



Rougemount Physiotherapy Newsletter

April 2007

Ice Massage

In physiotherapy ice massage is often used in the treatment of pain and swelling. This will decrease swelling, hemorrhage and edema; decrease the inflammatory process, decrease pain, and temporarily reduce muscle guarding spasm.



Ice "popsicles" can be made by freezing water in small dixie cups.

Rub the area back and forth with the ice pop-sicle in a motion parallel to the underlying muscle tissue or in the direction of the ligament or tendon fibres. Each stroke should overlap the previous stroke. This procedure is repeated for approximately 7 minutes until the area becomes quite numb. There may be an appreciation of intense cold; a slight warm burning sensation; maybe an ache or throbbing sensation and relative skin numbness. If you find the ice massage too irritable or painful before the area goes numb, stop for 30 seconds and try again. If it is still too unbearable, discontinue.

Re-application follows the same principles as ice packs, every 1-2 hours.

Ice massage is most effective for soft tissue injuries such as muscle and tendon. It is effective in decreasing pain and inflammation in sports injuries such as tendonitis, bursitis, muscle contusion, "shin splints", plantar fasciitis and any other condition where rapid tissue cooling is the desired treatment.



Congratulations to Stephanie Watson and her husband on the birth of their baby boy, Charlie Watson Waghmare, born Wednesday March 21, 2007.

Did You Know ??



Statistics for running say 66 % of all runners will experience a running injury over the next 12 months. Running on land in excess of 56 km per week increases the chance of injury more than 55 %.

Cross training is one of the best methods of decreasing the over training effect.

The implementation of hydrotherapy pool programs is most effective (ie. aqua jogging). The benefits of aqua jogging are:

- Slowed down movements, so mechanical errors can be corrected
- While providing more resistance through the water, there is considerable reduction of impact
- Maintenance of aerobic fitness
- Decreased thermal stress – for those who want to maintain mileage but cannot in the extremes of summer and winter

Aqua jogging is done in deep water, usually with a jogging belt. Technique is very important to achieve the desired physiologic response, therefore a coach is advisable even if you are an excellent land runner. Contact your physiotherapist who will have access to the Canadian Aqua Fitness Leaders Alliance Inc.

Our new and improved website at www.rougemountphysiotherapy.ca is up and running – have a look!

Welcome to our new Physiotherapist, Brooke Stelmach, a graduate with her Clinical Masters in Physiotherapy from Queens University.

National Physiotherapy Month

April 22-May 24, 2007



Spring is often a time to shake off the cobwebs and boost metabolism. The following chart may help you get started.

<u>Activity (30 Min.)</u>	<u>Calories Burned</u>			<u>Activity (30 Min.)</u>	<u>Calories Burned</u>		
<i>Your Weight in LBS</i>	<i>130</i>	<i>160</i>	<i>190</i>	<i>Your Weight in LBS</i>	<i>130</i>	<i>160</i>	<i>190</i>
Watching TV	30	37	43	Gardening	118	146	172
Typing	44	55	65	Playing with Children	118	146	172
Cooking a Meal	59	73	89	Playing Golf (walking)	133	164	194
Grocery Shopping	68	84	99	Mowing the Lawn	162	201	237
Ironing	68	84	99	Riding a Bicycle	177	219	258
Playing the Piano	74	91	108	Shoveling Snow	177	219	258
Doing Yoga (Hatha)	74	91	108	Ice Skating	207	256	301
Ballroom Dancing	89	110	129	Jogging	207	256	301
Doing General Housework	89	110	129	Playing Tennis	207	256	301
Painting/Papering Walls	89	110	129	Doing Vigorous Calisthenics	236	292	344
Bathing Your Dog	103	128	151	Using a Rowing Machine	251	310	366
Walking Leisurely	103	128	151	Carrying Boxes Upstairs	266	329	387
Vacuuming	103	128	151	Cross-Country Skiing	266	329	387
Walking Briskly	112	139	163	Running (10 km/h)	295	365	430

Osteoarthritis and Youth

Osteoarthritis is not a consequence of aging but rather a metabolic change in cartilage that results in degeneration of the cartilage. Most researchers agree that injury can predispose a person to the development of osteoarthritis. Pathological changes compromise the joints ability to withstand repetitive loads causing joint space narrowing and eventually joint destruction. The types of injuries reported to have an influence on these changes are fractures, dislocations, meniscal tears, ligament injuries and contusions.

Children of all ages involved in sports are at risk of injury. The growth cartilage in children is less resistant to micro trauma and can result in overuse injuries. The articular surfaces in children are more susceptible to joint shearing forces and during rapid growth there are periods of decreased flexibility which lead to tight muscle tendon units. When these are taught there is increased risk of injury to muscles and surrounding structures which may lead to osteoarthritis. Due to lack of innervation (nerves) to the cartilage pain may not be felt until significant unreparable damage has occurred.

We should be concerned with safe levels of sport participation, prevention and care of injury for children in order to prevent the pain and disability of osteoarthritis in their future. For further information visit www.sportbodybasics.ca.

Treatment

Education

Prevention

Time is what makes the difference at Rougemount Physiotherapy. We take the time to focus on you and provide the attention and care to make your recovery quick and sustainable. Our professional staff provides high quality individualized care within a comfortable supportive atmosphere. Education and active rehabilitation enable you to understand your condition and become an active partner in your treatment and recovery. We continue to work hard to provide physiotherapy services in an environment that fosters a high quality of care in assessment, education and management of our clients with orthopaedic and sports related injuries as well as neurological conditions. Registered physiotherapists are Kathy Chamberlain (owner), Cathy Kammerer (owner), Fiona Tennant and Brooke Stelmach. Our registered Massage Therapist is Lisah Hodges. We are located at: 376 Kingston Road, Unit #11, Pickering, Ontario, L1V 6K4, Phone: (905) 509-7181.