

FIT NEWS

www.fitnessphysiotherapy.com

Hours of Operation

Monday through Friday 7:30am - 7:00pm, Saturday 9:00am- 1:00pm

Physiotherapists: Deirdre Benedict, Jeff Blair, Lesa Campbell, Anne Dawson, Marina Pianosi, Kathleen Ryan, Gisele St. Hilaire, Dona Watts-Hutchings

Massage Therapist: Robert Stegmaier

Our team of licensed physiotherapists & registered massage therapist are here to help you manage all of your musculoskeletal pains and sports injuries and accidents from the jaw and head to the foot. Some of us are also certified acupuncturists, licensed and trained Stott® Pilates instructors, trained manual therapists, certified Feldenkrais® practitioners, and trained craniosacral therapists.

Methods of Treatment:

Acupuncture	Craniosacral Therapy
Feldenkrais® Method	Foot Orthotics
Golf Rehabilitation	Lumbar Sacral Stabilization
Lymphatic Drainage	Manual Therapy Techniques
Neuro Muscular Electrical Stim	Sports Injuries
Stott® Rehab Pilates	Taping
Tens	TMJ Rehabilitation
Trigger Point Needling Therapy	Ultrasound
Urinary Incontinence Retraining	

Please ask for appropriate therapist placement if you prefer a certain style of treatment.

Physio Events

Congratulations and Welcome to our newest Fitness Physiotherapy babies!

- * **Hope Carolyn Hutchings, 5lbs 3oz born June 13th, 2003 to Dona & Dave**
- * **Ryan Michael Blair 8lbs 5oz born August 23, 2003 to Gayle & Jeff**

In This Issue:

Page 2 Let's Get Moving – The S.M.A.R.T. Approach
Page 3 Let's Get Moving – Feldenkrais Method & Pilates
Page 4 Let's Get Moving – Pilates Con't

Let's Get Moving!

Take a S.M.A.R.T. approach, and ensure your
FREEDOM TO MOVE.

S – Stretch Before, during and after activity

M – Move Today for tomorrow

A – Add it up An hour is power

R – Reduce Strain Use tools that work for you

T – Talk To a physiotherapist

Who Are Physiotherapists?

- Physiotherapists are committed health professionals, driven by an abiding desire to help people overcome debilitating physical conditions and are a part of the health team who help men, women and children regain and retain quality of life. They have a role in health promotion, disease prevention and treatment of injuries and conditions that limit mobility.
- Physiotherapy treatment is a major component in getting workers back to their jobs and helping prevent disease and injury by maintaining an active and health lifestyle.
- Physiotherapists are university educated with practice experience in areas of sports medicine, neurology, cardio-respiratory science, women's health, paediatrics, geriatrics and orthopaedics.
- Physiotherapists are a self-regulated profession. As primary care practitioners, physiotherapists are able to practice without a doctor's supervision or referral.

The values of Physiotherapists in the health care system.

- Physiotherapists who work in private and community based clinics can be directly accessed by the public without referral from physician; reducing costs to the health system.
- Physiotherapists are integral to reducing costs to the health system and 'hospital hallway medicine' by reducing length of stays and returning patients to the community. Physiotherapists are present in most areas of the hospital.
 - In the emergency departments, assessing a patient's ability to function and to go home
 - Before and after Orthopaedic surgery, to reduce length of stays and improve function
 - In the intensive and cardiac care units
 - Physiotherapy plays a major role in a rehabilitation hospital with stroke patients, post neurosurgery, spinal cord injuries and amputees.

The Feldenkrais Method®
Via Functional Integration at Fitness Physiotherapy

The Feldenkrais Method is a learning process that brings about new, more efficient, more comfortable, and healthier ways of movement via new nervous system experiences. Given the chance, your brain will choose the easiest way to move, but you have to provide the means for it to do so.

That's what the Feldenkrais Method does. Using physical experiences, not words, it presents new information to your brain and nervous system, and retrains it to accept an improved image, which replaces the old, distorted one. The work accomplishes this by breaking down functional patterns and movements into smaller components to establish new neural connections between the motor cortex of your brain and your muscular system. New movement choices become "normal" and natural as your nervous system becomes re-educated.

If you are experiencing physical challenges such as recovery from accident or injury, chronic pains, or neuromuscular dysfunctions.

Feldenkrais may help you along your road to recovery. Feldenkrais clients often experience benefits such as improved flexibility, range of motion, fewer headaches and backaches, fuller breathing, improved digestion, more restful sleep, enhanced mood, better mental alertness, and increased energy.

Certified Feldenkrais Practitioners have taken between 1600 & 1800 hours of training in a four-year course and have to attend additional classes and workshops annually to maintain proficiency.

We have two registered physiotherapists at Fitness Physiotherapy who have trained as Feldenkrais Practitioners, if you would like to try this method to get you moving.

In a recent Canadian Physiotherapy Association Ipsos/Reid public poll – **54% of Canadians are less mobile today than 10 years ago.**

- More than 1/3 (37%) have difficulty climbing several flights of stairs
- 24% have difficulty walking a kilometre or more

Get Moving with Pilates

10 good reasons to get started Pilates:

1. To feel healthier
2. Longer, stronger muscles
3. Improve posture
4. Prevent injury
5. Correct biomechanical principles
6. Enhance body awareness
7. Balance strength with flexibility
8. Heighten concentration
9. Enhance athletic performance
10. Boost self-esteem

Q. What is the difference between the STOTT Method and other pilates techniques?

Unlike the original series of exercises, STOTT PILATES incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and performance enhancement. For example, unlike the original approach, which promotes a flat back, STOTT exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. They also place more emphasis on scapular stabilization. As well, there are more preparatory exercises and modification to make the method safer and more effective.

Q. What are the principles behind STOTT PILATES?

STOTT PILATES improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels. It focuses specifically on:

1. Breathing
2. Pelvic placement
3. Rib-cage placement
4. Scapular movement
5. Head & cervical spine placement

Q. Is STOTT PILATES like yoga?

In some respects pilates conditioning is like yoga. Both are considered mind-body type methods of movement; both emphasize deep breathing and smooth, long movements that encourage your muscles to relax and lengthen. The difference is that while yoga requires moving from one static posture to the next without repetitions, pilates flows through a series of movements that are more dynamic, systematic and anatomically based. The goal is to achieve optimal functional fitness.

Fitness Physiotherapy provides rehabilitative and remedial Stott Pilates exercise sessions for correcting biomechanical problems easing painful musculoskeletal conditions, and for reconditioning from injury or chronic pains and disabilities.

To get started: Book an initial private assessment. All exercises are customized thereafter in a private or small group setting.

Coming in our next Newsletter.....

Arthritis

- Reducing your risk
- Warning signs
- Reducing your risk
- Proper treatment

