

FIT NEWS

www.fitnessphysiotherapy.com

Hours of Operation

Monday through Friday 7:30am - 7:00pm, Saturday 9:00am- 2:00pm

Child Supervision Available

Please arrange a mutually convenient time in advance if child supervision is required

Get to know our Fitness Therapists a little better:

Physiotherapists:

Deirdre Benedict

Areas of Practice

Musculoskeletal, Dance & Sports Injuries, Foot Dysfunctions, Acupuncture, Manual Therapy, Pilates Rehabilitative Exercise, Stott® Core Conditioning

Lesa Campbell

TMJ and Neck Dysfunction,

Anne Dawson

Musculoskeletal Injuries, Chronic Pain Syndromes, TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy, Pilates Rehabilitative Exercise, Manual Therapy, Stott® Core Conditioning

Gisele St. Hilaire

Feldenkrais® Practitioner, Acupuncture, Craniosacral Therapy

Dona Watts-Hutchings

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise, Manual Therapy, Acupuncture, Stott® Core Conditioning

Marina Pianosi

Craniosacral Therapy, Feldenkrais® Practitioner, Acupuncture

Kathleen Ryan

Acupuncture, Manual Therapy, Musculoskeletal Injury, Sports Injuries, Treatment of urinary incontinence in women

Louise Vermette

Pilates Rehabilitative Exercise, Lumbar-Pelvis Instability

Massage Therapists:

Robert Stegmaier

Swedish Massage, Deep Connective Tissue Massage, Acupressure massage, Craniosacral Therapy

Physio Events

- ☞ We welcome Kathleen Ryan who has now joined our physiotherapy team part time.
- ☞ Learn to move with ease and less pain. Develop optimal strength, flexibility, endurance & posture without straining or stressing your joints. TRY a Feldenkrais Integration or a Pilates Mat Class or a lesson on the Pilates equipment at Fitness Physiotherapy!

In This Issue:

Page 2 Is There a Better Way to Treat Back Pain? Muscle Impairment: The Most Common Reason for Back Pain

Page 3 Is That Headache coming from your Neck?
Low back pain? Hip pain? Knee pain? Foot Orthotics!

Page 4 Pilates: Intelligent Exercise, Profound Results/ 2000 Exercise Class Timetable

Fitness Physiotherapy Ltd. - Mission Statement

We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge
Our goal is to provide exemplary treatment as effectively and efficiently as possible.

Is There a Better Way to treat Back Pain?

Muscle Impairment: The Most Common Reason for Back Pain

Recurrent, Persistent, and Chronic Back Pain is common in our society. It is emotionally and financially debilitating. A common treatment is spinal manipulation or manual therapy techniques performed by varying practitioners such as physiotherapists, chiropractors, osteopaths, or massage therapists. There is scientific and clinical evidence that manipulative therapy can be effective for the relief of pain and restoration of motion in the SHORT TERM, but this treatment has not met the challenge of lessening recurrent episodes of back pain. THERE IS A BETTER WAY.

Recent scientific findings show that any episode of low back discomfort affects the muscle patterning of the deep stabilization muscles, that does not normalize naturally when the pain disappears. This means that just because your low back pain subsided after that strenuous bout of snow shoveling, your protective muscle function is now inhibited to some degree. This allows for further damage during the next activity that overloads it; whether it be that next weekend activity or in cases of severe spinal dysfunction when a mild activity such as picking a pencil up off the floor.

The good news is that the current science is substantiating that careful retraining of the deep core muscles that became inhibited in that initial episode or subsequent episodes of pain, can restore spinal function ability in everyday work and recreational activities.

Reawakening and reconnecting with the brain's conscious awareness of the transverse abdominus muscle, the deep pelvic floor muscles, the segmental multifidus muscles, and the respiratory diaphragm under carefully progressed workloads will improve core body strength and posture in anyone despite the handicap. Because you are training the central nervous system to regain automatic control of these muscles, improvement is fast, usually within two weeks. Then general strengthening of your phasic or movement muscles such as the rest of the abdominal muscles, the latissimus dorsi muscle, your neck muscles, or your arm muscles can begin successfully.

Using carefully planned systems of movement retraining such as Feldenkrais® Training or Stott® Pilates in a rehab setting, situations of muscular-skeletal and neurological dysfunctions and pains can successfully be retained and overcome. Both methods provide an individualized and personalized mind-body approach to postural, strengthening and functional improvement. The cutting edge of science is recommending these two methods as excellent programs for restoring health and well being to the neuro-motor and musculoskeletal components of the body and restoring physiological balance to other systems such as lowering blood pressure.

Are your chronic discomforts controlling you? Is your usual exercise program causing pain, or showing you no improvement? Then you need to learn and practice CORE CONDITIONING for dramatic improvement. Ask your physiotherapist for more information.

Reference:

Richardson, Jull, Hodges, Hides. Therapeutic Exercise for Spinal Segmental Stabilization in Low Back Pain. London; Churchill Livingstone. 1999

Is That Headache Coming from your Neck?

The most important signs for identifying whether a headache comes from your cervical spine or neck are:

1. Your headache is usually on the same side of the head or face.
2. Your headache is caused and aggravated by certain neck postures; such as prolonged reading, looking down, keyboarding, turning to look behind you, speaking on the phone especially if your ear has been glued to your shoulder to hold the phone, or looking up to the top shelf of a cupboard, painting your high walls or ceiling, etc.
3. Your neck is stiff with restricted ease of range of motion. It may or may not hurt.

DO NOT SUFFER! Treat persistent or recurrent symptomology as soon as possible by:

- relieving the offending activities
- improving your ergonomic postures
- restore the mobility of your neck with gentle exercise or therapeutic intervention
- strengthen and release the supporting musculature as is necessary

See your physiotherapist for appropriate therapeutic intervention, ergonomic advice, and a home exercise program!

Low Back Pain? Hip Pain? Knee Pain?

It is possible that the source of your dysfunction begins in your feet! Faulty foot biomechanics can contribute to various maladies in other joints, especially weight bearing joints (knees, hips, & pelvis). For example, hyper-pronation (an excessive “rolling in”) of your foot and ankle can lead to poor kneecap tracking, causing irritation and inflammation under the kneecap. As well, osteoarthritic joint conditions can be aggravated by excess pronation.

An ORTHOTIC DEVICE in your footwear may help to correct faulty foot biomechanics and therefore alleviate your symptoms. At Fitness Physiotherapy we can do a biomechanical assessment of your feet and advise whether an orthotic would be appropriate for you. Often, a soft orthotic device (fabricated here in the clinic) offers sufficient support and mechanical correction.

With more severe foot and ankle dysfunction, a custom made, permanent orthotic is required. We actually make a plaster of Paris cast of your feet and order the appropriate orthotic for you.

Orthotics are appropriate for many feet and ankle dysfunctions: Plantar Fasciitis, Achilles Tendonitis, Bunions, Metatarsal Pain, and Sprains just to name a few.

Finally consider the preventative component that orthotics can offer; stop the problem before it can start! Would you benefit from orthotics? **Talk to your physiotherapist for more details or call to book your foot assessment.**

Stott® Pilates-Rehab Style at Fitness Physiotherapy

Intelligent Exercise, Profound Results™

The Pilates Exercise Method is a gentle, full body strengthening and conditioning work out system that incorporating floor exercises on mats and specialized exercise machines. Pilates exercise develops and balances muscle strength everywhere, but especially in the central core of the body; the abdominal, back and pelvic muscles. If the core is strong, stable and coordinated, the entire body functions at all tasks of work and play better.

Pilates is accessible to anyone; young or older, athletic, sedentary or injured. The exercise program is non-impact and all workouts are fully supervised and individualized so the body and mind work together to create more effective movement patterns. Every aspect of a Pilates workout is pleasurable, because the movements are flowing and pain free. Completing a workout will leave you feeling refreshed, relaxed, flexible and energized. Pilates exercise training helps to build bone and muscle strength. It increases muscle and joint flexibility and also helps to prevent muscle and soft tissue injury.

The Pilates Rehab exercise classes at Fitness Physiotherapy are presented in varying levels of mat and machine workouts to hurting, injured, or deconditioned clients. All exercise is individualized and progressed, for the participant in private, semi-private or small group classes. All classes can be attended regularly or more casually on a drop in basis. Home exercise programs are available to help with home practice. Please contact your physiotherapist for more information about how the Pilates Exercise Method can help you get stronger or rehabilitate your chronic injuries.

2001 EXERCISE CLASS TIMETABLE FOR PILATES & REFORMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Mat/Reformer II 9:30-10:30
					Pilates I Mat 10:30 -11:30
Semi Private		Semi Private		Pilates I Mat 11-12	Micro Pilates Level II+ 10:30-12:00
Semi Private		Work In/Work Out Conditioning 12-1	Semi Private	Semi Private	Pilates III Mat/Apparatus 11:30-12:30
	Semi Private		Mat/Reformer 1:30-2:30		
	Semi Private		Semi Private		
	Pilates III Mat/ Apparatus 5-6:30	Pilates III Mat 5-6	Mat/Reformer 5-6		
		Reformer 6 -7			

*Note: Please see your Physiotherapist for further information or referral. All classes are taught by a licensed Physiotherapist. Fees are billable as Physiotherapy, after appropriate authorization. Classes can be combined with other treatments; please pre-register.