

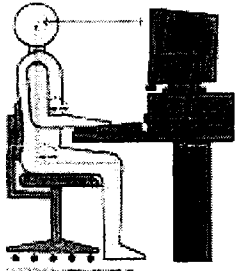


Rougemount Physiotherapy Newsletter

October 2007

Healthy Computer Habits

Whether it's back to school or back to the office, more and more people are sitting at the computer for long hours. Aches and pains are experienced in the neck, shoulders, upper and lower back, wrists and hands as a result.



To prevent these "Repetitive Strain Injuries" (RSI), that can damage tendons, muscles, nerves and other soft tissues, check these controllable factors at your work station:

Posture: Critical for injury prevention, slouching at the keyboard puts your spine and limbs in positions that contribute to increased strain and tension.

Office Set-Up: A poorly designed work station that causes you to reach excessively, poke your chin to view the computer screen or overextend your wrists at the keyboard can be a problem.

Worker Technique: "Pounding" at your keyboard, using your wrists to move the mouse or overgripping the mouse increase the demands on hands and wrists.

Work Habits: Sitting for extended periods of time without frequent breaks can also contribute to RSI.

Don't ignore the early warning signs such as pain, headaches, weakness or tingling in your hands. Early treatment will speed your recovery and help you return to a normal activity level. Make sure you are stretching regularly, taking breaks from the computer to get up and move around. Add variety to your tasks, keyboarding, filing, telephone, reading documents etc. Improve your work station set up, even request an ergonomic assessment of your station. Talk to a registered physiotherapist who will listen to your symptoms, assess your injuries and work out treatment options for soft tissue repair, improvement of posture and to offer advice regarding your specific workstation set-up.

Kids and Sports

As parents we take such pride in our children excelling in any area of their lives be it socially, academically or physically. Sports for some kids is an integral part of their daily activity. It teaches them about social interaction, healthy activity levels and a sense of healthy competitiveness.

A new report has been published in Paediatrics, The American Academy of Paediatrics medical journal, that suggests parents and coaches make smart choices in the training of young athletes. They suggest the training regimens of young athletes is often as demanding as for adults. It warns young athletes developing bones and musculature cannot handle the same stress as adults mature bodies.

Cross training is important, being involved in a variety of activities. Children and adolescents need time to recover psychologically and physically from a sport. A minimum of 2 days off per week from sport specific training. Be cautious with training time, repetitions or distances. They suggest no more than 10% increase per week.

Breaks in the off season are also important to prevent overuse. A young athlete should have at least three months off from their sport per year.



Durham Warm Water

Aquatic Program

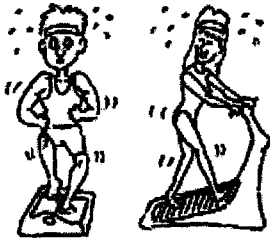


Four million Canadians live with some form of arthritis or musculo-skeletal problem.

Water exercise has a distinct advantage over land exercise. There is buoyancy to assist in movements and resistance to exercise. Water walking benefits muscular and cardiovascular systems and warm water can reduce pain, help muscle relaxation and gradually improve circulation.

Durham Warm Water Aquatic Program has been designed to maintain or improve joint mobility, range of motion, muscular circulatory and respiratory systems and improve the general feeling of well being. (905-430-1665 www.dwwap.com)

Canada's Obesity Epidemic



Obesity is now acknowledged as the most important nutritional condition and precursor to death and disability throughout the world.

Obesity has a wide ranging and severe impact on the health of Canadians predisposing them to reduced life expectancy and a number of chronic diseases such as diabetes, musculo-skeletal problems including osteoarthritis, cardiovascular disease, stroke, asthma and some cancers.

Obesity has a significant impact on individuals quality of life, rate of absenteeism and short and long term disability.

Overweight and obesity, as well as their related chronic diseases, are largely preventable. In addition to diet and lifestyle management, pharmaceutical agents and counselling, also recommended is an assessment by an "exercise health professional" and supervised regular physical activity as part of a comprehensive approach to obesity prevention and management.

Physiotherapists are currently involved in addressing the challenges of obesity throughout the health continuum. A few examples of key roles include the following:

- As primary health professionals, physiotherapists provide education and counselling related to the risks associated with obesity and the promotion of healthy eating and activity patterns.
- Physiotherapists play a key role in the management of pain associated with musculoskeletal problems with weight bearing joints. Pain is a major factor that hinders or prevents overweight and obese individuals' exercise participation - an activity important in facilitation of weight loss.

Assessment and management of orthopaedic problems by the physiotherapist facilitates individuals' exercise participation thus preventing weight gain and promoting weight loss.

- Physiotherapists also play an important role in the 'prehabilitation' management of individuals prior to surgery such as hip or knee replacement to ensure they are in optimum physical condition to expedite the post operative recovery process.
- Many individuals are hospitalized for the management of their obesity and other related conditions. Physiotherapists provide education to hospital staff related to transfers and positioning. They also develop graded mobilization and rehabilitation programs for obese individuals after surgery and other therapeutic procedures.

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), Stephanie Watson, Fiona Tennant and Brooke Stelmach. Our registered Massage Therapists are Lisah Hodges and Holly Fry. We are located at: 376 Kingston Road, Unit #11, Pickering, Ontario, L1V 6K4, Phone: (905) 509-7181. Our website is www.rougemountphysiotherapy.ca