



# Rougemount Physiotherapy Newsletter

October 2008



## Returning to your sport after an injury

Simply having full range of motion and strength is not enough. Rehabilitation exercises are designed to the specific sport and tests are given to ensure the athlete is ready for play.

Your physiotherapist will consider:

\*stage of healing of injury \*type of sport \*level of play/competition \*position on team \*time left in season  
\*training regime \*work/rest ratio needed \*other sports the athlete plays \*athletes goals \*if the athlete can play with a brace, splint, tape or padding if required

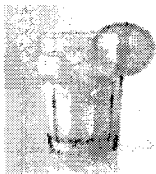
The criteria for return to play include:

\*complete resolution of acute signs and symptoms related to the injury \*full dynamic range of motion of all joints, with adequate strength and proprioception to be able to perform expected skills successfully \*no alteration of normal mechanics, which might predispose the athlete to subsequent injury \*ability to perform sport-specific activities at or above pre-injury level

The steps we must take in the design of a program includes:

\*Testing injured area to ensure full range of motion, strength and minimal or no pain \*Designing exercises using functional patterns used in sport \*Performing moves used in sport in controlled environment  
\*Performing moves used in sport in progressively harder and faster situations \*Performing functional testing of all aspects of sport possible \*Returning to sport/training with some restrictions \*Returning to sport/training with no restrictions

### Did You Know ??



- Drinking hot water with lemon first thing in the morning, instead of coffee, promotes regularity, cleanses the liver and balances the stomach acidity.
- 1/4 cup of raw pumpkin seeds per day is a great way to get the much needed mineral Zinc. It helps boost immunity, reduce acne, and support prostate health.
- For every cup of coffee or tea you consume, two 8 oz. glasses of water are needed to rehydrate the body due to caffeine exposure.

We are pleased to introduce our new staff:

Richard Paixao M.Sc.PT. Richard will be working with Fiona, Kathy and Cathy in orthopedics and sports medicine.

Kim Garland B.Sc.P.T. Kim will be working with our clients needing neurological rehabilitation. Kim is a graduate of gerontology and has certification in neurodevelopment.

### 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.

### Plantar Fasciitis



Sheila presented to physiotherapy with dull intermittent pain in the bottom of her heel that was worse in the morning or after prolonged periods of sitting. Sheila underwent a thorough examination to determine the cause of her foot pain. Pain in the subcalcaneal region (heel) may arise from a variety of pain sensitive structures and have a multi-factorial cause. To determine the appropriate physiotherapy intervention, predisposing factors must be considered and all possible sources of pain must be assessed. Sheila had plantar fasciitis, this is inflammation of the fascia—a fibrous band on the bottom of the foot attached at the heel and fanning towards the toes. This inflammation can be caused by over stretching and repetitive compression trauma of the tissues in prolonged standing, walking and running; flat pronated feet; increased compression forces (excess weight); improper foot wear; inflexibility of related muscles i.e. achilles tendon.

Fortunately, Sheila had the symptoms for only a few weeks and therefore responded well to treatment. Early intervention is critical to manage the adhesions and scar tissue from the inflammation.

She had a course of physiotherapy that included:

1. Exercise to relax the fascia and strengthen the foot and ankle.
2. Treatment to decrease the inflammation and increase the flexibility of the foot.
3. Prevention and education measures to help healing and prevent further damage, this included education re: footwear and taping of the plantar fascia and home remedies to reduce inflammation and modification of activities.

### Preventing Falls in Seniors

More than one third of the Canadian senior population fall each year and it's estimated that 50 % of those who fall will suffer moderate to severe injuries such as sprains, hip fractures or head traumas that prematurely reduce their mobility and independence. More than 90 % of these incidents are predictable and preventable.

A physiotherapist can help evaluate the home environment to identify objects that increase the risk of falling—loose rugs, slipping on uneven surfaces, unsecured cords and wires etc.

The risk of falling in older adults can be reduced dramatically when specific exercises, activities and interventions are prescribed by a physiotherapist. A targeted physiotherapy treatment program can help maintain or regain strength, flexibility and endurance in a way that feels safe and secure.

Here are a few tips for reducing the risk of falling:

- \*use of aids for walking, balancing, hearing and seeing—these are sources of strength to help you do things not signs of weakness
- \*plant both feet securely on the ground before getting out of the car
- \*wear a good pair of lace up walking shoes
- \*sit rather than stand while dressing

\*before getting out of a chair or getting up from bed wait 10 seconds before rising to your feet to prevent dizziness

\*install handrails and grab-bars in the bathrooms and stairways

\*make sure stairways are well lit. Install a night light at the top of the stairs

\*concentrate on what you're doing while you're doing it, and move at a speed that feels comfortable

\*immediately wipe up any spills especially on ceramic floors

\*keep a flashlight near the bed in case the power goes out

\*put everyday items on the bottom shelf

\*be mindful around pets, feet can get caught in leashes, dogs can knock you down or you can trip over the sleeping or wandering pet

\*slow down, be conscious of risky situations and hazardous areas

\*remove reading glasses when walking

\*try to be physically active every day to improve posture, muscle strength and balance. Enroll in Tai Chi or an exercise program to improve flexibility

\*don't leave clutter on the stairs that can cause a fall

\*always keep one hand free when carrying things up and down the stairs so that you can hold on to the handrail

\*have your vision and hearing checked regularly.