Anatomy Physiotherapy Clinic

N E W S L E T T E R

See Inside

- *Don't Let Pain Sideline You*
- *Exercise Essentials*
- *Treatment Spotlight*
- *Tips For Planting A Potted Herb Garden*



How You Can Avoid Surgery After A Sports Injury

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition. You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physiotherapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Anatomy Physiotherapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physiotherapy first before recommending any other procedures.

The licensed physiotherapists and physiotherapist assistants at Anatomy Physiotherapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physiotherapists to prevent long-term damage like arthritis. **If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.**

Don't Let Pain Sideline You



There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur? Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after Knowing the right exercises to prepare for fitness activities is key. Our physiotherapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physiotherapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Anatomy Physiotherapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

Treatment Spotlight - *Shockwave Therapy*

Shockwave therapy is a safe, non-invasive treatment for many tendon and muscle dysfunctions. This is a tool that applies acoustic pressure waves to the injured area, creating a local inflammatory response to stimulate and accelerate cell healing. It also increases blood flow to the injured area and dissolves calcifications.

Shockwave therapy has been shown to be effective for a multitude of conditions, including (but not limited to):

- Lateral epicondylalgia (tennis elbow)
- Patellar tendinopathy (jumper's knee)
- Shoulder tendinitis & tendinopathies
- Calcific tendinitis
- Achilles' tendinitis and tendinopathies
- Plantar fasciitis
- Myofascial trigger points
- Hallux rigidus (stiff big toe)
- Bursitis
- Greater trochanteric pain syndrome
- Heel spurs
- Trigger finger

Most people can expect to notice a change within 3-6 sessions. As shockwave therapy has a cumulative effect, more than one treatment is typically needed to provide longer-lasting relief.

CALL ANATOMY PHYSIOTHERAPY CLINIC'S ST. LAURENT LOCATION AT 613-680-4477 TO FIND OUT HOW SHOCKWAVE THERAPY COULD HELP YOU!

Tips For Planting A Potted Herb Garden

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. Follow our tips below so you can enjoy the spring while still protecting yourself!

Discover what herbs will work best for you: Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

Make sure you have enough room for each herb to grow and thrive: A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1' in diameter: chives, cilantro, parsley, dill
- 2' in diameter: summer savory, thyme, basil, tarragon
- 3-4' in diameter: sage, mint, rosemary, marjoram, oregano

Make sure your herb garden is in the right light: For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.



Cherry-Berry Oatmeal Smoothies

Healthy Recipe

Ingredients

- ½ cup quick-cooking rolled oats
- ½ cup light almond milk
- ¾ cup fresh strawberries
- ½ cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- ½ cup small ice cubes

Instructions

In a medium bowl combine water and oats. Microwave 1 minute. Stir in ¼ cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining ¼ cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

Exercise Essentials

WALL SQUATS

Stand with your back against a wall and position your feet away from the wall. Perform a squatting motion, sliding down the wall. Be sure to squat as far as you can under control. Hold for 5-10 seconds then rise back up by straightening at the hip. Repeat as necessary.



Sudoku Puzzle

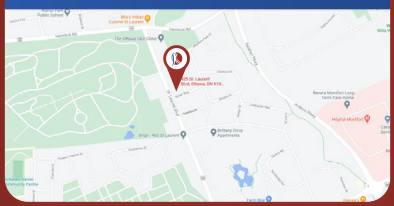
		4	5	1				2
1			7					
	7			3	6	5		
					9		5	
	2	1				9	6	
	5		1					
		8	6	5			7	
					3			8
7				8	1	4		

Anatomy Physiotherapy Clinic

NEW LOCATION!

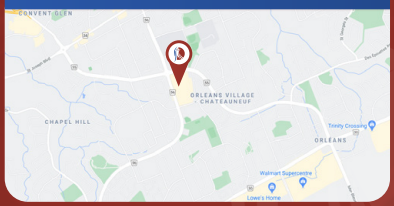
425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

TEL: 613-680-4477
FAX: 613-680-5577



1615 Orleans Blvd. Suite 105
Ottawa, ON, K1C 7E2

TEL: 613-424-4488
FAX: 613-424-4499



Call us to schedule an appointment today!

www.anatomyphysioclinic.com