



FREEDOM

PHYSIOTHERAPY

Freedom of movement. Freedom from pain.

THE WINTER ISSUE

www.freedomphysiotherapy.ca

December 2018

COMMON WINTER INJURIES

Prepare the body for winter activities and avoid future aches and pains!

With the cold winter climate comes the joys of shoveling snow and navigating icy decks and walkways. Although they are everyday activities, lack of preparation can lead to injuries that can be avoided. Strength development through the hips, core and shoulders enables better management of those heavy snowfalls. The hips are the focal point of power and force production, so by strengthening that region, those activities can be performed with greater ease. Similarly, exercises that target the hips, core, and the vestibular (balance and awareness) system can lead to improved stability and confidence while walking on ice. When it comes to avoiding injuries during the winter months, preparedness to perform these actions is more important than technique. Building strength throughout the body is the first step in ensuring that it can withstand those instances of subpar movement.



Though shoveling in the winter can be a common cause of injury, it is important to remember that preparation is more important than form!

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QUALITY OVER QUANTITY

Quite often there is too much focus on the number of repetitions achieved during a given workout and not enough on the actual quality in which these movements are performed. This does not mean that each repetition must be performed perfectly, as it takes time to truly master a movement. It does, however, mean that focus must be placed on the importance of the process of creating perfect movement. That is, strive to improve the movement as a whole, relating it to goals of strength, mobility, and proprioception. As a better quality of movement is achieved, not only is progress made in that particular exercise, but the body is also better prepared to respond and protect itself during those occasions when a movement is performed incorrectly.

In high-level powerlifting competitions, the competitors rarely perform maximum effort lifts with perfect technique. Yet, somehow, the lifts are completed with the competitors leaving unscathed. If the average person did the same thing, they would find themselves in rehab for the foreseeable future. This is because these athletes are extremely well trained and well prepared. Their bodies possess the ability to withstand the demands being placed on it.

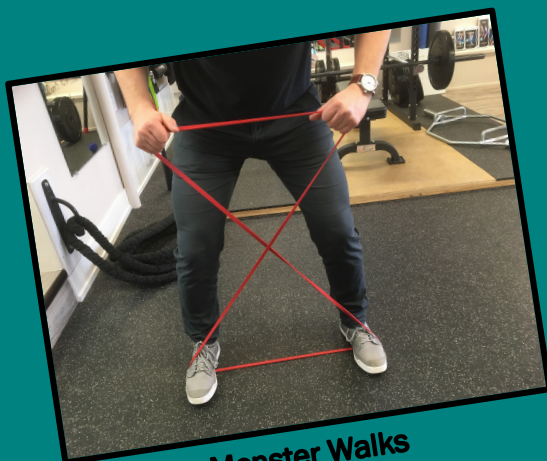
When the focus is on creating quality movement, the neural pathways in our brain that are associated with that movement are strengthened. With greater frequency and consistency, the body becomes trained to subconsciously recreate those movements without having to over think. In other words, the body becomes more aware within the environment in which it moves.



CONCUSSION AWARENESS

Concussions have become a hotly debated topic in the health and exercise field. From signs and symptoms to the causes and aftermath, a consensus seems difficult to reach amongst health care professionals.

- I. Despite what the public has been led to believe, neither helmets nor mouth guards are sufficient in preventing concussions (they are, however, still valuable in protecting the head and teeth). This is because they do not prevent the brain's movement within the skull.
- II. Most concussions are the result of rapid, uncontrolled movement of the head. This can result in the corpus colosum (the connective tissue between the left and right hemispheres) being stretched.
- III. New research is being conducted to allow professionals to see inside the brain matter without an invasive procedure.



Monster Walks

EXERCISE SPOTLIGHT: MONSTER WALKS

Monster Walks are an incredibly underrated and undervalued exercise. Its versatility allows for an abundance of variations to choose from. The use of long bands or mini bands is preferred, depending on the chosen variation and the goal of the movement. When done properly, it is a phenomenal exercise for developing strength and stability in the hips, knees, and ankles. Monster Walks are a terrific beginner exercise when looking to build a base for more complex future movements. They are equally as valuable when used in a warm up, or as an accessory exercise in a current program.



INTRODUCING... HANNAH ORFALD-CLARKE, RD(T)

Hannah Orfald-Clarke, Registered Dietician, is joining the Freedom Physiotherapy team on December 4th, 2018! She will be offering nutrition counseling on Tuesdays and Thursdays 5:00pm-8:00pm, and Sundays 1:00pm-4:00pm. Initial Consultations and Follow-Up Consultations are able to be booked now on the Freedom Physiotherapy website. Book with Hannah today and take a step toward improving your nutrition and overall health.

- 1.** Hannah can work with individuals to establish and maintain realistic nutrition goals for weight management programs. This is done by determining the unique requirements of the individual and addressing those needs in the program.
- 2.** Nutrition plays an important role in the management of chronic diseases, including Diabetes, Irritable Bowel Syndrome, and Celiac Disease. This starts by developing an understanding of how nutrition impacts the specific condition.
- 3.** Family nutrition counseling can be a valuable avenue to develop an effective plan that the whole family cannot only manage, but also enjoy. Despite the busy lives of today's families, it is possible to create and adhere to a strategy that works for everyone involved.

HOLIDAY HEALTH TIPS

- Be Realistic With Exercise Goals
 - The holidays are an incredibly busy time. Therefore, use realistic expectations to assess the time that is available to exercise. Is it realistic to exercise for hours each day? Probably not. But is it realistic to get thirty minutes of quality exercise each day? Absolutely.
- It Is OK To Eat Treats
 - Believe it or not, it is perfectly fine to indulge in the occasional treat. Still keeping in mind the principle of moderation, it is encouraged to have a treat once in a while.
- Experiment With Winter Activities
 - With so much time with family and friends, it is a perfect time to either take part in traditional activities beloved by all, or try out new things as a group. Some ideas include hiking, skating, skiing, sledding, road hockey and building snow forts.
- Food Brings People Together
 - Far too often the very healthy social dynamic that accompanies food is forgotten. Especially during the holidays, food has the powerful ability to bring family and friends together in meaningful and special ways. Embrace it and enjoy it.
- Allow Time To Recharge
 - Most importantly, the holidays are an excellent time to enjoy a little bit of time off to reset the mind and recharge the body. For the most part, life gets incredibly busy, and the importance of rest and relaxation is neglected. Do the things that are enjoyable and escape the stress of everything else, even if only for a little while.

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