

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

Jeff Blair

Musculoskeletal, Golf Injuries, Manual Therapy, Acupuncture

Lesa Campbell

TMJ and Neck Dysfunction, Acupuncture, Trigger Point Therapy, Craniosacral Therapy

Anne Dawson

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

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, Acupuncture

Massage Therapists:

Robert Stegmaier

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

Physio Events

☞ We welcome Jeff Blair, who is an orthopaedic physiotherapist treating musculoskeletal pain & injury. Jeff is a former member of the Canadian PGA and has extensive golfing experience as a teacher and player. Jeff is your resource in Winnipeg for improving those golf-related ailments!

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Fitness Physiotherapy Ltd. - Mission Statement

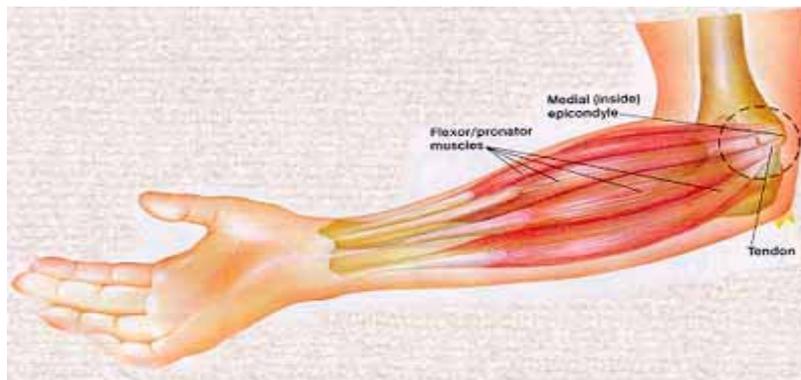
We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge
Our goal is to provide exemplary treatment as effectively and efficiently as possible.

OH MY ACHING ELBOW!

By Jeff Blair, BMR, PT

It's inevitable. If you play golf long enough, sooner or later you will sustain an orthopaedic injury. These types of injuries most commonly involve the bones, muscles and tendons of the upper and lower extremities, the neck and low back. In my practice, I routinely treat golf-related injuries, aches and pains that result from overuse and improper stretching prior to play. One condition that has plagued golfers for years has even been given its own diagnosis. "Golfer's elbow" or medial epicondylitis can be a common and painful side effect of a relaxing and enjoyable sport.

With a right-handed golfer, repetitive swings and deep divots stress the inside of the right elbow. The tendons which flex or bring forward the wrist and fingers are attached to the inside or medial aspect of the elbow. The attachment point at the elbow for these tendons is near the ulnar nerve or "funny bone". Frequently when playing golf, the area may become overworked and inflamed, causing considerable pain. Because the ulnar nerve is so close the site of the inflammation, frequently people complain of numbness and tingling into their hand.



Contributing factors that can lead to "golfer's elbow" may include:

- Weak muscles or muscle imbalances,
- Improper equipment - incorrect grip size, too-stiff club shafts,
- Poor technique - gripping the club too tightly, excessive playing and repeated twisting of the wrist.

If you are experiencing pain at the inside of your elbow when you swing your golf club you just may be suffering from medial epicondylitis

What should you do?

Stop!!! Rest!!! Don't aggravate the condition with continued activity.

Increase the size of your grip. This will diminish the stress on the flexor muscles of the forearm.

Ice the elbow three times a day for 15-20 minutes at a time. Ideally, this treatment works best immediately after playing golf or hitting balls on the range.

Always warm-up before playing. Cold-damp mornings are a golfer's enemy. It is vital to stretch all of the muscles along the upper extremities. Before and after playing a round of golf -- stretch the elbow and wrist. Completely extend the arm and elbow, flexing your wrist forward and back. This prevents stiffness, breaking down any scar tissue, which may be developing due to inflammation. This exercise also increases the elasticity of the tendon sites on the bone, minimizing the risk of injury.

OH MY ACHING ELBOW!

(Continued)

Medication may also be recommended by your physician for relief of the pain associated with medial epicondylitis. An oral anti-inflammatory will diminish the inflammation surrounding the attachment of the tendon to the bone along the inner elbow.

Your Physiotherapist may recommend the use of an elbow brace. In conjunction with stretching, specific exercise and other physiotherapy treatment methods your physiotherapist may recommend you wear an elbow brace. This will support the specific local structures in the arm thus reducing pressure on the inflamed tendon. Using the brace while playing and practising golf is often recommended.

Fortunately, the majority of golfer's elbow cases may be treated with conservative measures such as those previously mentioned.

Golfer's elbow remains a common problem among amateur and professional golfers alike. The intelligent golfer will let pain be his activity and treatment guide when symptoms first appear. Continued activity will in most cases do further damage and cause increased inflammation. In order to prevent further damage to your elbow consult with a physiotherapist when you first develop symptoms of golfers elbow.

Best Footwear Choices

Did you know:

- If a 150-lb. person walks one mile with a stride length of 2.5 feet, then each foot has to absorb 67.5 tons of force. If the same person runs this same distance, then each foot would have to absorb 110 tons of force.
- The average person takes between 7,500-10,000 steps per day in daily activity.

Good footwear helps to cushion, support, add comfort and help prevent injuries in weight bearing activities.

Things to look for in s running shoe:

1. Comfortable fit with a rounded toe box that allows for ½ inch between the end of the toes and the end of the shoe.
2. Tough rubber outer soles with good traction that is flush to the ground in the arch area.
3. Flexible cushioning under the ball of the foot and a heel wedge to absorb shock.
4. Durable, supportive upper structure.
5. Stable rigid and strong heel cup and counter with achilles tendon padding for the heel.
6. A padded tongue to protect the top of the foot from the laces.
7. Strong arch support in the shoe. This can be strengthened by a custom made orthotic.

If you have further questions about your footwear, or need a custom orthotic made at reasonable prices contact your physiotherapist.

Spring 2002

Stott® Pilates-Rehab Style at Fitness Physiotherapy

Intelligent Exercise, Profound Results™

Stott Pilates® emphasises concentration and control focusing on fewer repetitions performed with greater precision. The more than 500 resistance exercises are done on a mat or using specially designed equipment. Stott-Pilates preserves the essence of Joseph Pilates' work while enhancing it with modern knowledge about the body such as patterned breathing, pelvic and shoulder girdle stabilization and restoration of the natural curves of the spine.

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

***Note: Saturday classes are cancelled for July and August**

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