



# BODY 'N BALANCE PHYSIOTHERAPY

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

## NEWSLETTER

### PIRIFORMIS SYNDROME

The piriformis muscle passes from the sacrum to the outer aspect of the leg bone (femur). It is responsible for outward (external) rotation of the hip joint when the thigh is extended and assists sideways movement of the hip (abduction), when the thigh is lifted (flexed). The sciatic nerve passes either thru this small, round muscle (15% of population) or underneath it. If the muscle goes into spasm or becomes tight, it can compress the sciatic nerve and result in pain along the course of the sciatic nerve. Sciatica from piriformis syndrome is not uncommon, but is often misdiagnosed and therefore, left untreated.

#### SYMPTOMS

- pain and /or tingling and numbness in the buttock and back of the upper leg
- tenderness over the mid buttock area when palpated
- passive stretch of hip inward (internal rotation) usually causes discomfort
- active external rotation of the hip causes pain
- usually present on one leg only
- made worse by sitting, climbing stairs, squatting

#### CAUSE

- direct trauma to the muscle resulting in spasm and haemorrhage
- overuse from sports, heavy work, prolonged sitting
- secondary spasm in the muscle as a result of acute back pain
- chronic tightness resulting in irritation and inflammation
- overuse of the muscle with repetitive movements like dancing and aerobics

#### BENEFITS OF PHYSIOTHERAPY

- ultrasound and LASER to decrease inflammation
- muscle stimulation to relax muscle spasm
- manual muscle stretching to increase flexibility
- strengthening exercises
- Acupuncture trigger point therapy to ease tension
- mobilization of any pelvic or sacral restrictions

#### Cancer Information Night

**September 15th 2011**, we are pleased to host an open house for cancer patients, survivors and care givers. This evening will provide information and be the beginning of our monthly **Cancer Support Group**

It will be **held at 7 pm** in the upstairs of Body'n Balance.

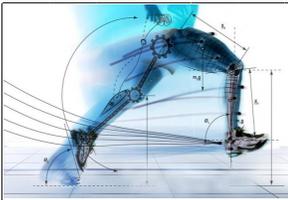
For further information and questions please contact : Lori @ 705 429 9619

### AUGUST / 2011

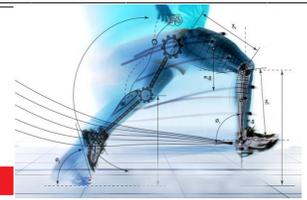
#### SERVICES PROVIDED AT BODY 'N BALANCE:

- *Physiotherapy*
- *Athletic Therapy*
- *Massage Therapy*
- *Acupuncture*
- *Therapeutic Taping*
- *Yoga Classes*
- *Exercises Classes*
- *Women's Health and Incontinence*
- *Running Assessments*
- *Falls Prevention*
- *Stroke Rehabilitation*
- *Work Related Injury Rehabilitation*
- *Motor Vehicle Accident Rehabilitation*
- *Work hardening*
- *WSIB / MVA*
- *Third party FCE*
- *Peri-natal / pelvic floor*
- *Bracing*
- *3D Gait Analysis*

*HELPING YOU  
ACHIEVE YOUR  
WELLNESS GOALS!*



University Relations:  
**News Release**



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## Good News For Simcoe County Runner's

**Running Injury Clinic's Cutting Edge Technology Opens in Body 'n Balance in Wasaga Beach, Ontario.**

Ontario Runners will soon be on the fast track to injury recovery!

The Running Injury Clinic is installing its revolutionary, 3D Gait Analysis System in **Body n' Balance Physiotherapy** (905 Mosley St., Wasaga Beach Ontario) Wednesday **August 10th** bringing a revolutionary new perspective and new technology to running injury assessment.

The state of the art, 3D gait analysis technology is usually only available to high performance athletes. **Body 'n Balance Physiotherapy** is one of only eight locations in North America where a member of the public can access this technology. To book an appointment runners simply have to call **705-429-9619** or email: [bodynbalancephysio@yahoo.ca](mailto:bodynbalancephysio@yahoo.ca)

The 3D camera system and injury assessment protocol is based on years of biomechanical research from Dr. Reed Ferber's University of Calgary lab. Ferber's research shows that the majority of running injuries are created by weakness and inflexibility. Following gait analysis and injury assessment, runners are given a prescription that targets their specific biomechanical issues.

Based on peer-reviewed, published research, 92 per cent of Ferber's patients are pain-free within four to six weeks.

The new technology will also provide Ontario's runners with their personal '**Running Injury Index.**' The Running Injury Risk Index is based on Ferber's research using data from hundreds of patients. "After recording your gait patterns using our 3D System," says Ferber, "we calculate several important variables associated with injury risk. We then compare you to our database of runners, and can accurately predict your risk of injury - and more importantly what you need to do to prevent injury in the future." Every patient treated using the system also becomes part of the research database, furthering Ferber's research program.

Ferber's 3D Gait Analysis system is currently available in Calgary at The Faculty of Kinesiology, University of Calgary; in Banff at the Mineral Springs Hospital, in Lethbridge at Fit Physiotherapy; in Edmonton at Glen Sather Sports Medicine Clinic, in Victoria at Parkway Physiotherapy and in Nelson, BC at OPTM Athletic Therapy

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WE'RE ON THE WEB AND FACEBOOK!

[www.bodynbalancephysio.com](http://www.bodynbalancephysio.com)

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