



# FREEDOM

## PHYSIOTHERAPY

*Freedom of movement. Freedom from pain.*

# THE SUMMER ISSUE

[www.freedomphysiotherapy.ca](http://www.freedomphysiotherapy.ca)

July 2019

## 'WHO' RECOGNIZES BURN-OUT

The World Health Organization has officially recognized burn-out as a medical condition.

At the annual World Health Assembly, burn-out was officially introduced to the International Classification of Diseases (ICD). It is defined as a syndrome resulting from chronic stress that has not been managed. Physical symptoms can include: insomnia, fatigue, shortness of breath, reduced appetite, and a weakened immune system. Psychological symptoms can include: self criticism, pessimism, and loss of concentration. Behavioural symptoms can include: isolation, detachment, and obsessive-compulsive behaviours. Emotional symptoms can include: low mood, anxiety, and feelings of anger/irritability. Managing our expectations, practicing self-care, being assertive with our individual needs, and ensuring we plan time to relax and disconnect from our stressors can prevent burn-out.



*We have moved one of our treadmills out of the clinic to make space for equipment, and you, our valued clients! And in case you were curious, it is for sale!*

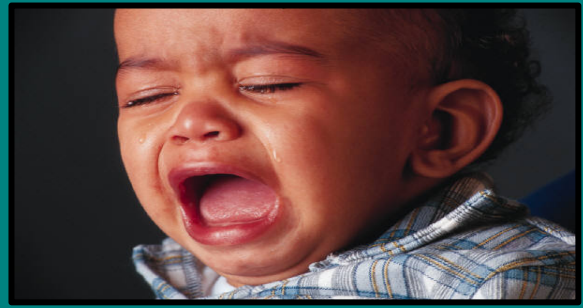
## THIS ISSUE:

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## THE GREAT OUTDOORS!

Summer is a great time to take advantage of the outdoors to get some physical activity, enjoy time with family and friends, and to experience new and exciting things. We often underestimate the extraordinary benefits that certain activities can have on our health and well-being. Though swimming, jogging, and bike riding are the popular choices when we want to take part in outdoor physical activity, they certainly are not the only options we have available.

Hiking, regardless of the level of incline or type of terrain, is an excellent way to break a sweat, work our muscles, get our heart pumping, and also be social while taking in beautiful scenery. If we have access to the equipment, canoeing/kayaking is a great way to get quality physical activity while also seeing places that might otherwise be unreachable. Joining organized sporting activities such as slow pitch, soccer, or taking part in community recreation programs are fun ways to get some physical activity into our day, while also meeting new people, or connecting with family and friends we already have. An effective way to get physical activity is through unstructured play with family and friends. Lawn games, pick-up matches of your favourite sports, and 'spur of the moment' activities can get the body working hard, without even planning it. So get outside, experience the great outdoors. It's worth it!



## STRUGGLING WITH WEIGHT LOSS?

Weight loss is something that almost all of us struggle with at one time or another. Whether it is lack of exercise, a love of food, a significant injury, or a combination of many factors, there is a strong likelihood that we have battled with it in some way. So the question becomes: How do I find success in my weight loss journey?

- Instead of trying to make multiple significant lifestyle changes all at once, aim to incorporate small, sustainable changes, one at a time, until they become ritual habit in our daily lives.
- Most of the "fad" diets do not promote sustainability in their results, but rather quick solutions that disappear soon after the diet is over.
- Recognize that good things take time, and our bodies are no exception. In order to make lasting change, we must be patient and dedicated.



**3-Way Ankle Mobility**

## EXERCISE SPOTLIGHT: 3-WAY ANKLE MOBILITY

The 3-Way Ankle Mobility is great for helping achieve optimal movement through many exercises, while also having a significant impact on knee health. Start in a split squat position, 3-5 inches from the wall. Place your hands on the wall and keep the heel of the front foot planted on the floor. Move the knee straight over the toes towards the wall as far as possible. Hold the end range of motion for two seconds. Complete five repetitions. Repeat, moving the knee to the outside of the toes and to the inside. Complete on both ankles.



## MEET ANTON PONOMARENKO

In March, Anton Ponomarenko joined Freedom Physiotherapy! Anton received his Bachelor's degree in Community Rehab and Disability Studies from the University of Calgary, and later received his Master's degree in Physiotherapy from the University of British Columbia. He has joined us with excitement and enthusiasm, and we are incredibly pleased to have him as a part of our family.

3. Did you know...? Anton is originally from Turkmenistan. Where is that, you ask? Turkmenistan is located North of Iran, East of the Caspian Sea, South of Uzbekistan, and West of Afghanistan.
2. In his free time, Anton enjoys rock climbing, snowboarding, biking, camping, and any other outdoor adventuring. If you are lucky, you can even spot Anton outside of the clinic working on his backflips!
1. Prior to becoming a Physiotherapist, Anton worked as a Physiotherapist Assistant for ten years in Fort St. John. It was there that he developed his love for exercise, and his passion for helping people in our community become more physically active!

## CHECK OUT THESE GREAT RESOURCES

In case you've missed some of the awesome content we have been posting on our Facebook page, check out some of the links to those articles below! We aim to post one every Wednesday to help educate and inform our clients on some of the latest research and interesting topics in our field!

- Metabolic Adaptation: <https://www.strongerbyscience.com/metabolic-adaptation/...>
- Genetics and Expectations: <https://www.strongerbyscience.com/genetics-expectations/>
- Regulation of Supplements: <https://www.strongerbyscience.com/supplement-regulation/>
- Adapting to Resistance: <http://breakingmuscle.com/.../resistance-and-adaptation-is-yo...>
- Effort Determines Outcome: <http://breakingmuscle.com/fitness/effort-determines-outcome>
- What is Functional Training?: <http://breakingmuscle.com/fitne.../what-is-functional-training>
- Habitual Exercise: <http://breakingmuscle.com/.../preserve-the-habit-at-all-costs...>
- A Review of Caffeine: <https://www.strongerbyscience.com/caffeine/>
- Youth Strength Training: <https://www.scienceforsport.com/youth-strength-training/...>
- Stretching Gone Wrong: <https://www.nation.com/training/stretching-gone-wrong>

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