



Rougemount Physiotherapy Newsletter

May 2010

Exercise and Mental Health

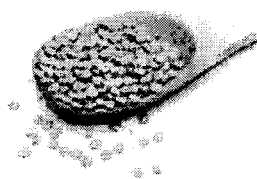


There are five possible mechanisms described in current literature on how exercise might affect mood.

The Distraction Hypothesis - physical activity could serve as a distraction from worries and depressive thoughts and anxiety.

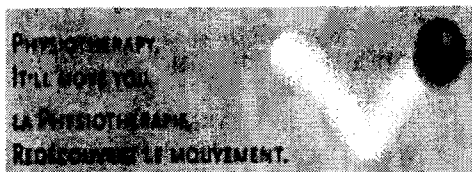
The Self-Efficacy Hypothesis - exercise could increase the belief that one possesses the skills necessary to carry out a certain task by providing meaningful mastery experience.

Did you know!!



The humble lentil is a nutritional powerhouse. They are loaded with protein, iron and the kind of fiber that reduces bad cholesterol, but have only one gram of fat

and about 240 calories per cup. The fiber in lentils also helps balance blood sugar.



The Thermogenic Hypothesis - a rise in the core temperature and in certain areas of the brain can lead to feelings of relaxation and reduced muscular tension.

The Endorphin Hypothesis - exercise may result in an increase in production of endorphins (a neurotransmitter relative to positive mood).

The Monoamine Hypothesis - exercise may lead to changes in levels of serotonin, melatonin, dopamine and norepinephrine - whose levels are related to depression.

"Our bodies are our gardens - our wills are our gardeners"

William Shakespeare

May is National Physiotherapy Month

One of the most important things to look for when starting a new relationship with a Physiotherapist is to ask about credentials. Ensure that you receive physiotherapy services from an individual that is registered with the Physiotherapy regulatory College in your area/province.

Treatment

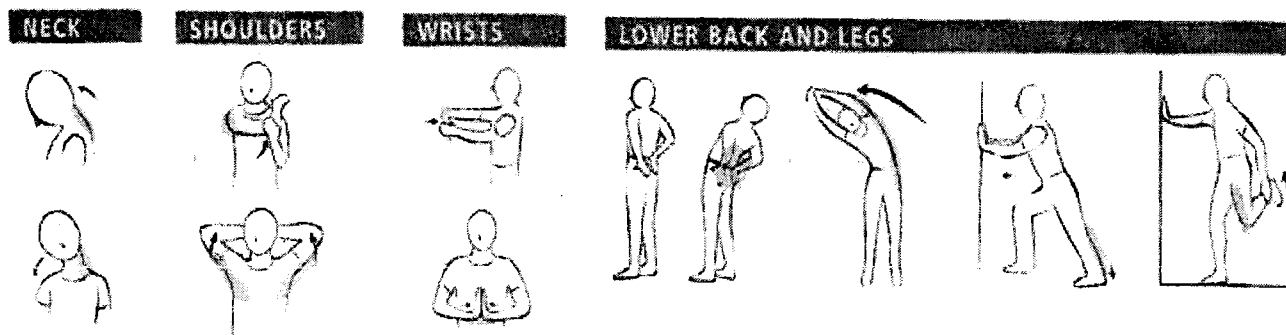
Education

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, Stephanie Gardonio 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 www.rougemountphysiotherapy.ca.

Gardening Tips and Techniques

The secret to a healthy garden is a healthy gardener. A “warm up” before you start your gardening workout helps to reduce muscle strain, injury and fatigue. Do some shoulder circles, trunk rotation, and heel/toe standing. You might even ‘rehearse’ movements, like raking, as part of your warm-up. Then, take a few minutes to do the following stretches, and repeat them again at the end of your gardening activity. If you begin to feel a bit stiff while gardening, pause and do more stretches.



Gardening involves raking, hoeing, weeding, planting, digging, shoveling, lifting, carrying, pruning and trimming - here are a few suggestions for this healthy sport:

- Keep your tools close to your body and keep your back straight to reduce strain. Use your arms and avoid twisting your trunk. Use long-handled tools suited to your height. If you tend to bend over or reach too far while raking, consider using an ergonomic rake, it will make the job easier and reduce strain to your back;
- Squat or kneel on a kneeling pad. If you have difficulty getting up, use a kneeling pad/bench with a support handle for assistance;
- Insert the head of the shovel vertically into the ground and step on the blade and lift small amounts at a time;
- Avoid twisting;
- Use a wheelbarrow to move big or heavy loads;
- Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons taking time to recover between them;
- Know your limits and lift properly: bend at your knees, not your back. Keep the load close to your body. Don't lift items that are too heavy for you to handle - get help!
- Get as close to your work as possible, don't stretch beyond your reach or past your stable footing;
- Hold your tools in a loose comfortable grip, holding too tightly may cause injury;
- Be creative! adapt or create your tools for ease and comfort:
- Pad the handles of your gardening tools;
- Tools with tubular steel rather than wood are more lightweight and may be easier to use;
- Use a potting bench or a counter top where possible to prevent unnecessary bending;
- Wear gardening gloves to protect your hands and joints;
- Keep tools (such as your pruners) sharp to make cutting easier.