



# ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

[www.ansonphysiotherapy.com](http://www.ansonphysiotherapy.com)

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## ABOUT YOU!



Kristen has made great progress since she arrived in our office in a wheelchair with her care-aide.

This past winter she had a workplace injury where she slipped on ice and fell dislocating her shoulder and fracturing her ankle, which required surgery.

Previous experience with physiotherapy was less strenuous for Kristen - in the past she has worked at the front desk at 2 other physiotherapy offices.

"I was in a wheelchair a few months ago and the future looked pretty bleak. Three months later, with Trish's help and support, I am up and around walking with a cane, driving and getting my life back. Thank you Anson Physiotherapy." Kristen

## THE IMPORTANCE OF BEFORE SURGERY PREP

Physiotherapists often help rehabilitate individuals after surgery. It can be as simple as arthroscopic knee surgery to clean up a torn cartilage or something bigger like a total knee replacement (TKR) or total hip replacement (THR). Sometimes individuals are on a wait list for surgery and we want to let you know the importance of **before surgery preparation**; maintaining the strength and mobility of the area's to optimize surgical outcome.

Treatment is focused on client education, reduction of pain and optimization of function. Exercises focus on pain-free, active range of motion, stretching to maintain flexibility and strengthening to stabilize the joint and absorb shock. Compensation strategies and gait can also be looked at and awareness of these can be pointed out to the client.

Pain management strategies include a balance of rest and activity, modalities, manual traction and joint protection.

Manual therapy is used to improve joint movement and can also decrease pain.

Sometimes a brace is recommended to decrease symptoms and increase function prior to surgery.

The stronger and more flexible you are before your surgery allows for a faster and easier recovery. Ask your physiotherapist if they can help you prep for surgery. A return to your full mobility is the goal for everyone.

Adapted from article by Stephen Brannon, physiotherapist, MCPA.

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*"Acknowledging the good that is already in your life is the foundation for all abundance."*

*Eckhart Tolle*

## TRIATHLON: WHY NOT GIVE IT A TRI?

Have you ever been interested in trying a triathlon? Well this summer might be the summer to give it a TRI. Over the years with triathlon gaining popularity it is now much easier to get involved in the sport even as a beginner. There are races of many different distances and levels all over BC and the lower mainland. Tri-A-Tri races are increasing in popularity as well. They are a shorter version of a triathlon that is a very good beginning goal to work towards. The distances are manageable and not time consuming to train for. This type of distance might give you a small taste to see if this sport is really for you. You never know once you do your first triathlon you may be hooked. That is what happened to me and one year after starting triathlon I did Ironman!

**Most Tri-A-Tri races are similar to this set up:**  
**300m swim (12 laps of a 25m pool)**  
**15km bike**  
**3km run**



If you are interested in triathlons you want to get started in all three disciplines. Make sure to start gradually and not increase your

training more than 10% a week, do lots of stretching and see a physiotherapist if you develop any pain early on before it progresses to something worse.

Equipment requirements starting out are minimal. Any kind of bike will work for a Tri-A-Tri or sprint distance race, you don't need anything fancy. I did my first triathlon on a 50 dollar road bike! A bathing suit is mandatory and running shoes, wet suits are optional but not a necessity.

If you are unsure about how to get started or want more information email me at

[lisa\\_coleman12@hotmail.com](mailto:lisa_coleman12@hotmail.com).

By: Lisa Coleman MScPT, CAT(C),  
ATC

## SOCIAL NOTES!



Lori just got back from LA and the year end cheerleading competition with her daughter, Noelle. She got to work with some of the cheerleaders she treats and watch excellent cheerleading. She is also taking a specialized kinesio taping course in May.



Noelle

Trish has spent the last 13 weeks doing the Sun Run Training Program. She was thrilled to find the program had her taking 30 seconds off her time per km and she can

now run 10 km. In May she is taking another visceral (organ) manipulation course and she is also taking the next level in Cranio-Sacral Therapy.

Mhairi is busy competing in various basketball tournaments. In March, she was the onsite physiotherapist for part of the Team Canada Women's Field Hockey Carding Camp. In April, she assisted onsite with Western Canada Soccer Exhibition. She took a Core-X rehabilitation training course and is taking a Sports First Responder certification in Victoria. Next month, Mhairi is involved with the Pinetree Senior Boys Basketball team pre-season training.

Lisa just completed the Sun Run

and she has increased her education and skills by completing level 2 in her orthopaedic levels as well as a Running course. Lisa continues to work with the BC Women under 17 Rugby team.

Our winner of our Open House "name the room contest" was Doris G. She came up with the new room's name "the amber room" and won the Starbucks gift card. Congratulations!

# ENHANCE YOUR HEALTH WITH YOUR PHYSIOTHERAPIST

Physiotherapy is an important treatment option for people dealing with painful orthopaedic conditions. Your physiotherapist will evaluate your pain and assess your movement patterns, posture, strength and flexibility, joints and prescribe appropriate therapy. Manual and exercise therapy can decrease pain, improve joint mobility and strength, restore physical function, and prevent future injury— making it easier to perform daily tasks and helping your get back to enjoying life.

### Benefits in Specific Conditions:

#### Osteoarthritis

Physiotherapy can significantly reduce pain and stiffness and improve function and walking ability in people with painful osteoarthritis (OA) of the knee— possibly delaying or preventing the need for knee replacement surgery. A review of therapeutic exercise programs confirmed these benefits in

managing knee OA,. Your physiotherapist can work with you to develop a therapeutic plan to reduce your pain, improve your function and help you stay active longer.

#### Degenerative Disc disease:

Degeneration of intervertebral discs can be a normal part of aging, but sometimes disc inflammation causes severe pain, often affecting the lower back. This pain can become chronic-flaring up periodically and then subsiding. Studies have shown that physiotherapy may be as effective in reducing pain and restoring function as spinal fusion, without risking surgical complications. Starting treatment sooner is better than waiting — early physiotherapy can reduce pain and improve function and wellbeing more than delayed treatment. Talk to your physiotherapist about a treatment program to manage your back pain.

Physiotherapy is the primary health care profession that promotes wellness, mobility and independent function. University education, clinical and professional training provides physiotherapist with the knowledge they need to help people of all ages and abilities to improve their level of physical function. A thorough understanding of the human body in action, advanced skills in physical assessment, and experience in hand-on management allow physiotherapist to manage a broad range of medical conditions.

Physiotherapists can treat injuries and teach you how to prevent pain or injury that may limit your activity. They can also help you increase your mobility, relieve pain, build strength, improve balance and enhance cardiovascular performance.

Taken from Canadian Physiotherapy Association.

## AWARENESS: THE FIRST STEP

As physiotherapists, we are often educating individuals on posture correction. Our bodies adapt to the positions that we leave them in habitually. Often we are totally unaware of these positions. Frequently we are correcting head forward posture or the sniff position of the head.

Ideally, our ear is in line with our shoulder which is inline with the middle of our hip which is inline with the middle of our ankle.

We can't correct posture without first having an awareness of it. **Try noticing what habitual body positions you take on during the day.** Do you tend to stand on only one

leg? Does your buttocks tend to sway upwards? Are your shoulders rounded forwards? Do you lead with your chin?

After you notice where your body is living you have choice to change it. Imagine a string from the back of your head that lifts you up towards the ceiling and hooks you up. It will effortlessly hold you this way. Often this easy visualization is the beginning of changing posture.

Poor posture contributes to many back and neck problems. It is important to be aware of how we live in our body. **Awareness is the first step.**

Another note is to make sure that we are gentle with our awareness and

don't criticize ourselves for poor posture — just celebrate our awareness, with this there is the possibility of change.

It takes time and practice to change your posture but it is achievable with gentle awareness.

*What I think is great is that if you can work on awareness of your body, you can also work on awareness of your mind/your thoughts. If you can also try to gently watch your thoughts/emotions/responses then you can be aware of your habitual responses. This is a simple way to bring more peace into your life.*



