



Welcome to the summer edition of "PhysioLink Patient News". We hope this newsletter helps keep you up to date with the latest services and treatments available at PhysioLink. We look forward to being of service to you in the future.

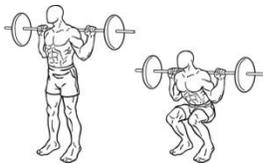
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### **Around the Grounds - Link News**

- Custom orthotics are available on site from a certified pedorthist at our Porters Lake location.
  - PhysioLink is also offering a 3-session program for pregnancy. Session 1 is an assessment session and prescription of home exercises to maintain and promote core stability, pelvic floor control and general strength and flexibility. The second session focuses on pain management and the demonstration in use of labour and delivery TENS. The third, post partum session covers post natal exercises, body mechanics and general fitness.
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### **Why come to PhysioLink?**

- ✓ A 60 minute one on one assessment with all new patients
  - ✓ A reliance on manual therapy, exercise and education to promote quicker recovery
  - ✓ Our gym settings allow access to strength and rehabilitation equipment as well as hands on treatment on-site
  - ✓ Educational sessions on body mechanics, lifting techniques, posture, stress management and healthy lifestyles available
  - ✓ Personal training sessions with a personal training specialist
  - ✓ Functional testing using objective standardized methods
  - ✓ Multidisciplinary team approach including physiotherapists, massage therapists, a kinesiologist, a certified pedorthist and off-site liaison with psychologists and occupational therapists.
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### **Training Tip: Squats**

Squats are an effective way to build lower body and leg strength. Place your feet shoulder width apart and bend your knees while keeping your torso erect. Do not let the knees move past the toes as this puts excess stress on the knee joints. For advice on the most correct and safest technique for any exercise, please contact the nearest PhysioLink Clinic.

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### **Pavement Pounders**



Beginning a walking program is a great way to promote a healthy lifestyle. Our goal at PhysioLink is to introduce members of the community to a fun, supervised fitness program for both new and seasoned walkers. PhysioLink's Pavement Pounders Walking Club will continue to meet on Tuesday and Friday. Call us at 827-3335 to register. Registration is free with a food bank donation.

## Have you checked our website?

Just a reminder about the PhysioLink website at [www.physiolink.ca](http://www.physiolink.ca), where you can find information about our clinics, staff and services.



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### Physio Tip: Soccer Cleats...Function, Not Fashion

- The shape of your arch and width of your foot will determine the most suitable cleat, not what they look like.
- Allow at least 5-10mm (thumb width) gap in front of the longest toe.
- Avoid cleats with high heel tabs as they can irritate the Achilles tendon and cause pain.
- Cleats with too few studs can cause injury. In dry conditions, molded cleats with a large number of studs offer better support.
- Cleats with soft uppers will give you better ball control and sensitivity but will provide reduced foot protection and possible increased exposure to injury.



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### 7 Day Doctor Letter Guarantee

At PhysioLink we believe that your doctor should be informed of your progress and our plan for your rehabilitation as soon as possible. To achieve this we guarantee to send your doctor a detailed letter concerning your treatment plan and early progress within 7 days of your first consultation at a PhysioLink clinic. We hope this helps keep your doctor informed of your rehabilitation progress.

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### Summer Tip: Golfing

Using poor techniques when golfing, such as repetitive twisting and improper lifting can lead to back injuries and pulled muscles. Here are a few tips for safe golfing:

- Stretch and warm up before starting.
- Pace Yourself! Start your season slowly if you haven't been active over the winter. Consider playing 9 holes initially rather than a full 18.
- Carry your golf bag over both shoulders and walk upright. If you have a one-strap system, alternate sides and walk upright to reduce strain.
- Push rather than pull a wheeled golf cart.
- When lifting, bend your knees, keep your back straight, hold your golf bag close and do not twist your body.
- When standing for long periods, stand tall and occasionally shift your weight from one foot to the other, or rest one foot on your golf bag or golf cart.
- After each green, do a few chin tucks and one backward neck bend to counter eyeing the ball and putting.
- Hold clubs in a loose, comfortable grip to reduce strain in your hand and forearm.
- Strengthen your abdominals - the "powerhouse" of your golf swing.



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