



# FREEDOM

## PHYSIOTHERAPY

*Freedom of movement. Freedom from pain.*

## The Inaugural Issue

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

June 2018

### Welcome and Thank You!

#### Freedom Physiotherapy Celebrates One Year of Providing Quality, Client-Focused Care!

On March 27th, 2017, Freedom Physiotherapy opened its doors to the people of Fort St. John, BC, with the goal of providing the best service possible. One year later, we can happily say that we come into the clinic every day with the drive to provide a welcoming, safe, and knowledgeable environment for those striving to improve their health and wellbeing.

We aim to continue to grow our practice to provide the best care for our community. In our first year, we have expanded our practice to include our Pelvic Health Physiotherapist, Melinda Lau; Kinesiologist, Mike van Nostrand; and Clinical Counselor, Heather Best.



*Bryce and Norah, March 27<sup>th</sup>, 2018*

### This Issue:

- Exercise vs. Physical Activity
- Lower Back Pain? We Can Help!
- The One Exercise Everyone Should Do
- What is Urinary Incontinence?
- Afraid of Falling? Do These!

## Exercise vs. Physical Activity

Far too often the excuse is heard that we do not have time to go to the gym, therefore we do not do anything. We tend to forget that there are other ways to gain the same benefits that exercise provides without going to a gym. On Freedom Physiotherapy's Facebook page, we posted a video by Dr. Mike Evans called "23 and ½ Hours," highlighting the health benefits that 30 minutes a day of physical activity can elicit. So... What is the difference between exercise and physical activity? Exercise is a structured activity, following a controlled program of specific exercises with an established range of sets and repetitions. In most cases, it follows the F.I.T.T principle; Frequency, Intensity, Type and Time, and is usually moderate to vigorous in intensity. Physical Activity, however, is the participation in any light to moderate activity that requires your body to move in a manner that results in an increase in heart rate. These activities include, but are not limited to: riding your bike or walking to work, taking the stairs instead of the elevator, parking farther away from the store, walking your dog, yard work, housework, or playing in the park with your children. We challenge you to see if, throughout your day, you can accumulate 30 minutes!



## Lower Back Pain? We Can Help!

Lower back pain is a condition that plagues many. To help, we must first understand the individual, their capabilities, their goals, unique injury history and age. We can help ensure your program is successful by progressing through five stages<sup>1</sup>:

- I. Identifying poor movement patterns and developing exercises to improve movement quality
- II. Building whole-body and joint stability and mobility
- III. Increase endurance to enable the capacity for strength training
- IV. Building strength by loading the body in a safe manner
- V. Developing speed, power and agility based on the identified objectives

<sup>1</sup>McGill, S. *Ultimate Back Fitness and Performance, Fourth Edition*. Waterloo, Ontario, Canada: Backfitpro Inc., 2009.



**Turkish Get-Ups**

## The One Exercise Everyone Should Do

The Turkish Get Up is the ultimate exercise. It incorporates the entire body while at the same time challenging mobility and stability at each stage of the movement. It requires the individual to begin in a completely horizontal position on the floor with the objective of first reaching a completely vertical standing position, followed by once again reaching the horizontal position on the floor. All of this must be attained through specific functional movements to maintain stability and avoid excessive strain! Curious? Come and see us! We'd be happy to show you!



## What is Urinary Incontinence?

Urinary Incontinence is the leakage of small amounts of urine from the bladder. Stress Incontinence is leakage as a result from coughing, sneezing, laughing, lifting, or exercise. Urge Incontinence is having the need to urinate urgently. Urinary Incontinence is quite common, with 3.3 million Canadians being affected by it.

**1.**

Only 1 in 12 cases are made known to health care workers as people feel this is a private issue. They may be embarrassed, or feel that it is a natural part of ageing; this, in fact, is not true.

**2.**

Kegels and abdominal strength training are popular methods of training the pelvic floor. However, training the pelvic floor is a lot more than simply “stopping your urine midstream.”

## Afraid of Falling? Start With These!

The fear of injury as a result of falling amongst older adults is a very common yet valid mindset. As we age, our proprioception, or awareness of our body’s movements through its environment, decreases. Often this can lead to trips, slips, and falls, be it outside completing errands or inside the comfort of our own home. Simple exercises can make a difference when it comes to balance, coordination, and strength; these movements can lead to an improvement in quality of life and independence.

Start by standing with both feet firmly planted on the ground. Enter into a mini-squat, or “knee-bend” stance. Ensure that a chair or table is nearby as a safety support. Remaining in the “knee-bend” stance, modify the positioning of the feet through a wide and narrow stance, as well as standing with one foot positioned in front of the other. As ability and confidence increases, unstable surfaces or bases of support can be introduced to challenge the individual’s proprioception even further. Begin with a folded towel or blanket, and progress to a thick mat or a folded pillow.



# CONTACT US!

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