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Tennis Elbow

by Dr. David Lee, D.C.

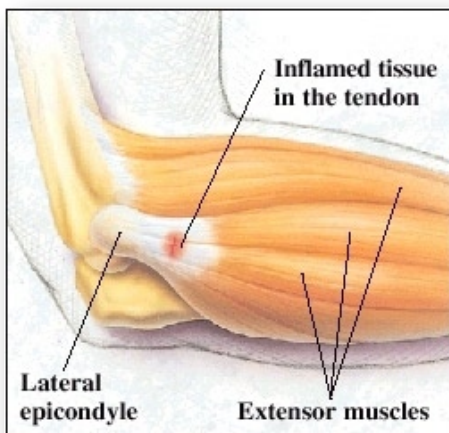
Tennis Elbow also known as Lateral Epicondylitis, is a very common injury that can affect many people, not just tennis players. Tennis elbow is an overuse injury, caused by repeated contraction of the forearm muscles that you use to straighten and raise your hand and wrist. The repeated motions and stress to the tissue may result in inflammation, or a series of tiny tears in the tendons that attach the forearm muscles to the bone at the outside of your elbow.

CAUSES

Any arm motion whether it be tennis, using a screw driver, raking, shoveling, or even just typing or using a mouse can lead to tennis elbow.

SIGNS AND SYMPTOMS

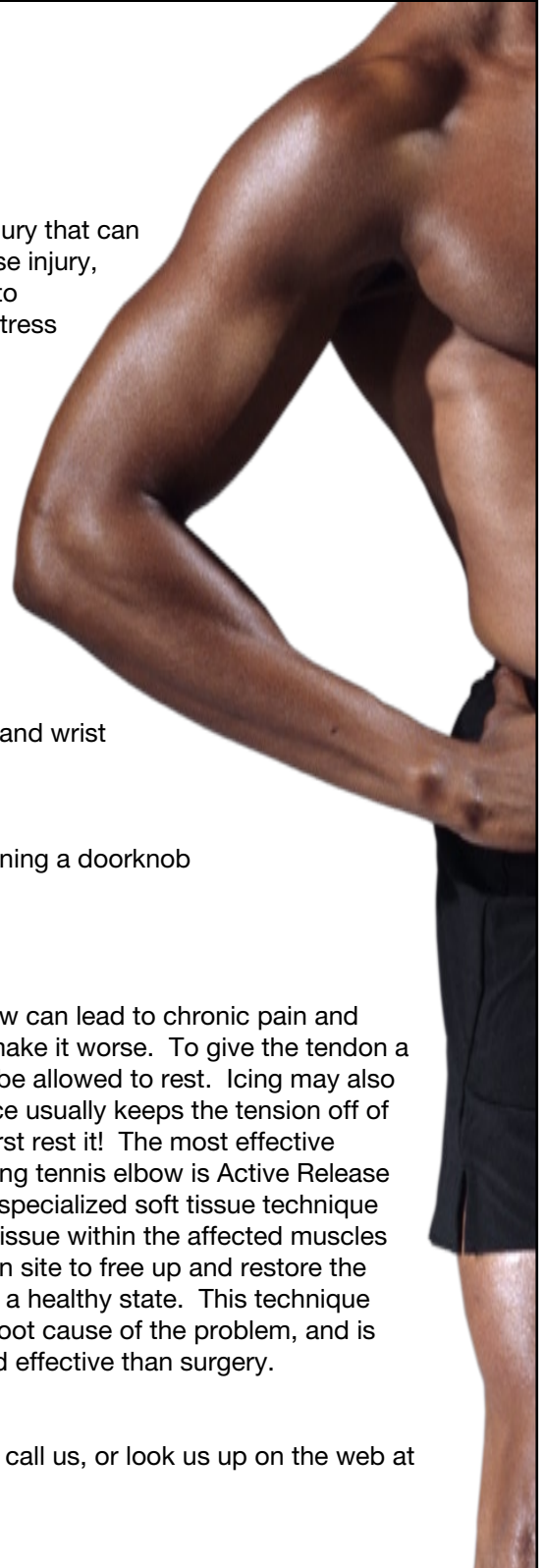
- Pain that radiates from the outside of your elbow into your forearm and wrist
- Pain when you touch or bump the outside of your elbow
- Pain when you extend your wrist
- A weak grip
- A painful grip during certain activities, such as shaking hands or turning a doorknob



TREATMENT

If left untreated, tennis elbow can lead to chronic pain and aggravating activities can make it worse. To give the tendon a fair chance to heal, it must be allowed to rest. Icing may also be helpful, and using a brace usually keeps the tension off of the tendon, but you must first rest it! The most effective treatment I've used in treating tennis elbow is Active Release Technique (ART). This is a specialized soft tissue technique used to break up any scar tissue within the affected muscles as well as the injured tendon site to free up and restore the muscle and tendon back to a healthy state. This technique adequately addresses the root cause of the problem, and is usually much more safe and effective than surgery.

For any questions regarding this condition or our services, feel free to call us, or look us up on the web at www.adelaideclinic.com.



Knee Cap Pain?

by Charlotte Savelle, PT

Patella-femoral syndrome (PFS) is a condition caused by the patella (knee cap) not following its proper course over the femur (thigh bone).

Normally, as the knee bends, the patella slides smoothly along a groove in the thigh bone. The patella is a fulcrum giving leverage to the quadriceps. With PFS an imbalance usually occurs in the quads (commonly the outside over powers the inner), which pulls the patella out of its normal groove and causes pain under the knee cap.

The quadriceps muscle fibers lie in different orientations and exert different lines of pull on the knee cap. If one muscle is stronger than the other or tighter, the imbalance can cause the patella to track improperly and cause pain.

SIGNS AND SYMPTOMS

- Pain under or around knee cap, often worse with activities that involve knee bending
- Difficulty sitting for prolonged periods

- Recurrent swelling
- Feeling of grating as knee bends and straightens

PREDISPOSING FACTORS TO PFS

- Training errors-excess hill work, stairs or too much distance
- Biomechanical abnormalities-over pronation (flat foot), knock knees, high riding knee caps, poor pelvic control
- Muscle weakness-vastus medialis obliques (VMO), gluteus
- Muscle tightness-tensor fascia lata, iliotibial band, vastus lateralis, hamstring, gastrocs.

WHAT TO DO ABOUT IT?

- Treatment involves rest, ice, physiotherapy and exercise.
- A physiotherapist can tape your patella, which may provide immediate pain relief, and helps correct abnormal positioning of the patella. Exercises will be included to help with the muscle imbalances
- Your physiotherapist may also use soft tissue therapy to loosen

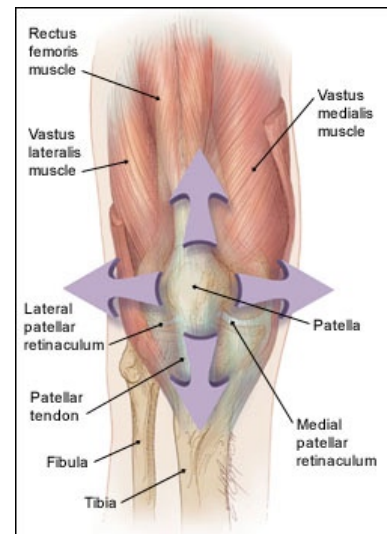


Illustration © 1999 Floyd E. Hosmer

the tight structures

- If there is an underlying problem with your feet, an orthotic may be helpful
- If your knee pain is interfering with your lifestyle, rehab with a physiotherapist and training modification can reduce time spent away from your fitness activity.

For more information, contact the Adelaide Club's Physiotherapist at 416-367-5200.

Dietitian Packages

by Jean LaMantia, RD



Make any resolutions this year? How's it going? If you're still on track then you're doing better than most Canadians whose resolutions last only 6 weeks. If you notice that boredom is setting in or your results are slowing down consider the Dietitian & Personal Trainer package or Dietitian & Pilates package. Both of these packages are designed to get you back on track with your goals. You will have four sessions with the dietitian and four with your exercise specialist. This is enough time to fully assess your present program, accomplish some

fine-tuning with your nutrition and fitness and get you back to results mode!

Don't forget to check your insurance package and Employee Assistance Programs. These are just some of the employers that offer coverage for dietitian sessions: BDC, Osler Hoskin Harcourt LLP, Corus Entertainment, Great West Life, BDO Dunwoody, Bell Canada, Blake Cassels Graydon LLP, Deloitte & Touche, KPMG, Price Waterhouse Coopers, Air Canada, TSE, Law Society of Upper Canada, Link, Ontario Securities Commission, Border Ladner Gervais LLP, Brandes Investment Partners. If you or your spouse works for these employers then you are covered.

For more information contact the Adelaide Club's dietitian at 416-367-5200.

1 First Canadian Place
416.367.5200
adelaideclinic.com
Cambridge Group of Clubs

