



# Rougemount Physiotherapy Newsletter

October 2006

## Poor Posture or Seat Adjustment can put motorists at risk for injury



There is a lot of research out there pertaining to motor vehicle accidents and how posture can have an effect on soft tissue joint and muscle injuries. Our cars are designed for safety in the event of an accident. Are we using those features properly?

Newer model cars have an airbag inside the steering wheel. It is very important that the driver's chest is at least 25-30 cm from the steering wheel to allow for full deployment of the airbag and enough time for the seat belt to absorb the forward motion of your body.

The front passenger airbag is much bigger than the drivers. Passengers should be buckled up and have their seat as far back as possible to get the maximum benefit from the airbag.

All passengers should be upright with the headrest no more than 10 cm from the back of your head. The top of your headrest should be no lower than the tops of your ears to prevent a hyperextension injury to your neck. Closer headrests can be much more effective in injury prevention.

Never sit with knees or feet up on the dashboard. If your airbag deploys, you are at higher risk for serious injuries from the impact of your knees being forced toward your chest and face.

Drive safely and protect yourself while driving in any vehicle by adjusting your posture, seat and headrest.

## Has this happened to you?

You were walking along, close to a curb and rolled off the side of the curb, turning your ankle. Although you iced it, the ankle appeared swollen and discoloured the next morning and continued to hurt on weight bearing.

Now what should you do?

\*Continue RICE (rest, ice, compression and elevation).

\*Ankle injuries can result in complications (ligament and or tendon tears; small bone dislocations) therefore a visit to the physiotherapist is warranted for symptomatic relief (manual therapy, ultrasound, taping for stabilization) injury specific education and strengthening to reduce the high risk of re-injury. Often if the physiotherapist is concerned about a factor, further investigation (i.e. x-ray) will be suggested.

PHYSIOTHERAPY.

IT'LL MOVE YOU.

LA PHYSIOTHÉRAPIE.

REDÉCOUVREZ LE MOUVEMENT.



## Understanding Medical Terms

**Visco Supplementation** is a procedure that involves the injection of a gel like substance (i.e. orthovisc) into a joint to supplement the viscous properties of synovial fluid.

**Orthovisc** is a solution of high molecular weight hyaluronan. It is similar to healthy human synovial fluid, a substance that lubricates the joint.

**CT Scan (Computerized Tomography)** is used to evaluate damage to cartilage, ligaments and bony structures of the ankle, hip, elbow, etc. With the help of a contrast dye, the CT scan reveals an image of the injured joint. It allows 3 dimensional imaging of the affected joint and unlike x-rays that show only bone, CT scans can show details of soft tissue such as cartilage.

**MRI (Magnetic Resonance Imaging)** is used to obtain 2 dimensional views of an internal structure or organ i.e. brain and spinal cord. It is used to assess sport related injuries to bones and joints and to assess response to various treatment i.e. chemotherapy. MRI uses a powerful magnetic field and radio waves to alter the natural alignment of hydrogen atoms within the body. Computers record the activity of the hydrogen atoms and translate that into images. MRI provides better visualization of soft tissues, it allows for multi planar imaging as opposed to CT which is usually only axial and it provides highly detailed information without exposing the body to radiation.

## Relaxation Methods



Our lives and life styles here in Southern Ontario are becoming increasingly hectic. Some of us handle the hustle and bustle and stress better than others.

Some of us have headaches, neck and shoulder discomfort and difficulty sleeping.

Here is a mini-program that may help you deal with day-to-day stress.

As you begin to train, you must find a specific place and time by yourself without interruption. It requires intense concentration and should be done at least once a day for a week before you decide whether it is helpful for you or not.

The object of the exercise is to teach you the difference between tension and relaxation, therefore, maximum muscle contraction is not necessary. Do each movement, hold for five seconds, then relax.

Close your eyes, keep them closed for the rest of the session.

1. Pull your shoulders up and back, then relax.
2. Pull your elbows down and in, then relax.
3. Pull your wrists up and back, then relax.
4. Tuck your chin in; push your head back, then relax.
5. Wrinkle your forehead and raise your eyebrows (down frown), then relax.
6. Clench your teeth and purse your lips -- as you relax, your jaw should sag.

Repeat 1-6

7. Deep breathing -- slowly in through your nose and blow slowly out your mouth.

Stay in this position 10 to 15 minutes thinking of something pleasant.

*NB: Deep or diaphragmatic breathing is*

*a wonderful technique for relieving neck and shoulder stress. It is also more effective breathing for exercise to maximize oxygen uptake.*

*Other ways to deal with stress is through food intake. Some of the literature shows that carbs help you to mellow out; you can decrease frustration with Omega 3 fatty acids; lower your blood pressure with magnesium; fight fatigue with iron and decrease headaches with fluids.*

*For further information, consult your local nutritionist.*

Our Co-op student this semester is Melissa Sample from Dunbarton High School.

## Education    Prevention Treatment

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 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) 509-7181. Our website is [www.rougemountphysiotherapy.ca](http://www.rougemountphysiotherapy.ca)