

# FIT NEWS

[www.fitnessphysiotherapy.com](http://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

**Lesla Campbell**

TMJ and Neck Dysfunction, Musculoskeletal Injuries, Stabilization Rehabilitative Exercise, Manual Therapy

**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**

Acupuncture, Craniosacral Therapy, Musculoskeletal Injuries, Feldenkrais®

**Dona Watts-Hutchings**

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

**Marina Pianosi**

Acupuncture, Craniosacral Therapy, Feldenkrais®

**Louise Vermette**

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise, Manual Therapy, Acupuncture

### Massage Therapists:

**Julie Shearer**

Swedish Massage, Craniosacral Therapy

**Robert Stegmaier**

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

**Stacey Wilkinson**

Swedish Massage

## Physio Events

- ☞ We welcome Deirdre Benedict who has now joined our physiotherapy team full time.
- ☞ We welcome Stacey Wilkinson to our massage therapy staff
- ☞ Barb Shay, physiotherapist, again rejoins us for summer relief. She has been in Atlanta, Georgia working on her PhD in Neurosciences.
- ☞ Congratulations to Gisèle St. Hilaire who has now finished her extensive four-year Feldenkrais training program. Congratulations to Deirdre Benedict who has completed her Stott Core Conditioning Pilates Mat certification.

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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.

## Contemporary Management for Arthritis

Arthritis is the leading cause of disability in North America and its incidence is on the rise as the population ages. There are more than 100 different types of arthritis; such as osteoarthritis, gout, rheumatoid arthritis, fibromyalgia, and lupus, yet the cause of most types is unknown.

Arthritis affects people of any age, gender, or race. Osteoarthritis is the most common form of arthritis. It is a condition in which there is a breakdown of the protective cartilage on the end of the bones, most often in the hands, hips, knees and back. This results in pain, stiffness, and swelling in and around the joints and sometimes in deformity. The pain and disability caused by arthritis can prevent you from participating in everyday activities, and the accompanying fatigue and stress make you vulnerable to other illness.

There is no cure for arthritis in 2001. But there are many alternative treatments that aim at reducing pain and discomfort and help to prevent further disability.

### Our Alternative Methods for Treating Arthritis

**Acupuncture:** Is the ancient Chinese method of inserting fine needles into specific points in the body to encourage healing, reduce or relieve pain, and improve function of affected areas of the body. Acupuncture is safe and is often used as an alternative to medications, surgery or when traditional medical therapy has failed. Results are often phenomenal, which is no doubt why the treatment has endured all politics for over 5000 years.

**Massage Therapy:** Massage for treatment dates back over 3000 years and exists in many styles. Regardless of style, massage helps you relax and allows the blood to flow naturally through your body which then alleviates pain.

**Heat Treatment/ Cold Treatment:** Extreme temperature in the form of hot bath, hot pack, heating pad, hot wax, ice baths or contrast hot/cold baths stimulates the central nervous system to shut down pain signals and relaxes and increases blood circulation to the joints which also relieves pain. Care needs to be taken so that the skin is not burnt with excessive heat or cold.

**TENS:** Transcutaneous Electrical Nerve Stimulation uses electrical stimulation of the nerves to block pain signals to the brain. Electrodes are placed on the skin and low level electrical current produces a slight tingling sensation. Tens machines can be obtained for home use.

**Magnetic Therapy:** The use of magnets and electromagnetic devices for relieving pain has been documented for centuries. Modern uses are for eliminating pain, relieving joint swelling, facilitating the healing of broken bones and countering the effects of stress. Many types can be obtained for safe home use.

**Exercise and Movement Therapy Methods:** Like Feldenkrais®, Pilates, Yoga, Tai Chi, and Chi Gong are newer and older styles of movement learning that teach the body how to be aware and learn from itself, how to increase ease of movement, and improve muscle strength. These methods all enhance daily function and improve physical condition.

**Useful Supplements:** Glucosamine sulfate has been proven to relieve pain and aid the healing of aching joints. Glucosamine in its natural form is created in the body from sugar (glucose), and it plays a major role in manufacture, maintenance and repair of cartilage (the joints protective surface). It has also been shown to inhibit the enzymes that break down cartilage.

## Contemporary Management for Arthritis – Continued

**Nutritional Supplements:** Providing the body with optimal levels of its natural building blocks is important for rebuilding joints and connective tissue. Studies have shown that fish oil supplements lessens joint tenderness, swelling, and stiffness. Vitamins A, B Complex, C, D, and E are important to the development and maintenance of a healthy musculo-skeletal system, as are calcium and magnesium.

**Herbal Supplements:** Herbs such as devils claw, boswellia, evening primrose, borage, and white willow have a long history in being used for easing joint pain and inflammation.

**Diet:** Adjusting your intake of different food groups may help your arthritis symptoms. Foods in the deadly nightshade family (potatoes, tomatoes, peppers, and eggplants) are known to worsen arthritic symptoms. Decreasing the intake of animal products (except fish) and increasing the amount of fruits and vegetables and whole grains has shown to be helpful.

At Fitness Physiotherapy, we can treat your arthritic symptomology with the suitable alternative therapies as needed, and show you many self-help techniques so as to enable you to regain control of your life.

### Is Your Child's Back Pack Causing Pain?

Ideally a child's backpack when full, should weigh no more than 10% of their body weight. Overfilling backpacks can cause muscle strain, neck and shoulder pain, low back pain, or acquired scoliosis (a curvature of the spine).

When choosing a backpack for schoolbooks, look for a well made canvas one with wide shoulder straps and a wrap around trunk strap at the bottom. Internal frames also help to distribute weight.

Throwing a book bag over one shoulder may look cool, but doesn't feel cool as the weight is shifted all to one side which can cause pains and muscle spasms. Using a wheeled backpack may help some children cope. Check size by making sure that your child doesn't have to bend over to grab the handle and can walk normally when dragging the bag.

### Did You Know?

Our Pilates and Reformer Class Exercise schedule continues to expand with new options in time and class content. See your physiotherapist for more information.

A physician referral is no longer required by Manitoba Public Insurance (MPI) to access physiotherapy services after a motor vehicle accident.

You may visit our web site at [www.fitnessphysiotherapy.com](http://www.fitnessphysiotherapy.com) for clinic information or e-mail us at [ftphysio@mb.sympatico.ca](mailto:ftphysio@mb.sympatico.ca)

# The Power of PILATES Exercise

## Get Strong, Feel Great!

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, especially in the central core of the body; the abdominal, back and pelvis muscle. If the core is strong, stable and coordinated, the entire body functions at all tasks of work and play.

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, as the participant is able. 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
					Micro Pilates 9:00 – 10:30
					Pilates I Mat 10:30 -11:30
				Pilates I Mat 11-12	Pilates II Mat 11:30 – 12:30
		Engaged-Let's Practice 12-1			Reformer 12:30 – 1:30
			Mat/Reformer 1:30-2:30		
Pilates II Mat 5-6	Pilates III Mat 5-6	Pilates II Mat 5-6	Reformer 5-6		
	Reformer 6 - 7	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.