



Welcome to the spring edition of "PhysioLink Patient News". As the warm weather approaches, we would like to offer some great tips on how to stay active and injury free.

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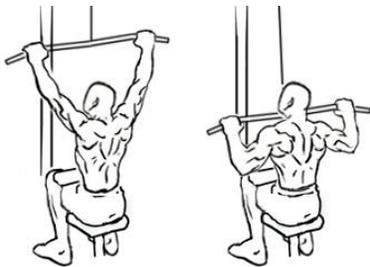
### **Around the Grounds - Link News**

PhysioLink congratulates Stacey Hicks on the birth of her daughter, Sophie on January 28, 2013. PhysioLink will now be offering custom orthotics beginning in February 2013 and we would like to welcome Carol Ann Sweeney to the PhysioLink team. Orthotics are covered by most extended health care plans and require a physicians referral. Carol Ann is a Canadian Certified Pedorthist and will be manufacturing orthotics in Porters Lake.

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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



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### **Training Tip: The Wide Grip Pull-Down**

Pull the bar down in front of the neck, to a position just below the chin, whilst being careful to keep the neck in a neutral position. Do not pull the bar to the back of the neck, which causes a stretch to the shoulder capsule and can lead to instability and cervical spine injury. For advice on the most correct and safest technique for any exercise, please contact the nearest PhysioLink Clinic.

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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 your first consultation at a PhysioLink clinic. We hope this helps keep your doctor informed of your rehabilitation progress.

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### **Pavement Pounders**

PhysioLink's Pavement Pounders Walking Club will be meeting on Tuesdays 12-1pm and Fridays from 9-10am beginning in April 2013. Call us at 827-3335 for free registration.





### Have you checked our website?

Just a reminder about the PhysiLink 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 Tips

You've made the decision to start running this spring?

- Posture is an important part of your running technique. Before each run, take a deep breath to expand your lungs. After you exhale, maintain this position, with the shoulders down, relaxed, and slightly back. Keep your head up and avoid excessive arm movements.
  - Start at a slow pace if you haven't been active for a while. Increase your speed as your conditioning improves.
  - Use the walk/run technique. Start with a longer walk and a shorter run and gradually build up to a shorter walk and longer run.
  - Your running pace should always allow you to carry on a conversation, while you breathe comfortably.
  - Take time to let your muscles recover between runs and build strength.
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### Spring Tip: Gardening

Gardening is a great way to get your whole body in motion. Here are a few tips to help you stay active and healthy this gardening season:

- Stretch before, during and after gardening. It helps you move easily and keeps the muscles relaxed. Movements should be slow and controlled. You should feel a gentle stretch of the muscle and hold 10-15 seconds. Do not bounce or jerk. Repeat 2-3 times.
- Reduce strain by using tools that work for you. Use a wheelbarrow to transport supplies, an extended handle to reduce the reach and tools with good grips or ergonomic handles. Keep your supplies within easy reach and consider using an apron with pockets.
- When raking or hoeing keep your tools close to your body and your back straight to reduce strain. Use your arms and avoid twisting at the trunk.
- When weeding or planting do not bend from the waist. Squat or kneel on a kneeling pad. If you have difficulty getting up, use a pad with a support handle for assistance.
- When digging or shovelling insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time. Keep your back straight and bend at the knees.
- Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons. Take time to recover between them.



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We hope this newsletter helps keep you up to date on the latest from PhysiLink—we look forward to being of service to you in the future.

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