



Rougemount Physiotherapy Newsletter

October 2004

Nerve Tension Problems

Just as our muscles have to stretch, shorten and slide over each other during movement, other structures such as blood vessels and nerves also need to do the same. Our nerves also have to be flexible and mobile to be able to tolerate the stresses of normal movement. Whenever there is a lack of mobility in nerve tissue you can experience symptoms of pain, tingling, numbness, decreasing range of motion and itchy sensations. All of these things are danger signals from the nervous system that something is wrong.

Many of the clients we see, have pain that has been assessed and treated many times but they still have some of the symptoms mentioned above. Sometimes we find these clients have nerve tension or a lack of flexibility or mobility of the nerve in relation to the surrounding muscles and soft tissues. This problem can be resolved by specific assessment of nerve tension patterns and the prescription of specific nerve mobilization techniques. It is important to assess all injuries for nerve tension to ensure a full and complete recovery from injury.

DID YOU KNOW ?

- *Drinking a can or more of cola daily even diet and decaffeinated varieties can increase your risk of low bone density and osteoporosis. According to researchers, the phosphoric acid in cola leaches calcium from the body regardless of how much milk you consume.*
- *One disease that robs many people of their independence as they age is sarcopenia "creeping frailty" due to loss of muscle mass. Muscles, like bones get weaker as we age. Sarcopenia begins around age 45 and increases at the rate of 1% a year. It means that by age 65 sedentary people have lost half of their muscle mass. And you can't lose muscle mass without losing muscle strength. The way to reduce this risk is with resistance work to increase muscle mass and strength.*

NEW!!! Please visit our new web site at:
www.rougemountphysiotherapy.ca

Get active your way every day - for life

Physical activity doesn't have to be hard - build activities into your daily routine.

- Walk whenever you can, get off the bus early, use the stairs instead of the escalator
- Get up from the couch and stretch and bend for a few minutes every hour
- Start with a 10 minute work out and gradually increase the time
- Find out about walking and cycling paths nearby
- Try one physical activity class to see if you like it

Our Co-op student this semester is Shannon Mortson from St. Mary's High School.



Housework can be exercise

- The trick to burning calories, toning muscles and really getting the heart pumping as you clean is to keep moving and to perform big rhythmic movements. For example scrubbing the bathtub for 15 minutes burns 66 calories, and mopping the floor burns 60 calories. Both chores rev up heart rates enough to count as moderately intense exercise especially for the unfit subjects and switching arms often will tone muscles evenly.

Access to Physiotherapy is not lost!

With the recent news that government has delisted OHIP physiotherapy, many people feel they no longer have access to the treatment, education and preventative medicine offered by physiotherapy.

The delisting only effected 120 clinics of over 600 in Ontario. Clinics continue with coverage through extended health care plans, MVA insurance, WSIB and private pay.

When you are free to move – when you have mobility – you feel better and enjoy life more. Physiotherapy is the health care profession dedicated to enhancing and retraining that mobility. Physiotherapy's unique contribution to health care stems from it's advanced understanding of how the body moves, what keeps it from moving, where and how to restore movement.

Your physiotherapist has the education, applied knowledge and treatment techniques to help you and your family:

- Improve and maintain your physical mobility and independence
- Manage and reduce pain, physical limitations or disabilities that may limit your activities
- Improve your overall fitness, health and well-being

How can physiotherapy help you?

Physiotherapists provide valuable health care for people throughout their lives – from birth to old age. For example physiotherapists can help:

- Get you back on your feet after surgery
- Treat neck and back pain and other joint injuries
- Treat sports injuries and provide advice on prevention and recurrence
- Assist you with rehabilitation in your home after you have been ill or injured
- Maximize your mobility if you have a neurological disorder such as stroke, spinal cord injury or Parkinson's disease and Multiple Sclerosis
- Work with you to treat and manage respiratory and cardiac conditions

- Provide pre and post natal care and advise on other women's health issues
- Treat children with paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions
- Treat incontinence
- Help you manage the physical complications of cancer and it's treatment
- Care for physical challenges associated with arthritic conditions, repetitive strain injury and more

54 % of Canadians believe they are less mobile today than 10 years ago.

About Us

Rougemount Physiotherapy provides individualized, timely, quality and accountable care to return our clients to their normal daily activities as soon as possible. Therapy's focus is on active reconditioning and education where the client fully understands the nature and/or mechanism of their injury or condition, and is a partner with us in their rehabilitation. We provide full orthopaedic and sports rehab, neuromuscular treatment, massage therapy, acupuncture and custom orthotics. Registered physiotherapists are Kathy Chamberlain (owner), Cathy Kammerer (owner), Stephanie Watson and Fiona Tennant. Our registered Massage Therapist is Lisah Hodges. We are located at: 376 Kingston Road, Unit #11, Pickering, Ontario, L1V 6K4, Phone: (905) 509-7181

Medical Vocabulary

- **Crepitus** - dry cracky sound or sensation such as that produced by the grinding of bone ends.
- **Varus vs. Valgus** - angulation towards the midline vs. any angulation away from the midline.
- **Atlas** - upper most cervical (neck) vertebrae in which the head rests.
- **Axis** - the second cervical (neck) vertebrae.