



Rougemount Physiotherapy Newsletter

April 2009

Why do physiotherapists recommend walking 10,000 steps per day?



Walking is a healthy weight-bearing exercise that can provide a total body workout. Walking, skating, blading and other cardiovascular activities help fight obesity, heart disease, arthritis and osteoporosis.

How do you know if you're doing enough? One way to monitor your activity level is to wear a pedometer that counts the number of steps you take in a day. 10,000 steps per day is the "magic number" recommended to achieve an active lifestyle.

By setting a daily step goal that builds up to 10,000 steps a day, you will realize a significant decrease in body mass index and blood pressure. Put your best foot forward today!

Getting Started

1. **How active are you? - Lifestyle Index :** (step/day) <5000= Sedentary, 5000-7500 = Low Active, 7500-10,000 = Somewhat Active & >10,000 = Highly Active. (These recommendations are for healthy adults. Children and youth require more steps/day. Elderly and disabled persons require less steps/day.

2. **Aim for 10,000 steps/day - Research shows that taking 10,000 steps/day will have health benefits.*** If you're walking at a brisk pace, 10,000 steps is about a 30 to 60 minute walk! This advice

fits with Canadian Physical Activity Guide recommendations to accumulate at least 30 to 60 minutes of activity most days of the week.

From your current activity level, aim to reach 10,000 steps/day over a 6 week period by adding 500 steps every 2 weeks. If you're already highly active, keep it up and consider increasing your steps for greater fitness capacity.

A few examples of activity step equivalents are listed below:

1. Cycling at 5mph = 50 steps/minute
2. Cycling at 15 mph = 150 steps/minute
3. Slow steady swim = 100 steps/minute

3. **Measure your progress - Record your daily steps to track your progress.** Research shows that keeping an activity log results in increased steps taken per day and commitment to reaching and maintaining your goal over a long period.

Steps added = Calories burned!

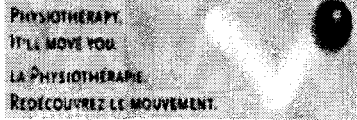
Steps/Day	Calories Burned/Day
2100	100
8400	400
10,000	476

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, Richard Paixao and Kim Garland. Our Registered Massage Therapists are Lisah Hodges and Holly Fry. We are located at: 376 Kingston Road, Unit #11, Pickering, ON, L1V 6K4, Phone: (905) 509-7181.



SMART

You can help yourself, by taking a S.M.A.R.T. approach to your mobility:

S **Stretch - Before, during and after activity.**
Stretching as a warm up, as a break during repetitive activities, and as a cool-down after activities. Helps you to move easily, keeps your muscles flexible and relaxed, your joints mobile and relieves tension and strain.

M **Move - Today for tomorrow.**
Get moving, keep moving, stay moving through the seasons, through life. Find activities that you enjoy. Walking and gardening are two examples of ways to get your whole body in motion.

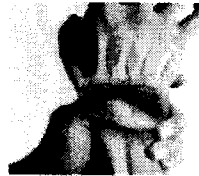
Add it up - An hour is power
To maintain your mobility, make every moment count. Add up all you do in a day and aim for a minimum of 60 minutes of movement every day. To gain mobility, plan activities throughout your day that keep you moving for periods of at least 10 minutes each. Aim for a minimum of 60 minutes of activity each day. What did you do today?

R **Reduce strain - Use tools that work for you.**

Tools such as computers and keyboards, purses and backpacks, gardening tools and equipment are meant to ease work, not cause additional strain. Take measures to fit the tools to you, not you to the tools.

T **Talk to a physiotherapist.**
Physiotherapists are the health care professionals dedicated to enhancing and restoring your mobility. Physiotherapy's unique contribution to health care stems from its advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility.

Carpal Tunnel



"Mary" has been suffering with chronic carpal tunnel for months. She has had various treatments including anti-inflammatories, braces, ice, ultrasound and had even taken some time off work.

Her doctors next suggestion is surgery. But Mary thought she would try one more thing. A friend had suggested Physiotherapy. On assessment, Mary presented with some pain and paraesthesia into her fingers, some tenderness over the front of her wrist; she felt some of these symptoms in her elbow as well. The physiotherapist found weakness through her wrist, fingers and somewhat in the muscles of the elbow. Conducting a thorough assessment, the physiotherapist assessed Mary's neck (cervical spine). There were restrictions in the vertebral movements of the neck especially at the level of the 6th and 7th vertebrae. The nerve supply for the wrist exits at this level. Physiotherapy consisted of treatment and exercise to mobilize the restricted segment and then strengthen the spine. Mary's symptoms subsided. Treatment completed with further upper extremity strengthening and spinal stabilization exercises, neck and back care education and ergonomics.

Did You Know ??

- When you make homemade chicken stock, add a little lemon, vinegar or tomato to the pot—the slightly acidic juice dissolves the bones calcium more easily and can increase the soups calcium by 60%.
- Remember regular exercise for bone health—Like the skin, the bones respond to stress; if you rub your skin in an area, your skin responds by getting thicker and tougher ie: a callous forms—your bones respond the same way to stress as a result of physical work, play and exercise.
- As baby boomers become seniors, a health issue maybe osteopenia and osteoporosis. It's always best to be proactive - see a physiotherapist. Man work with osteoporosis promoting better health. A great site to visit is www.melioguide.com.

"No problems can be solved from the same level of consciousness that created it" - Albert Einstein.