



BODY 'N BALANCE PHYSIOTHERAPY

950 Mosley Street Wasaga Beach, ON L9Z 2G8
705-429-9619

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

NEWSLETTER



YOGA

With Lindsay Reid

8 Week Yoga Package

\$96/ 1 class per week OR
\$173/ 2 classes per week

Tuesday Sept 13th - Nov 1st

Thursday Sept 15th - Nov 3rd

7:30-9:00pm @ Body 'n
Balance Physiotherapy

Tuesday classes -open level
Thursday Classes— strength

To register or for more in-
formation please call Body'
n Balance at
705 429 9619

Exercise Classes

Lori Ververs, Certified Kinesiologist will be hosting morning exercise classes from the upstairs of Body' n Balance

Classes are held on Monday and Wednesdays from 9 am—10 am

Please contact Lori at the clinic for more information and to register

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

Get of the road -Trail Running Clinic

8 week running clinic

Start Date: Tues. September 13th

Time : 6:30 start time

Cost : \$ 80

Trail running clinic includes :

- Exposure to some great running trails
- In class instructional lesson followed by weekly group trail run Training Manual & Training Log
- guest speakers on various running related topics
- Gift
- 50% off of a 3D Gait Analysis

To register or for more infor-
mation please call Body' n
Balance at 705 429 9619

SEPTEMBER / 20

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!*

September is National Arthritis Awareness Month

DID YOU KNOW? There are over 100 different types of arthritis.

There are 2 main categories of arthritis: inflammatory and degenerative.

Inflammatory

Inflammatory arthritis can affect any joint in the body. The most common type of inflammatory arthritis is rheumatoid arthritis (RA), which usually affects the smaller joints of the hands and feet. Inflammatory arthritis causes aching, pain, stiffness, warmth, and swelling in the joints. Other side effects may include, fatigue, fever, tingling in affected joints and even weight loss. Each joint in the body is lined by a thin layer of tissue called synovium. The synovium is responsible for making small amounts of fluid (synovial fluid) to keep the joint lubricated. In inflammatory arthritis, the body's immune system begins to attack the synovium. Not allowing for synovial fluid to be made. Chemicals are then released by the body's immune system cause swelling, pain, and stiffness of the joints.

Degenerative.

Degenerative is when the cartilage gradually becomes rough, and begin to dissipate. With this degeneration, the joint may become inflamed causing pain, warmth, and swelling. Cartilage is the tough elastic material that covers and protects the ends of bones. In healthy joints, cartilage acts as a shock absorber. The slippery surface of the cartilage also allows the joints to move smoothly without pain. Degenerative arthritis, also known as osteoarthritis (OA), it tends to affect the joint at the base of the thumb, the end or middle joints of the fingers, the hips, and the knees. Degenerative arthritis can start earlier in life, most people begin to notice the symptoms as they get into their 40's or 50's.

5 Tips for Fighting Arthritis

- 1. Get Educated:** Know the type of arthritis you have and the treatments available.
- 2. Stay Involved:** Be an active participant in decisions about your care.
- 3. Know Your Resources:** Know where to get the support and resources you need.
- 4. Stay Healthy:** Exercise regularly, eat a balanced healthy diet, and maintain a healthy weight.
- 5. Know Your Medications:** Tell your health care provider (s) about all of the prescription and non-prescription medications you are taking.

How a Physiotherapist Can Help !

Physiotherapy can help with pain relief by using such modalities as ultrasound, laser, paraffin wax treatments, and heat therapy. The physiotherapist will put a customized, individually tailored exercise program together. A physiotherapist will assess the person's strength, range of movement, flexibility, age and other contributing factors to ensure that the program will help achieve goals related to arthritis and overall personal health. A customized program is essential to prevent further damage and injuries to the individual.

For more information on what a Physiotherapist can do for you please contact Body' n Balance Physiotherapy

Reference: http://www.opa.on.ca/about_phys_bene.shtml

<http://www.arthritis.ca/local%20programs/ca/publications%20and%20resources/publications/default.asp?s=1>

<http://classic.bcphysio.org/pdfs/BriefingsJan18.pdf>

WE'RE ON THE WEB AND FACEBOOK! www.bodynbalancephysio.com
