



# FREEDOM

## PHYSIOTHERAPY

*Freedom of movement. Freedom from pain.*

## The Fall Issue

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

September 2018

### Fall Means Back to Busy

The return of busy schedules means we need to be diligent about our physical activity!

Summer has come and gone. Our children have returned to school, clubs, and their fall/winter activities. Meanwhile, we have new projects starting at work, places to drive to and from, and catching up from time away. Suddenly, the hours seem shorter, and the weeks fly by. Ultimately, this means that we need to be dedicated to our health and efficient with our time. Despite the perception that we need to spend countless hours in the gym, the truth is that we don't. Short high-intensity exercise is a great way to make gains during small windows of time. Alternatively, daily walks can do wonders for our overall health. Need help getting started? Ask us how.



*Mike and Norah are excited about their new opportunities to work with young athletes for the 2018-2019 season!*

### This Issue:

- Heather's Piece: Anxiety
- Norah Vogan: Inconnu Swim Team's New Head Coach
- Exercise Spotlight: Deadlifts
- Mike van Nostrand Joins NEBC Zone Coaching Staff
- Services At Our Clinic

## Heather's Piece: Anxiety

"Don't worry, it'll be fine!" To those who struggle with anxiety, this is easier said than done. Anxiety is the most common mental health challenge in Canada, with 1 in 4 people struggling with it at some point in their life; it can affect both young and old. Anxiety is a normal part of life and can be a protective factor in keeping people safe. However, when anxiety becomes so intrusive that it affects a person's everyday functioning and prohibits them from living the kind of life they would like to lead, it may be a disorder.

On the mild end of the spectrum it can be a vague sense of unease or worry, and at its worst the fear can seem uncontrollable and overwhelming. Anxiety can provoke a stress reaction in a person's body resulting in symptoms such as tummy aches, headaches, shortness of breath, accelerated heart rate and cold hands and feet. People's thoughts get stuck, looping endlessly from one negative outcome to the other.

Anxiety can come in several different forms, including Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Social Anxiety, Separation Anxiety, Post Traumatic Stress Disorder and phobias. Genetics, stressful environments, trauma and changes in brain structure can all make a person vulnerable to anxiety. Anxiety and depression often co-occur.

There are several different things a person can do to manage their anxiety. Cognitive Behavioral Therapy (CBT) with a therapist has proven very effective, focusing on how people think and act to address their anxiety. Anti-anxiety medication can also be helpful. There are great resources online. [www.anxietybc.com](http://www.anxietybc.com)



## Norah Vogan: Inconnu Swim Team's New Head Coach

Our very own Norah Vogan is the newly appointed Head Coach of the Inconnu Swim Team for the 2018-2019 season. She will be coaching the Intermediate, Senior, and National swimmers. Norah brings a wealth of competitive experience to the Inconnu community.

- I. Norah has competed with the Grande Prairie Piranhas, the Grande Prairie Regional College Wolves, the University of Lethbridge Pronghorns, and the University of Nevada Las Vegas Rebels.
- II. She was part of the Rebels' coaching staff that sent three swimmers to the Beijing Olympics in 2008.
- III. Prior to moving to Fort St. John, Norah coached the University of Alberta Golden Bears and Pandas while completing her Master's Degree.



Deadlifts

## Exercise Spotlight: Deadlifts

Deadlifts are one of the most fundamentally important lifts out there, and they need to be a higher priority in people's programs. One of the best things about deadlifts is that there are so many variations, the body can always be confronted with a new training stimulus. Some of these variations include: traditional, sumo, trap bar, rack pull, single leg, dumbbell, and kettle bell. From helping build the hamstrings and the rest of the body's posterior chain, they are one of the best exercises for the improvement and maintenance of hip and knee mobility and strength.



## Mike van Nostrand Joins NEBC Zone Coaching Staff

The 2018-2019 hockey season marks the inaugural year for the North East BC Zone Bantam Program. For our very own Kinesiologist, Mike van Nostrand, this means a new experience with a new group of young athletes. Mike will be joining the team as the Assistant Coach, and hopes that his experience in all aspects of the game can help in the success of the program, and the growth of high performance hockey in our region.

- 1.** Growing up as an official in the Peace Region, Mike brings a wealth of knowledge in the rules of the game, as well as an understanding of the flow of the game.
- 2.** Mike has been playing the game his entire life. In March 2016, he won the BC Hockey Senior AA Championship as a member of the Fort St. John Senior Flyers.
- 3.** Most recently, Mike won a Bronze Medal with the NEBC Trackers Hockey Club in March 2018 as their Trainer when the team hosted the BC Hockey Midget Tier 1 Championships.

## Services At Our Clinic

- Physiotherapy and Active Rehabilitation
  - Rehabilitation through the engagement in an active exercise program directed towards specific injury needs. For general population, ICBC cases, and WSBC cases.
- Strength and Conditioning
  - This is a generalized exercise program for the general population and athletes, focused on full-body strength development based on individual goals.
- Dry Needling
  - A great physiotherapy tool to help release tension and tender points throughout the body. It is done through the insertion of a thin needle into muscle tissue, followed by the manipulation of the needle to elicit a relaxation response within the tissues. Sometimes used in conjunction with electrotherapy.
- Shockwave Therapy
  - A tool used to help break up calcification, while creating a healthy tissue response. Particularly useful for tendinopathies and plantar fasciitis.
- Full Contact Foot Orthotics
  - Custom fit to provide total support.
- Rehabilitation Products
  - Braces, TENS machines, tape, foam rollers, and crutches. Looking for something in particular? We would be happy to help.

# CONTACT US

Freedom Physiotherapy

10031 100<sup>th</sup> Street

Fort St. John, BC, V1J 3Y5

Phone: 250-785-1304

Fax: 250-785-1374

Email: [clinic@freedomphysiotherapy.ca](mailto:clinic@freedomphysiotherapy.ca)



**FREEDOM**  
PHYSIOTHERAPY