

health link

february 2009

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- laser hair removal
- orthotics



Indestructible Ankles

From ankle sprains to ankle pain the NEW comprehensive ankle injury recovery program at the Adelaide Clinic will get you moving again

The Adelaide Clinic is pleased to bring you a new Physiotherapy Evaluation & Treatment service. Specifically oriented to ankle injuries the program integrates physiotherapy care with exercise training by a Medical Exercise Specialist in order to fully recover and have a confident return to your pre-injury activities and sports.

If you have had an ankle injury you know how debilitating it can be and the confusion that ensues from all the advice from friends, family, colleagues and teammates.

End the uncertainty about what is the best treatment for your ankle injury, and when to return to your activities and sports with this comprehensive program.

The program components provide you with the knowledge of what was injured, to what extent and what to do to recover.

- Physiotherapy evaluation
- One-on-one physiotherapy treatment sessions for acute injury recovery providing manual therapy and electrotherapy
- Assessment of your level of activity/sports readiness by measuring your ankle "Dynamic Performance" abilities
- Exercise training plan and training sessions with a medical exercise specialist
- Scheduled ankle "Dynamic Performance" reassessments

With a goal oriented and measurable outcome program tailored to your injury the care provided will address recovery of:

- Pain and Swelling
- Joint Motion
- Muscle Flexibility & Strength
- Static & Dynamic Balance
- Activity & Sport Specific Skills

The services provided in the program will be billed as a physiotherapy service and can be covered by your medical insurance plan.

Treatment services with the physiotherapist will be one-on-one direct care and provide manual therapy care and electrotherapy modalities when indicated. Sessions are primarily half hour in duration at a frequency according to your need and preference.

Exercise sessions with the Medical Exercise Specialist will be one-on-one for 55 minutes between once and three times per week. Access to Adelaide Club facilities is included during your participation in the program.

*For further information
please contact the
Adelaide Health Clinic
physiotherapists:
Mark McFadden and
Pam Honeyman
at 416.367.5200
or
Marcelo Olenewa MES
at 416.367.9957 ext. 245*

Preventing Computer Repetitive Strain Injuries (RSI)

By: Pamela Honeyman, Physiotherapist

Does your job give a recurring and nagging pain in your neck, back or arm? If so, then you may be experiencing a repetitive strain. Repetitive strain injuries (RSI) is the catch phrase to describe spinal, upper and lower limb pains caused by repetitive motions.

The prevalence of RSI in the past decade has escalated in the office environment due to an increased dependence on computers. People who work for more than four hours a day on a keyboard seem to be at an elevated risk. Working in an awkward position and posture (poor ergonomic positioning) on the computer with poorly placed or improperly designed equipment is also a hazard.

WHAT IS THE CAUSE?

Injuries occur over time and may take a few weeks to years to evolve due to repeated stresses on soft tissues such as muscles, tendons, ligaments, and nerves. Some conditions that are associated with RSI are carpal tunnel syndrome, tendonitis, (i.e. tennis and golfer's elbow), shoulder pain and back and neck pain. However, often an individual complains of vague, varied and non-specific aches that may make a diagnosis more difficult. If a person feels intermittent or persistent pain and/or strain without a traumatic event, the pain may indicate an RSI. If treated early, the individual rapidly returns to normal function however, if left untreated, the symptoms may become more severe and chronic. This is why prevention and early intervention are so important.

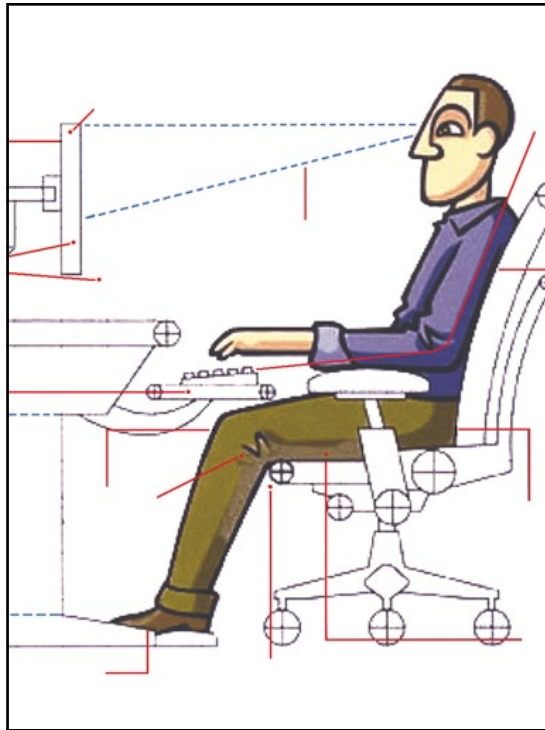
EARLY SIGNS

The following signs and symptoms may indicate a need to seek treatment due to an RSI.

- Headaches
- Pain and tension in your back, neck, arms, or legs
- Numbness in your arms, wrists, and/or hands
- Difficulty with daily activities

PREVENTATIVE TIPS

One of the best ways to treat an RSI is to prevent it from occurring initially. Here are some positional ideas while working at a computer to help prevent a repetitive strain as these aches and pains are often caused by small and repetitive movements that over stress the body:



For more information or to book an appointment with Pam contact the Adelaide Health Clinic

- Sit in a fully adjustable ergonomic chair that contours to your body shape. Chairs do not have to be excessively expensive to be comfortable. One size does not fit all!
- Keep your chair back upright and slide back into it. Avoid perching on the front of the chair!
- Hips should be at about 90 to 110 degrees, and the knees at 90 degrees to avoid compression of the blood vessels in the thigh
- Feet should be flat on the floor or slightly angled while resting on a footrest
- Position monitor directly in front of you at arms length with your eyes level with the top two-thirds of the screen
- Support your elbows at the side of your body at 90 degrees with your mouse right beside you
- Position your wrists in a straight line to the keyboard. The wrists should never be bent up or down while typing
- If the computer table does not allow for proper upper body positioning, a computer tray can help
- If you use the phone often, use a headset or a speaker phone

PHYSIOTHERAPY AND RSI

Should you suffer from RSI, a comprehensive treatment program should be applied including:

- Education and awareness of RSI including ergonomic and postural advice
- Modalities such as ultrasound and interferential current to help in the healing process
- Hands-on treatment to aid in pain relief and maximize conditions for tissue healing
- Specific exercises and stretches to address the particular injury



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Please contact the Health Clinic at 416.367.5200 for information on any of our services or to book an appointment.