



Rougemount Physiotherapy Newsletter

October
2005

Stress Fractures



Too often stress fractures go undiagnosed and are not appropriately treated. A stress fracture often has an insidious onset of localized pain with activity and subsides with rest. When the pain is ignored and the activity continues, the pain may become constant. Common sites are the pelvis, tibia and fibula (lower leg) in the long distance runner; tibia and fibula and base of the 2nd metatarsal (long bone of the foot) in the dancer; ulna and radius (forearm), humerus (upper arm) and scapula (shoulder blade) in the gymnast and tennis player. The contributing factors are over training, poor nutrition, and delayed menarche.

If a stress fracture is suspected, it is important that your physician is consulted for appropriate treatment and tests



Did You Know...

The transverse abdominus muscle (a major back stabilizer) is activated by focusing on lifting up the pelvic floor muscle (as if stopping urination) and drawing in your waist (as if to make your pants feel too loose). Abdominal exercises can be done anywhere and anytime.

Benign Paroxysmal Positional Vertigo

The symptoms of BPPV include dizziness or vertigo, light headedness, imbalance, and nausea.

The symptoms are almost always precipitated by a change of position of the head with respect to gravity, (ie. getting out of bed, having hair washed at salon.)

The most common cause of BPPV is degeneration of the vestibular system of the inner ear. However, in many cases there is no known cause.

The dizziness is thought to be due to debris (ear rocks) which have collected within a part of the inner ear.

It is recommended that your physician is consulted if any of these symptoms are experienced.

Diagnosis is made on history of onset of symptoms, a physical examination and ordered tests.

It is also recommended that you consult your physiotherapist for advice and information with regards to modification of daily activities.

There are specific physiotherapy treatments that are very effective (80%). The treatment involves maneuvers intended to move the "ear rocks" out of the sensitive part of the ear to a less sensitive location thereby diminishing symptoms.

For further information consult your physiotherapist.

PHYSIOTHERAPY.
IT'LL MOVE YOU.
LA PHYSIOTHÉRAPIE.
REDÉCOUVREZ LE MOUVEMENT.



Continuing Education ORTHOPAEDIC SYMPOSIUM 2005

“The Changing Face of Physiotherapy” October 28-30, 2005

The physiotherapists at Rougemount are looking forward to attending this annual symposium in London, Ontario. Courses we are attending include an anatomy refresher and a running course.

Topics to be presented include mechanisms for Chronic Low Back Pain, Spinal Surgery Advancements, Designing back stabilization programs, Evidence-based clinical practice, and Nutrition, among other topics.

Here Comes The Snow



Tackle heavy snow in two stages.

Begin by skimming off the snow from the top and then remove the bottom layer. Avoid overloading the shovel. You are working too hard if you cannot say a long sentence in one breath. If this is the case, take a short rest or decrease the intensity of effort slightly.

Step in the direction in which you are throwing the snow.

This will help prevent the low back from twisting and “next-day back fatigue,” experienced by many shovellers.

Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the low back. Do standing extension exercises by placing your hands on the back of your hips and bend backwards slightly for several seconds. Because you bend forward so much when shoveling, you need to reverse this by straightening up and bending backwards slightly.

Dress warmly to conserve your body temperature. For example, wear mittens (not gloves); wind-proof, water-resistant, many-layered clothing that will wick perspiration away from your body; two pairs of socks (cotton next to skin, then wool); and a scarf and a hat that cover the ears to avoid heat loss through the scalp.

Wear proper footwear with good tread to help avoid slipping or falling.

If you have a health problem or are not in good shape, do not even consider snow shoveling. Find someone ahead of time to help. Don't wait until there is a lot of snow on the ground before you figure out how it will be removed.

Arthritis Self-Management Program

The Arthritis Self-Management Program (ASMP) began in 1992 and is sponsored in part through an educational grant from Pfizer. The program is a six-week course (a 2 hour session once per week), led by trained volunteers. It is designed to strengthen and enhance oneself as well as one's ability to manage their arthritis and direct their care. The program compliments prescribed treatment programs by health-care professionals.

Sponsored By: The Arthritis Society

Six consecutive sessions
(It is necessary to attend all six sessions)

THE ARTHRITIS SOCIETY IS PROVIDING AN ARTHRITIS SELF-MANAGEMENT PROGRAM OF SIX WEEKLY CLASSES, BEGINNING SOON IN YOUR COMMUNITY!

LEARN MENTAL AND PHYSICAL EXERCISES TO COPE WITH ARTHRITIS
HEAR ABOUT MEDICATIONS, SUPPLEMENTS AND THERAPIES
SHARE EXPERIENCES WITH OTHERS
LIVING WITH ARTHRITIS

BECOME ONE OF MORE THAN 9,000 ONTARIANS WHO HAVE LEARNED EFFECTIVE WAYS OF DEALING WITH THEIR ARTHRITIS FROM THIS PROGRAM.

LEARN TO MANAGE YOUR ARTHRITIS.

Cost: \$35.00 for all six sessions includes all materials

To register
Call 1.800.321.1433
to ask about a program
in your community!

Rougemount Physiotherapy provides individualized, timely, quality and accountable care to return our clients to their normal daily activities as soon as possible. Therapy focus is on active re-conditioning 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)-509-7171. www.rougemountphysiotherapy.com