



ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

www.ansonphysiotherapy.com

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Spring Edition

March 2008

EARLY MORNING APPOINTMENTS NOW AVAILABLE!

Please welcome Mhairi (mar~ee), registered physiotherapist, who is joining the Anson team Tuesday and Thursday mornings. She is offering 6:30 am and onwards appointments for those of you who would like to have therapy before work or school. Mhairi has her Masters of Physical Therapy from Queens University. She has an interest in sports injuries and acupuncture.



Mhairi, our new physiotherapist, joining our team!

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SHOULDER: ROTATOR CUFF DYSFUNCTION

Trish and I attended an excellent shoulder course this past fall. It addressed impingement problems as well as rotator cuff dysfunction.

The shoulder joint is a ball and socket style joint but is shallow to allow for excellent mobility. The stability of the shoulder joint comes from the muscles around it. The rotator cuff (RC) muscles are the stabilizers of the shoulder joint. They work throughout range to

keep the ball centered in the socket. The four RC muscles are supraspinatus on the top, infraspinatus and teres minor at the back and subscapularis in the inside of the shoulder blade (picture page 2). One of the very important large shoulder muscles is called serratus anterior and it works throughout range to keep the shoulder blade against the chest wall. Weakness of this muscle will show up as winging shoulder

blades.

The deltoid muscle is a large muscle that produces a powerful force on the shoulder. The RC muscles resist excessive upwards translation of the ball (in the socket) produced by the deltoid contraction and so prevent impingement.

Strength of your RC muscle, good posture and posterior capsule length are all important considerations in treating shoulder problems.

If you would like to receive this newsletter via email please email Linda at info@ansonphysiotherapy.com and let her know.

Thanks

THE ROTATOR CUFF MUSCLES

Posture and weak RC muscles are two large factors in shoulder problems. For example, full range of motion of a normal shoulder is 180 degrees. You should be able to lift your arm from the side above your head with a straight arm and your elbow by your ears. Try it. Now poke your chin forwards (also know as head forward posture) and try to lift your arm above your head again. Note the difference. Many people habitually live in head forward posture due to working at computers, studying, driving, habit etc. This posture compromises both your neck and your shoulder function and should be avoided.

How to avoid it? Awareness of your posture is the first key. When you notice your chin poking forwards imagine a string from the back of your head, gently lifting your up towards the ceiling. This typically can correct HFP.

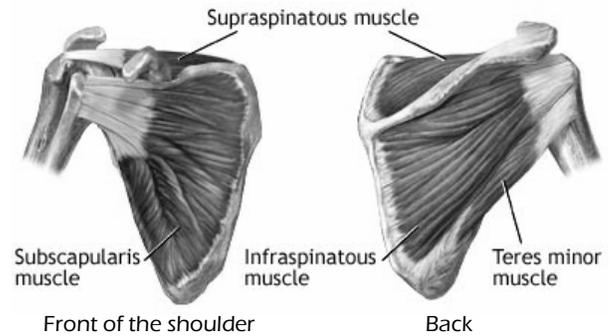
Let's work your RC muscles.

A clinical study found that

both infraspinatus, teres minor AND Supraspinatus were active in external rotation at 45 degrees measuring using Electromyography (EMG).

So all of these muscles can be utilized with an external rotation exercise.

First stand tall with your arm bent at 90 degrees at your elbow and a gently grip a small rolled towel between your elbow and your waist. Using a light tubing/theraband pull your hand out to the side (external rotation of the shoulder). This must be pain free. Slowly return back to the start position. I mean slowly! You can come out on the count of 1 and then slowly count to 10 to return. This is allowing the muscle to lengthen and control the motion which is what it does in the shoulder. You need to go until muscle fatigue. This isn't shoulder pain but muscle fatigue (which isn't particularly com-



fortable!) In dysfunction, often clients fatigue in only 5–6 repetitions. Take a break and then repeat again continuing to monitor your shoulder position. (Centered ball in the socket.)

Sometimes the back part of your shoulder or posterior capsule becomes tight. This will contribute to shoulder dysfunction and has to be stretched out in order to have painfree movement. To stretch your posterior capsule pull your elbow down and then across your body. Release and then vary the elbow height from below 90 to above 90. Make sure that you pull the elbow down first and feel it in the back part of your shoulder. Your physiotherapist can test this on you and check for compensation strategies.

Lori Dalin , Physiotherapist

SOCIAL NOTES!

There is a lot of news in our social notes this newsletter! First off, Anne is going on her maternity leave. She and her husband are expecting their first baby. Best wishes Anne!



This is the first time in five years that we have the opportunity to welcome a new therapist so join me in welcoming our new physiotherapist, Mhairi.

Please also welcome Sandra who joined our administration staff in November.

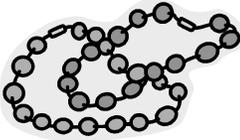
Sandra works the afternoon shift and brings a warm and caring manner to our clinic that is most appreciated. You can check our website for their profiles.





JEWELRY MAKING PARTY/CHRISTMAS

We hosted a jewelry making party at the clinic for staff before Christmas from Beadworks in Port Moody. We had lots of fun learning to make earrings and necklaces.



Anne showing off her necklace.



Paulina checking out her creation!



Lori, Trish, Paulina and Anne posing for our Christmas picture.



Marnie, Shahnaz and Linda (missing Sandra.)

OPPORTUNITY TO FIND MORE PEACE IN YOUR LIFE!

Due to popular demand we are holding a weekend learn to meditate course at the clinic. It runs Friday evening 7–10 pm, Sat/Sun 10–4:30ish pm. March 14–16th, 2008. The cost is \$350 and once you have taken the course you may take it again and again anywhere it is offered in the world at no cost.

These simple techniques are taught by the Ishaya monks. (www.ishaya.org for more information) They teach the first four techniques based on praise, gratitude, love and compassion. They call this the First Sphere

course. You can then use these techniques eyes open and eyes closed.

Participants need to commit to three 20 minutes sessions a day to practice the techniques. (sort of like your physio exercises!) You will learn to watch your mind instead of swirling in the thousands of thoughts/emotions/memories etc.

These are techniques that I have used daily for 6 years now, and I want to share them with others. I am so much more productive, peaceful and joyful hav-

ing this tool to use. It opens up my perspective on life and allows me so much more stillness, peace and joy!

Space is limited so call Linda and let her know that you want your name down on the list. A deposit of \$50 is required to hold your space.

604 945 7888.

Namaste
Lori





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 mostly with and post-surgical hand and wrist patients.

Our team of therapists Trish, Paulina, Mhairi & Lori, and our administrative staff, Linda, Marnie, Sandra & Shahnaz, are here to help you with your mobility!

Quality, Compassionate, Healthcare!

**Check out our website:
www.ansonphysiotherapy.com**

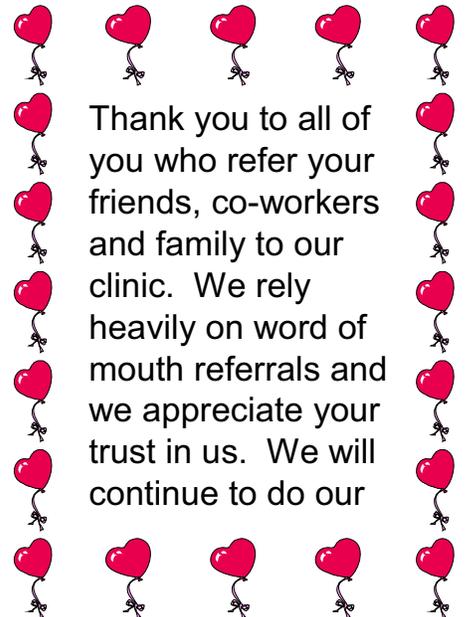
CHEESE BALL EXTRAORDINAIRE

I am amazed how many people let me know that they like the recipe section of the newsletter so here it goes again! This is a family favourite.

- 8 oz cream cheese , softened**
- 1 cup (or more) grated old cheddar cheese**
- 1 TBSP green pepper finely chopped**
- 1 TBSP pimento chopped**
- 1 TBSP finely chopped onion**
- 1 tsp lemon juice**
- Walnuts chopped to roll it into.**
- You can use sunflower seeds or any type of nuts or even leave these out.**

Mix cream cheese with a mixer and add the cheddar cheese, green pepper, onion, pimento and lemon juice.

I often add more cheddar cheese than 1 cup. Roll it into a ball and then onto the chopped nuts. Carefully cover in saran wrap. Let sit in the fridge to set and let the flavours blend. Set it out on a plate surrounded by crackers with a little knife. It is excellent. {Make sure you use real cream cheese and NOT the spreadable type}



Thank you to all of you who refer your friends, co-workers and family to our clinic. We rely heavily on word of mouth referrals and we appreciate your trust in us. We will continue to do our