



# FREEDOM

## PHYSIOTHERAPY

*Freedom of movement. Freedom from pain.*

## THE SPRING ISSUE

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

March 2019

### SNOW, SNOW, GO AWAY

Take care of those nagging winter injuries in preparation for sunshine and the outdoors.

Winter is quite often a time of busy work schedules and chasing kids around from activity to activity. This means that nagging injuries are typically placed on the back burner with the goal of taking care of them later. When 'later' comes, usually the grass is green, the sun is shining, and those warm weather activities are calling. The only problem is... those nagging injuries are still present. Be proactive now and create a solid foundation for those summer months. When injuries become chronic, they consistently interfere in everyday life, making those simple daily activities seem like mountainous tasks. To avoid that, it is strongly recommended that an active rehabilitation plan be pursued as soon as possible. Even if you aren't sure of how or where to start, ask... that's usually the first step!

## Anniversary Edition!

*March 27<sup>th</sup>, 2019 will mark two years since we opened our doors to the public. Thank you all for being a part of our journey, thus far.*

### THIS ISSUE:

- COMFORT ZONES
- CREATING LASTING CHANGE
- EXERCISE SPOTLIGHT: PALLOF PRESS
- ARE ANTIDEPRESSANTS ADDICTIVE?
- FREQUENTLY ASKED QUESTIONS

## COMFORT ZONES

Quite often we settle into the safety of our comfort zone, free from any intent to expand or break free from the imaginary restraints that we have placed on our potential. We feel safe, secure, and protected from injury, disappointment, and failure. In the gym, or any other stage in our lives for that matter, we must break the mould, and work towards progress, growth, and development. This means that, at times, we will fail. Simply put... that is one of the most beautiful things about the process. As with the tissues of the body growing stronger with damage inflicted on it, we as people have the ability to grow from experience, learn from disappointment, and find success out of failure.

If we allow ourselves to reach outside the borders of our comfort zones, we expand our competency in that particular area of our life, and more importantly our confidence. There is truth in the saying that “all good things take time.” In a time where most things can be instantaneous with the click of a button, the body, thankfully, remains old fashioned. Movements take time to understand, muscle takes pain to grow, fat takes sweat and tears to burn, and injuries take longer than six weeks to heal.

*“I have not failed. I’ve just found 10,000 ways that won’t work.”*

~Thomas Edison



## CREATING LASTING CHANGE

Like a growing plant, great things take time, and we need to respect that!

- I. Developing and practicing good habits increases the chance that those habits stick with us long term.
- II. Good habits take a long time to become staples in our everyday life, and we usually have more than one that we want to work on. Pick one, and take time to do a really strong job of positively changing that habit before tackling the next one.
- III. Think of your health as a life-long process. Not everything is going to happen at once. The longer we can remain dedicated to that process, the sweeter the reward, and the healthier we will be in the end. At the end of the day, everything comes down to quality of life.



Pallof Press

## EXERCISE SPOTLIGHT: PALLOF PRESS

The Pallof Press is a phenomenal exercise for core stability. There are so many variations that target multiple aspects of core stability, making it a staple in the world of core training. The role of the core is to stabilize the spine by limiting rotation, flexion, and/or extension. By holding resistance away from the body via band or cable, we are able to train our core to perform this function by fighting off the urge to allow the body to rotate, flex, or extend in the direction of the given tension.



## ARE ANTIDEPRESSANTS ADDICTIVE?

Our Clinical Counselor, Heather Best, explains that no, antidepressants are not addictive. A person who is addicted craves the drug and will often require increasingly higher doses to achieve the same affect. A person who decides to go off antidepressants can experience discontinuation symptoms as their brain adjusts to the changing levels of neurotransmitters when the antidepressant is withdrawn, but this does not mean they were addicted.

- 1.** Before discontinuing antidepressant medication you should have a thoughtful conversation with your doctor to discuss gradually tapering the dose and ensuring proper support.
- 2.** If the dose is tapered too fast a person might experience a variety of physical symptoms and a return of the depression or anxiety.
- 3.** People who discontinue antidepressants in a time frame that is less than a week are more likely to relapse into depression than those who gradually taper their medication over a few weeks.

## FREQUENTLY ASKED QUESTIONS

### Bryce

- ***How soon should I come into physiotherapy?*** It's good to come in as soon as you are able, even if it is just to go over questions to make sure you can do the right things on your own until a more structured physiotherapy plan can begin.

### Norah

- ***Do I need a referral to start physiotherapy?*** No you do not. If you are injured, or have a general concern or nagging pain, come in and see us.

### Mike

- ***I am a current client... is it ok to come in even if I don't have an appointment?*** Absolutely. If you are a current client and simply need a space to do your exercises, come in. We would love to have you in here doing them rather than not at all.

### Melinda

- ***What are the symptoms of a pelvic floor disorder?*** Symptoms can include: leaking urine, rushing to the toilet and leaking before you get there, frequent visits to the toilet during the night, difficulty emptying the bladder, sensation of incomplete emptying, difficulty emptying the bowels, feeling of heaviness in the pelvis, pain or difficulty with sexual intercourse, and pain or discomfort in the lower back, sacroiliac joint, abdomen, pelvic girdle, buttock, tailbone, and/or vagina.

### Hannah

- ***How do I know if a certain diet is right for me?*** First, we need to get a comprehensive history from the client, and a good understanding of their motivation for following a diet. We shouldn't take dieting lightly, as the long-term impacts of restriction can be really detrimental on one's physical and emotional well being. There are some instances in which following a particular diet can be beneficial, but for most, small and sustainable changes that involve an overall healthy pattern of eating (with room for favourite foods) is the most effective strategy.

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