

FIT NEWS

Spring 1999

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:

Areas of Practice

Lesla Campbell

* TMJ and Neck Dysfunction, Musculoskeletal Injuries, Stabilization Rehabilitative Exercise

Anne Dawson

* Musculoskeletal Injuries, Chronic Pain Syndromes, TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy, Pilates Rehabilitative Exercise

Patti Mondor

* Manual and Manipulative Therapy for Sports & Spinal Injury, Exercise Prescription, Ergonomic Consultation

Gisele St. Hilaire

* Craniosacral Therapy, Acupuncture, Pilates Rehabilitative Exercise, Musculoskeletal Injuries

Dona Watts-Hutchings

* Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise

Massage Therapists:

Robert Stegmaier

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

Physio Events

☞ Fitness Physiotherapy welcomes Patti Mondor to our physiotherapy staff from Ottawa. Patti has extensive training and experience in musculoskeletal injuries and spinal problems. Patti is also trained and certified to provide personalized ergonomic consultation.

☞ Our new Pilates Exercise and Reformer schedule will be effective March 15, 1999.

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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.



What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome causes “pins & needles” in the fingers, especially in the thumb, index and middle finger, loss of grip strength, pain in the hand and arm and rapidly reduces the function of the hand for work and hobby activities, drinking, getting dressed or driving.

These signs and symptoms occur when the median nerve to the hand is compressed in the “carpal tunnel, which is a passageway formed by the bones and muscles of the wrist, by inflamed and swollen wrist tendons. Such things as repetitive movements, trauma, fluid retention, or hormonal changes cause the swelling. Compression of the nerve is increased when the wrist is bent to an extreme and is further increased if the bending is repetitive coupled with force. Scar tissue can form which acts as another space occupying and compressing structure.

What should you do to recover?

- Stop the process of Carpal Tunnel Syndrome as early as possible by reducing and eliminating repetitive and forceful stresses on a bent wrist.

How?

1. Stop aggravating activities of a repetitive, forceful, bent, vibrational nature
2. Make positive ergonomic changes at work and at home:
 - wrist rest for keyboards
 - larger diameter hand tools, or pens
 - handles on tools designed so that the wrist can remain straight
 - correct body position at activities so that the elbow, wrist, hand alignment are in a straight, neutral position
3. Learn how to use your hands to avoid injury
 - exercise and stretch to maintain function, strength, and a full range of motion
 - take rest breaks from repetitive work
 - vary tasks throughout the day
 - catch the early signs and symptoms before they worsen into a more severe problem
 - contact appropriate medical help from your physician and physiotherapist

1999 EXERCISE CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					PilatesIII Mat 9-10
					PilatesIMat10-11
		Reformer 11 –12		PilatesI Mat11-12	PilatesII Mat11-12
		PilatesIII Mat12-1			Reformer 12 –1
			Reformer 1 –2		
Pilates II Mat 5 –6		Reformer 5 –6			
Reformer 6 – 7	Reformer 6 - 7	Pilates II Mat 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.

Surviving The Stress of Work with Good Ergonomics

Ergonomics refers to fitting the workspace to the worker.

If you are experiencing headaches or neck and back strain while you are at your workspace, you may be causing microtrauma to your spine with poor habitual static posture. You may benefit from an ergonomic assessment of your workspace.

Postural neglect may lead to the development of faulty or dysfunctional muscle use patterns, and long term problems with pains, decreased movement, and limited function in normal daily activities. Postural laziness can also be the initiating cause of such common repetitive strain injuries as carpal tunnel syndrome which causes hand pain, numbness, and weakness, and tennis elbow strains. If you are experiencing any pains or strains while working you may benefit from an individualized ergonomic assessment of your workplace.

Many workers in the 1990's are required to sit for long periods of time working on a computer. Use the following 10-point quick checklist to do a self-assessment of your computer workstation;

1. Is your work surface at the proper working height for you?
 - you should be able to sit comfortably up to your worktable without straining in the back, neck, shoulders, or arms. Usually this is about two inches below the bent elbow.
 - The keyboard should be lower than the writing surface because of the thickness of the keyboard.
2. Are the work surfaces rounded, to minimize pressure points on the forearms or wrists?
3. Are your feet securely on the floor?
 - adjust the height of your chair, or put a small footrest under your feet so that your feet are flat. This will help align your spinal posture to relieve muscular strains.
4. Is there space under your desk for leg comfort?
5. Is your computer monitor placed directly in front of you at arms length away, and at horizontal eye level?
 - if your head has to constantly turn to see your monitor or if the monitor is at a height where your eyes are having to constantly look up and down past the horizontal plane your neck and spine will be under constant postural strain.
6. Have you minimized the glare on the screen?
 - glare can quickly produce physical side effects like headaches and eye strain.
7. Is your computer keyboard in line with the monitor, and placed at elbow height? This will ease postural stresses through the arms, shoulders, neck and spine.

Surviving The Stress of Work with Good Ergonomics (Con't)

8. Are your wrists straight, shoulders relaxed, elbows supported, and head upright while you are working? This position will ease postural stresses throughout the whole body and diminish some of the physical stresses that can cause common repetitive stress injuries (RSI) such as wrist tendonitis and carpal tunnel syndrome.
9. Is your chair adjusted to give you back support? Leaning back “relaxed” in a chair is the least stressful posture on the muscles, ligaments, bones, and discs of the spine, as it displaces the load of the upper trunk onto the chair. Leaning forward on the table’s surface on the elbows and forearms takes the weight of the upper trunk and therefore reduces the postural stresses on the spine and its related anatomical tissues.

Typing forces a worker to sit upright and therefore adds more pressure to the spine. If the back support is adjusted to support upright sitting some of the forces of the upper trunk can be transferred off the spine and onto the chair.

Change your sitting posture to relieve postural strains and to promote blood circulation.

10. Are your tools and telephone accessible without excessive reach? Is your mouse close to you, at the same height as your keyboard?

Even the best ergonomic designs can lead to postural discomfort and musculoskeletal injury so remember;

- Take breaks from your computer every two hours
- Alternate computer with non-computer tasks
- Change your posture frequently and take breaks at your desk to stretch your tired muscles
- Watch your diet and exercise regularly

Further information regarding ergonomic measurements and equipment is available from your physiotherapist. Ergonomic consults of your workstation are also available by appointment. Please call Fitness Physiotherapy for further information.

