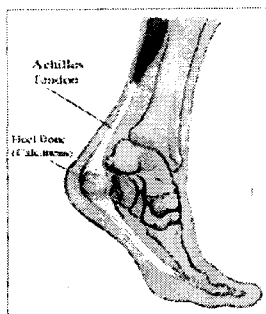




# Rougemount Physiotherapy Newsletter

October  
2009

## Achilles Tendonitis (tendinopathy)



The achilles tendon is the connection between the heel (calcaneus) and the calf muscles (gastrocnemius and soleus) that provide the power of the push off phase in walking and running.

to a tendon that is beyond the initial stages of inflammation, it has developed damage or micro-tears in the tendon because of ongoing wear and tear. The fact that the tendon does not have a rich blood supply causes less natural healing and increased laying down of scar tissue.

The gastrocnemius crosses 3 joints - the knee, the ankle and the subtalar joint. The functioning of these joints and the influence of other muscles on these joints have a significant effect on the tension that occurs within the achilles tendon - so you see, a tight hamstring which crosses the knee can impact the ankle and subtalar joint and increase tension in the achilles tendon.

Achilles tendonitis is an over use injury but other factors may contribute - weak calf muscles; limited recovery time between activities; change in foot wear; type of foot wear and as mentioned above, knee, foot and ankle mechanics. The tendon can be constantly shortened and/or over lengthened both causing stress.

The term achilles tendinopathy refers

### What to do:

- Don't ignore the pain
- Rest and/or reduce activity level
- Avoid over stretching especially in the early stages of healing - that goes along with not wearing overly flat shoes or bare feet
- Apply Ice
- Consult your physiotherapist who will identify the causes and make those corrections; assist in the healing process; guide you in your return to your activity with a rehabilitation program.

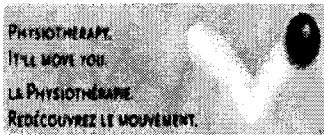
If you ignore the early warning signs, this problem can become chronic and very difficult to treat.

### 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](http://www.rougemountphysiotherapy.ca).



Excellence is more than a goal, more than attitude, it's a continual process of learning and exploring by challenging and innovating. Best practices are an evolution of excellence.

### Vitamin D facts:

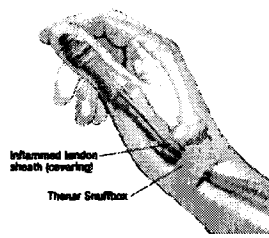
1. It is not really a vitamin, but the name was given many years ago before anyone knew the function of the molecule - it is an active hormone produced by the kidney.
2. Assists the absorption of calcium and supports calcium during bone formation
3. Vitamin D deficiency may increase postural instability through increased body sway and muscle weakness and reduced ability to counteract falls.
4. Recent studies show a relationship between decreased pain and vitamin D supplementation.
5. High prevalence of vitamin deficiency can be due to lack of sunlight exposure; poor nutrition; liver disease; aging skin; skin pigmentation.

Vitamin deficiency is frequently associated with secondary hyperparathyroidism; increased bone remodelling; bone loss and structural damage

## Did You Know ??

### De Quervains syndrome:

De Quervain's Tenosynovitis



An inflammatory thickening of the fibrous tendon sheath of 2 muscles of the thumb (the extensor pollicis brevis and abductor pollicis longus) sometimes leading to the formation of nodules, usually caused by repeated minor injury. Characterized by restricted movement of the tendon and pain.

### Proprioception:

The ability to sense the position, location, orientation and movement of the body and it's parts. Even if you are blind folded, you know through proprioception if your arm is above your head or your foot is off the ground or to the side. With injuries, this often has to be retrained to regain normal function and strength.

*"Good for the body is the work of the body and good for the soul is the work of the soul and good for either is the work of the other".*  
Henry David Thoreau

### Announcements:

We are pleased to welcome Stephanie Gardonio MSc. P.T. to our clinic. Stephanie will be working with Kathy, Cathy and Fiona in orthopedics and sports medicine.



Congratulations to Lisah Hodges and Joel on the birth of their son Ethan.

We would like to welcome Krystal McMinn-Stocker to Rougemount. Krystal is our co-op student for this semester from Dunbarton High School.