



BODY 'N BALANCE PHYSIOTHERAPY

May is National Physiotherapy Month!

To celebrate this event we would like to take a minute and recognize the physiotherapy profession, and the important role therapists play in allowing us to overcome our physical limitations and regain our independence. As the warmer weather fast approaches more of us are venturing outdoors for various activities. In keeping with the spirit of this month we would like to provide you with some tips to keep you safe and injury free this season.



The S.M.A.R.T. Approach to Gardening

“S” - STRETCH - Stretching is important in promoting relaxation and flexibility in the muscles, and relieving tension. It is best performed **before, during AND after** the activity.

“M” - MOVE - Find a comfortable posture and always keep the area you are working on in front of you. When finished working on the area, move in order to avoid reaching or twisting which may cause strains or sprains. Always perform lifting with your knees bent and back straight.

“A” - ADD it up - In order to gain or maintain your mobility try to add up the total time you are active throughout the day. Aim for 60 minutes of activity that keeps you moving per day. Activities that keep you moving for 10 minute periods can improve your mobility, but be sure to pace yourself and always work within your abilities, a little goes a long way!

“R” - REDUCE strain - Ensure you are using proper gardening tools that reduce your level of strain. Tools with comfort grip handles, and wheelbarrows for transporting heavy loads are recommended to reduce strain.



“T” - TALK to a physiotherapist - Physiotherapists are a valuable tool when dealing with issues such as reducing pain, increasing mobility, increasing strength, and improving balance. They are not only skilled in injury treatment, but are also a valuable resource for injury prevention.

For more information and tips to keep you injury free in other activities please visit the Ontario Physiotherapy Association's website at www.opa.on.ca

Heat or Cold for Acute Strains?

A 2010 Random Control Study was published in the Academy of Emergency Medicine Journal comparing the analgesic efficacy of heat and cold in relieving pain from back and neck strains.

Based on visits to the emergency, patients diagnosed with acute back or neck strains received ibuprofen and were then randomized to either 30 minutes of a heating pad or a cold pack applied to the strained area. The study used 60 patients, 31 were randomized to heat and 29 were randomized to cold therapy.

Result #1: There were no significant differences in pain and recovery in the two groups.

Result #2: Interestingly 81% of the patients in the heat group and 76% of the patients in the cold group would use the same therapy if injured in the future.

Conclusion: To determine which is better after an acute muscle injury, simply ask *"which do you prefer, ice or heat?"*, because as to date we certainly don't have an evidence-based answer on which one decreases pain more effectively.

Reference: Garra G, et al Heat or cold packs for neck and back strain: a randomized controlled trial of efficacy. Acad Emerg Med. 2010 May;17(5):484-9.



Mobile Hand-held Devices & Pain!

A 2011 study published in the Journal of Applied Ergonomics involved a population of Canadian university students, staff, and faculty where they assessed the potential relationship between mobile device use and musculoskeletal symptoms.

Basic Result #1: There was a direct and significant association between total time spent using a mobile device and pain in the base of the right thumb.

Basic Result #2: There was a direct and significant association between total time spent using a mobile device and pain in the right shoulder and neck.

Clinical Conclusion: Individuals who spend more than 4½ hours a day on a mobile device are at a significant greater risk of developing thumb, shoulder and neck pain.

Comments: This results of this study are not a surprising as we know that repetitive use on any joint can cause pain and musculoskeletal changes. I think we also have to be aware of the rising popularity of these devices and the increasing use among our youth.

Reference: Berolo S et al Musculoskeletal symptoms among mobile hand-held device users and their relationship to device use: A preliminary study in a Canadian university population. Appl Ergon. 2011 Jan;42(2):371-8. Epub 2010 Sep 15.



WE'RE ON THE WEB AND FACEBOOK!

<http://www.bodynbalancephysio.com/>

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HELPING YOU ACHIEVE YOUR
WELLNESS GOALS!

SERVICES PROVIDED AT BODY 'N BALANCE:

- *Physiotherapy*
- *Athletic Therapy*
- *Acupuncture*
- *Therapeutic Taping*
- *Massage Therapy*
- *Yoga Classes*
- *Exercises Classes*
- *Women's Health and Incontinence*
- *Running Assessments*
- *Falls Prevention*
- *Stroke Rehabilitation*
- *Work Related Injury Rehabilitation*
- *Motor Vehicle Accident Rehabilitation*
- *Personal Training*
- *3D Gait Analysis*
- *Shockwave Therapy*

Notice of increasing rates for massage therapy sessions

Our prices starting May 1st are as follows:

\$45 for 30minutes

\$60 for 45minutes

\$70 for 60minutes

Personal One—On—One Fitness Training

Jacqueline Kozluk a Fire Fighter with the city of Toronto, is a certified personal trainer with the International Sports Sciences Association and American Council of Exercise . She will now be offering 30 and 60 min personal training sessions. Session will include a 30 min free initial consultation. Fitness training can be targeted for all ages and fitness abilities.

Cost of training sessions are :

30 min = \$15

60 min = \$35

Please contact the clinic for more information and to schedule a fitness session

705 429 9619