



ANSON ORTHOPAEDIC & SPORTS PHYSIOTHERAPY CLINIC

www.ansonphysiotherapy.com

#209-3041 Anson Avenue, Coquitlam, BC, 604-945-7888

Winter 2009

January

JOIN US FOR OUR OPEN HOUSE CELEBRATION

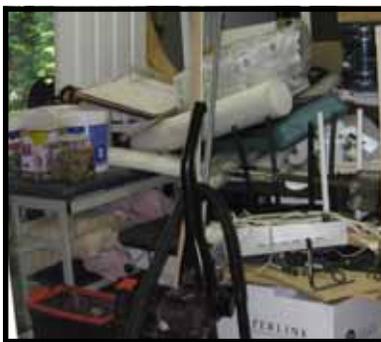


ANSON PHYSIOTHERAPY STAFF 2008

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On Thursday February 5, 2009, we are celebrating our new space. We have had the clinic painted, new flooring put in and added a new treatment area in the past few months. We invite you to stop by for some goodies and to

The clinic was absolutely torn apart during the week-



resonates within our walls and provides a happy and harmonizing space to promote healing with frequent bouts of laughter heard.

Your continued support and advocacy helps us thrive and grow. Thank you!

Thursday Feb. 5th, all day, is our open house celebration. Come visit us and see the new space we have created!!



end of the floors. We had some very hard working helpers: Trish, Linda, Wayne, Allan, Tony, Tristan, Noelle and Michael who helped create our new look. Many thanks to you all!!

Our clinic has a tranquil soothing atmosphere that



IMPORTANCE OF A POSITIVE ATTITUDE FOR REHAB

Margaret came to Anson to gain back her mobility after an unfortunate Ziplining incident. For a period of time Margaret lost her independence but she never lost her desire to get it back or the optimistic outlook that hastened her recovery.



Margaret works hard at following her exercise plan and in doing so has brought smiles and insight to other patients who feel the frustration of coming back after an injury. She manages to put it all in perspective and focus on the positive.



This is Sue, who has had to work very hard after being hit as a pedestrian and suffering a broken lower leg. Sue always

strives to move forward in rehab and has progressed to some amazing walking lunges along with squats on the Bosu. She is another example of an



individual with a positive attitude.

Don knows that exercise is a commitment that allows him to enjoy his retirement and

he works those weights until they sound like music.

If it is too quiet in the morning we know that Don hasn't arrived yet.



Exercise can't be too bad because Brendan is always smiling. Here he is working his rotator cuff using theraband. His continued perseverance and dedication to his rehab is paying off.

We don't just treat patients, we build relationships.

SOCIAL NOTES:

We have welcomed some new staff this year: Lisa, Mhairi and Linda Nickel.

Mhairi first joined us and brought with her a wealth of knowledge relating to sports injuries as well as her patient and caring personality. Mhairi enters her first year assisting with pre-season strength and conditioning, and injury prevention and management of the Pine-tree T-Wolves Senior Boys Basketball team. In her spare time she

also competes in various basketball tournaments across the province.

Lisa joined us next. Lisa came with her certification in acupuncture and her enthusiasm in Iron Man competitions. She also brought her dog Rosco, he is a volunteer from time to time at the clinic.

Most recently Linda Nickel re-joined our team. Linda was with

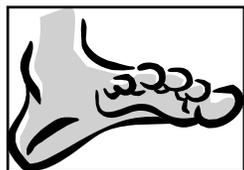
us in 2007 but had to leave to help her family. We are happy she is back. Linda has a warm and welcoming personality and a genuine desire to make people feel comfortable.



Rosco, our favourite puppy

BAREFOOT RUNNING ANYONE?

You might have looked at the title and thought "WHAT.....barefoot running", however the new literature suggests that for runners this may be the best way to strengthen the intrinsic muscles of the feet, improve your running biomechanics, speed and prevent injury.



Have you ever watched a competitive running

event and noticed that the runners in the front of the pack are often barefoot. Now we do need to recognise that these runners bodies have adapted to running barefoot and they have strengthened their feet to the point that they do not need the cushioning and support provided by the modernized shoe. We too can be bare foot runners and it might do a lot to

help improve our strength, gait and prevent injury, however we can not all go out tomorrow and start running barefoot. For the average person who is accustomed to walking and running in supportive shoes the progression would have to be gradual. Your body needs time to adapt to new demands and placing such demands on your body too quickly can actually cause injury. Since many people have gone their whole lives with supportive shoes we have stopped using the muscles in our feet that provide that support internally. The excess cushioning in shoes for running also predisposes runners to use an inefficient running pattern which is striking the ground with the heel. It is more efficient and causes less injury if you have a running gait where you contact the ground on the forefoot and not the heel.

If you are interested in seeing if



changing your running shoes and gait would help with preventing injuries and improving your performance then the first step you should take is to have someone analyse your running gait and give you specific recommendations re; shoes.

If you would like some more information about running shoes, barefoot running or would like to have your running gait analyzed you can email me at lisa_coleman12@hotmail.com or call the clinic at 604 945 7888.

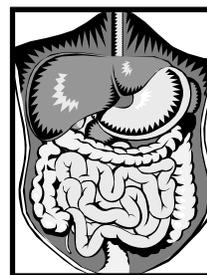
VISCERAL MANIPULATION



What is it and how it can help you? Visceral manipulation (VM) is a gentle manual therapy that

aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. VM does not focus solely on the site of pain but evaluates the entire body to find the source of the problem.

Trish has just completed the Visceral Manipulation course.



She has been able to use these techniques as a com-

pliment to her patient care. You can book an appointment to see Trish and she can discuss whether this therapy will benefit you and your unique situation.



About us:

Anson Physiotherapy has been in service since 1993. 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. We now offer acupuncture as well.

Quality, Compassionate, Healthcare!

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

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

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

Thank you for all of your referrals of friends and family. We appreciate it!!

ANKLE SPRAINS

Basketball is a game of rapid changes of direction, as well as continual jumping and landing. Unfortunately, these activities increase the chances of basketball players suffering an ankle sprain. The most common ankle sprain is the inversion sprain (the foot rolling onto its outer edge), such as when one player lands on another's



By Mhairi

foot. This often causes injury to ligaments, muscles and their tendons on the outside of the ankle, and in some rare cases can result in bone fractures. These injuries can have a serious affect on your season unless it is identified and treated correctly.

Initial immediate management of the sprained ankle requires **PRICE** (protect, rest, ice, compression, elevation). Anti-inflammatory medication may also be very useful under the direction of your physician. Physiotherapy also plays an important part of your recovery. The physiotherapist will assess any damage to the ligaments, muscles and joints, and identify any risk factors that may predis-

pose you to having ankle sprains. In order to reduce your pain and swelling, restore ankle motion, strength, and function, and prevent further injury to the ankle, treatment may include ankle stretching and strengthening exercises, balance re-education, deep ligament massage, joint mobilization, the use of electro-therapeutic techniques such as ultrasound and



Structures of the ankle

IFC, and taping or bracing. Consult your physiotherapist for an individualized treatment plan.



Mhairi playing basketball