to help you with your mobility!*

## YUMMY PUMPKIN CHOCOLATE CHIP MUFFINS

4 eggs  
2 cups sugar  
1 can pumpkin ( I use ~ 3/4 of a large one)  
1 1/2 cups vegetable oil  
3 cups flour  
2 tsp baking powder  
2 tsp baking soda  
1 tsp cinnamon  
1 tsp salt  
2 cups chocolate chips

**Preheat oven to 400 degrees.**

Beat eggs, sugar, pumpkin and oil together until smooth. Combine the dry ingredients: flour, b. soda, b. powder, cinnamon and salt together. Add to pumpkin mixture.

Fold in chocolate chips (I sometimes add more!!)

Fill greased muffin tins 3/4 full and bake for 16–20 minutes in hot oven.

These are my kids and neighbours favourite muffins. I add extra pumpkin to make sure they get some veggies in there.

