



ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

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Summer 2008



Our staff is expanding: we now have more evening and early morning appointments available to serve you better.

<i>Inside this issue:</i>	<i>page</i>
Acupuncture 101	2
Mountain Biking	2
Peace Found	3
Social Notes	3
About Us	4
Almond Cake	4

BOSU TRAINING: FUNCTIONAL AND FUN!!



We have recently purchased a great piece of sports/rehab equipment that you may have seen before called a Bosu. It is an acronym for "both side up." It can be used by

high level athletes as well as for rehabilitation .

"Bosu exercise challenges both your mind and body to participate in order to sustain correct posture and balance."

Balance training will enhance co-ordination. It improves sensory feedback which increases movement efficiency. It can help improve posture and function movement because so many muscles have to act together to keep you balanced (which is more like real life.)

It can help with movement confidence and increase proprioception



of your joints (knowing where they are in space.) But above all they are really fun to play on, I mean work on!

"Bosu exercise challenges both your mind and body to participate in order to sustain correct posture and balance."

From the Integrated Balance Training Guide.

ACUPUNCTURE 101

BY LISA COLEMAN

What does acupuncture do and does it cause any long term changes? Locally acupuncture increases blood flow to the tissue where the needles are placed promoting tissue healing and help to decrease tone and scarring. Centrally acupuncture stimulates your nervous system and stimulates the release of endorphins which are your bodies natural pain killers.

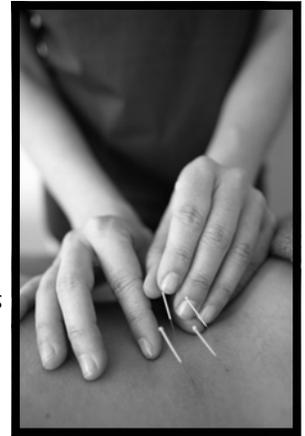
Does it hurt? What can I expect from treatment? Some of the acupuncture points will be completely pain free. Some points will feel like a slight prick once the needles goes in and dull ache as they are left in position.

Do you hook the needles up to an electrical current? Electrical current is commonly attached to the needles in an acupuncture treatment. The stimulation increases the effect of the needles alone and is a very effective addition to the treatment protocol.

What type of conditions do you treat with acupuncture? I treat a great variety of injuries with acupuncture. Chronic and acute injuries respond well to acupuncture. Headaches, back pain, frozen shoulder, rotator cuff injuries, neck pain, repetitive strain injuries and many other conditions can be treated successfully with acupuncture.

Are there any risks or side affects? The main risk with acupuncture is a punctured lung. This has been

shown vary rarely in the literature and usually happens when a therapist has poor technique or is improperly trained.



How many treatments will I need? To give acupuncture a fair trial I would recommend at least 6 treatments.

Can I have acupuncture as part of my usual physiotherapy? Yes, often acupuncture is more effective when combined with other treatment techniques such as joint and soft tissue mobilizations, as well as functional exercises.

TRAINING TIPS FOR MOUNTAIN BIKING

BY MHAIRI KARKLIN

Improve your strength

Some additional [weight training](#) will help you stay strong, put more power in your leg drive and will prevent injuries.

During the cycling stroke the joints in the leg initially start in a more flexed (bent) position, and eventually extend throughout the range to end in a less flexed (straighter) position...*So try using weight training that does all of these motions.*

Cycling is done one leg at a time. *So try training one leg at a time.*

Cycling is generally a strength-endurance activity. This means using lighter weight and longer sets. *Try 15-20 or more reps per set.*

Don't forget about your upper body!!! Your forearms have to support your torso's weight; your spinal muscles have to contract isometrically, your [abdominals](#) have to resist the downward push of your ribcage, and your neck has to work to keep

you looking ahead for obstacles and other riders.

Examples:

Squats
Reverse bodyweight-only squats
One-legged squats
Lunges Pushups
Plank pose and side bridge
Cable row
"Superman"

Improve your balance

Ripping down some trails will be more fun and you will feel more in control when you train your balance ability. Your physiotherapist can help you develop a balance program specific to your needs.



Stretch!

It's easy to develop poor posture from biking: the shoulders internally rotate, the head pushed forward, and the hip flexors tighten. Remember to stretch these areas.

You can always ask your physiotherapist for help!

PEACE FOUND IN THE PRESENT MOMENT BY LORI DALIN

I had the opportunity to read an amazing book this past long weekend at the sunny, peaceful Shuswap Lake. [My Stroke of Insight](#) is a thought provoking book about a Harvard trained brain scientist who had a stroke at 37 years of age. It is a record of her journey and her 8 year recovery.

Her left brain had a huge hemorrhage. She previously had been very left brain dominant. She was a very quick, linear thinker who loved to argue, be right and put details to use. Her right brain, which could look at the whole picture, was very mellow and lived in the joy of the present moment, took over her function for a while. She was unable to talk, walk, read, write, or recall any of her life. She found

that without the constant brain chatter of her left brain, judging and commenting she was able to find unbounded & expansive peace. She was amazed that she could access this "heaven on earth feeling"

"The easiest way back to a state of peaceful grace is through the act of gratitude."

Jill Bolte Taylor PhD

with utilizing her right brain. The concept of being connected to everything and everyone felt true and real.

Dr. Bolte-Taylor

lived to come back and tell us all about her experience. She realized that our brains get triggered by experiences and then run the program for let's say anger. But that the program physiologically actually only lasts 90 seconds. We tend to run it again and again due to the left brain or "story teller" re-living

the thoughts and creating more drama for the situation. She has realized that she can allow the trigger and the response and then can watch it, and when it is finished she can choose for her right brain function again. She says that our natural state is one of joy and that emotional baggage gets in the way from the left brain; anxious and fearful circuitry. "Our desire for peace must be stronger than our attachment to our misery, our ego, or our need to be right."

She is able to access the right brain by choice; by becoming in the present moment. She sometimes accesses this by being aware of physical sensations or bringing awareness to her breath. She also finds that gratitude is the path to well-being.

SOCIAL NOTES!



Anne and Brian welcomed their beautiful baby girl, Kaia on March 20, 2008 weighing 8 lbs. Lisa's puppy, Roscoe, spent a day at the clinic and kept everyone entertained! Trish attended a cranial-sacral course that she really enjoyed. Lori is reviewing a hip osteoarthritis workbook and DVD. Paulina attended a hand conference in Harrison Hot Springs. Lisa competed for team Canada at the Vancouver Sprint Triathlon June 6, 2008 in the chilly weather.



Mhairi survived playing in a basketball tournament. Marnie welcomed a new grandbaby. Sandra's daughter got married!



In March of this year a group of brave souls spent the weekend at the clinic with two teachers who taught us all how to watch our minds and thoughts; teaching us how to separate ourselves from the busy mind turmoil by introducing gentle ascension attitudes and then watching again. It is a simple and gentle way to learn how to meditate, both eyes open and eyes closed. It was a great weekend of peace, stillness and expansion.

Pictured is Linda, Maureen, Skanda, Dave, Janice, Sandra, Linda, Devendra, Nadine, and Trish.

