



PROACTIVE

PHYSIOTHERAPY

THERAPEUTICS

Message FROM OWNER/DIRECTOR LAURIE MCLAUGHLIN

There's nothing like getting away from home for generating new ideas. That was the case for me when I visited Australia this winter. I was there to do some teaching as well as meet with and learn from world-renowned Australian physiotherapists and researchers David Butler, Lyn Watson and Paul Hodges. I came home with some new solutions for clinical practice challenges, as well as some exciting goals for education and learning.

One change we'll be making at ProActive is a significant enhancement to our web site with information for health professionals. Part of our philosophy is that we strongly promote the value of continuing education, and I'm very proud that every physiotherapist at ProActive has completed (or is in the process of completing) national specialization exams in orthopedics.

Soon our interest and involvement in education and research will be reflected at www.proactivehealth.ca

At the same time, we'll continue to update our web site with consumer-friendly information, including health and wellness tips, information about our clinical services and much more. If there's anything that readers of this newsletter would like to see on our web site, don't hesitate to make a suggestion through the 'contact us' section or by calling either one of our clinics at (905) 577-0098 in Hamilton and (905) 337-2298 in Oakville.

On a final note, now that spring is officially here, we have no more excuses to keep from being active. It's time to get those bicycles out of storage, get back to our gardens and enjoy outdoor sports. Just remember to warm up properly and stretch out your muscles before you engage in any type of exercise.

Laurie McLaughlin,
Owner/Director

Did You Know?

A recent study done by the Canadian Physiotherapy Association found that many Canadians say they can't easily perform one or more of 10 mobility tests. Vigorous activity would be a problem, report 66 per cent of respondents, 28 per cent say they find it hard to bend or stoop, 24 per cent have difficulty walking a single kilometre and 37 per cent would find it hard to climb stairs. Women of all ages are more likely to say they can't "easily complete tasks" such as these. Are they really less mobile than men – or just more honest?! For more information on this study, go to

www.physiotherapy.ca



Clinic owner/director Laurie McLaughlin had an enjoyable and productive trip to Australia for three weeks in February. Although it was a business trip, Laurie still found time to meet up with a kangaroo.

Running: Be Tough but Sensible!

It's safe to say that runners are, by and large, a tough bunch. Why else would you see so many runners out pounding the pavement during the dog days of summer or in the bitterly cold weather we experienced this past winter?

1. Running Injuries

- Repetitive strain injuries (RSI) shouldn't be ignored, because they'll be harder to treat, and will eventually cause pain whether you're running or not. With an RSI, you'll feel an achy sensation towards the second half of your run, and it will get worse if you keep going. If you haven't warmed up properly, you might instead feel it at the beginning of your run. Don't run for a few days, but continue to stretch and do an alternative exercise, such as swimming. If the problem hasn't subsided after one week, or if it re-occurs when running, seek professional help.
- An acute injury, such as a twisted ankle, should definitely keep you off the road. Treat it with rest and elevation, and apply ice (e.g. a frozen bag of peas) to the injured area for 10 to 15 minutes at a time. Wait 30 minutes between icing treatments. After 48 to 72 hours, the injured area should be feeling better. If you still have pain

(continued on back)

But that never-say-die mentality can be a runner's worst enemy, because there are times when it's much smarter to keep the running shoes in the closet.



Here are some tips to help you decide when to put your running routine on hold:

Check out our web site! www.proactivehealth.ca

New Pilates Instructor Joins the Team

A warm welcome to Michael Addison, our new Pilates instructor. Michael will lead both group and individual classes at both clinics.

A certified instructor since 1997, he has studied under Pilates masters such as Ron Fletcher, Karen Carlson and Diane Miller, and is still a student with renowned instructor Sagrario Castilla.



Michael says Pilates is a unique form of exercise that teaches overall body awareness and builds long, lean muscles. When he isn't teaching Pilates, Michael is a design draftsman for Boeing aircraft.

PROACTIVE STAFF NEWS

Have Backpack, Will Travel

Oakville clinic physiotherapist Wendy Redfern is off to travel Europe and Asia for five months. She'll return to the clinic in July, just in time for everyone else to go on vacation.

Welcome Back Susanne

Susanne Staresinic is wrapping up an eight-month maternity leave and will be back in the Hamilton clinic this month. Susanne, a physiotherapist who has taught our post-partum fitness classes, put her training into personal practice after the birth of her son on July 4, 2002. "I did exercises to strengthen the abdominal and pelvic floor muscles and found they made a big difference in my recovery," she says.

Congratulations Lisa

Oakville kinesiologist Lisa Caruso delivered a healthy baby girl on March 8. Both mom and 8 lb, 3 oz Juliana are doing fine.

AIN'T NO MOUNTAIN HIGH ENOUGH...

...not for Oakville clinic's Heather King, a physiotherapist who joined our team in January. Heather, 29, is a member of the Gears Racing Team, and competes in mountain biking races on the provincial, national and international circuits.

Heather spends between 10 to 25 hours each week in training for the grueling sport, either outside on her bike or inside lifting weights, doing 'spin' classes and running on a track or treadmill.

"I used to run competitively but I was getting too many injuries, so I had to find a new sport," she says. "One of my classmates was on the provincial cycling team and got me interested."

Races typically take place at ski resorts, such as Whistler, B.C. in the west and Dagmar or Kelso in Ontario. "I like being with the people and I like the terrain of racing. There's a big cardiovascular aspect to this sport, but also a technical side – we're going off drop-offs and up steep climbs and negotiating around rocks. You have to have split-second reflexes."



(Running – continued from front)

that limits function, swelling that doesn't go down, or stiffness/weakness that doesn't improve daily, then you should see your physiotherapist or other health professional.

- If you're recovering from a running injury, run only as far as you can without pain, and don't do speed work or hills. Also, don't forget alternative exercises such as cycling or swimming. When you start to run again, try a run/walk combination.

2. Illness

- Some runners maintain that having a cold is no reason to stay in, and may even improve through strenuous exercise. One rule of thumb cited by Shelly Glover, an MA in exercise physiology and co-author of *The Runner's Handbook*, is that if your illness is 'above the neck,' such as a stuffy nose or sneezing, you'll be fine to run if you want to.

- If you have a serious chest cold, such as bronchitis, or a virus that causes fever, all-over body aches and swollen lymph glands, you should suspend your regular run until you are completely well again, Ms. Glover advises.

The bottom line: pay attention to your body.

If you don't allow yourself enough time to rest and recover between workouts, or if you ignore illnesses and injuries, your body will begin to pay the price. Running is a tremendous exercise, but smart runners don't let their commitment outweigh their common sense!

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NATIONAL PHYSIOTHERAPY MONTH

April 19 to May 19 is National Physiotherapy Month. It's a time when we celebrate the role of physiotherapists and also provide the general public with education about what physiotherapists do and how people can benefit.

Below are two frequently-asked questions about physiotherapy:

What is physiotherapy?

- A regulated health care profession for the treatment or prevention of injury or disease
- The goal of physiotherapy is to enhance your life through improved health and fitness, encourage you to take charge of your health, and teach you techniques for recovery, pain relief, injury prevention and improved physical movement

Do I need a doctor's referral to see a physiotherapist?

No. Physiotherapists can assess and treat patients without the need for referral, supervision or delegation by another health care practitioner.

ProActive now offers physiotherapy for neurological conditions such as acquired brain injury, stroke, Parkinson's, MS and more. Please call the Hamilton clinic at 905-577-0098.