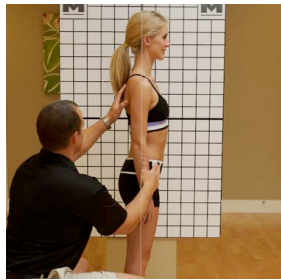


Road to a Healthier You

Bayswater therapists are committed to helping you become pain free and healthier. Our stages of rehabilitation will help you get there. Over the next few issues of Table Talk we will take a look at how we apply these stages in you treatment.

Assessment



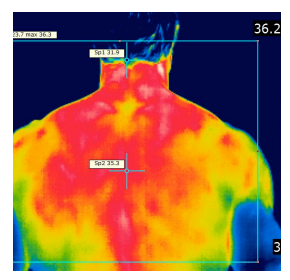
Posture



Gait

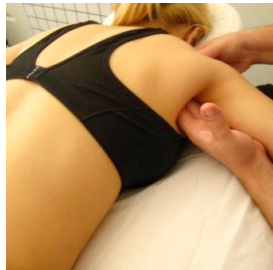


Testing



Thermal Imaging

Treatment



Neuromuscular Therapy



Low Intensity Laser Therapy



Stretching & Movement



In this issue:

Road to a Healthier You

Posture

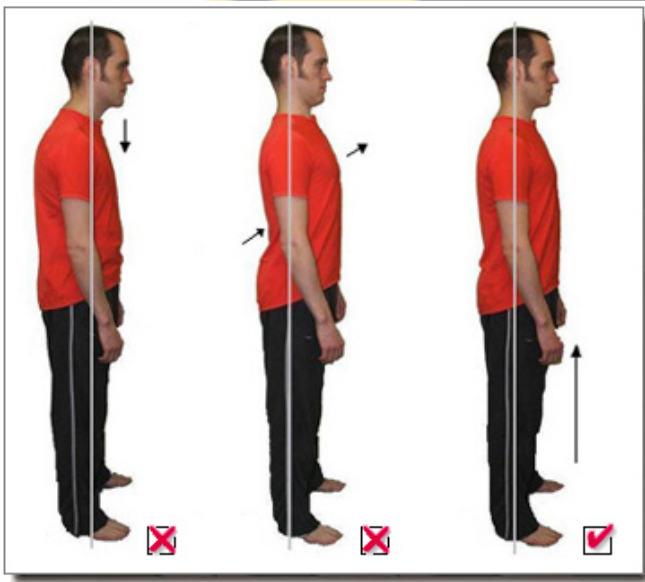
Stretching (part 2)

Wine Lovers

Posture

What is good posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.



Proper posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

Correct posture is a simple but very important way to keep the many intricate structures in the back and spine healthy. It is much more than cosmetic—good posture and back support are critical to reducing the incidence and levels of

back pain and neck pain. Back support is especially important for patients who spend many hours sitting in an office chair or standing throughout the day.

Not maintaining good posture and adequate back support can add strain to muscles and put stress on the spine. Over time, the stress of poor posture can change the anatomical characteristics of the spine, leading to the possibility of constricted blood vessels and nerves, as well as problems with muscles, discs and joints. back and neck pain, as well as headaches, fatigue, and possibly even minor breathing episodes.

Your massage therapist should typically be looking at you posture on an ongoing bases. Posture is dynamic, changing all the time, however recurring postural patterns can be seen over and over again. Make sure you have your posture checked today. The road to good health starts here.

Congratulations Suzanne Fong



Suzanne has been a client for over 20 years. This year, in October at the World Masters Games in Sydney, Australia she brought back a Bronze Medal in Singles tennis for the 55 to 60 age group.

Stretching (part 2)

By Brenda Colaie, RMT

Indications of Stretching – when to stretch

- Prior to and after vigorous exercise to potentially minimize post-exercise muscle soreness
- As part of a total fitness program designed to prevent musculoskeletal injuries
- When there is muscle weakness and shortening of opposing tissue
- When restricted motion may lead to structural deformities otherwise preventable
- When ROM is limited because soft tissues have lost their extensibility as a result of adhesions, contractures and scar tissue formation, causing functional limitations or disabilities

Several types of stretches (mode of stretch) exist including manual, mechanical, self-stretch, passive, active and assisted.

To achieve the most benefit from stretching, the target muscle must be isolated as much as possible. To do this effectively, a few determinants (essential elements) of stretching exercises must be in place; for example, alignment and stabilization of the body during stretching, the intensity, speed, duration and mode of stretch.

Proper alignment (positioning) of specific muscles and joints to be stretched is important for comfort and stability during the stretch. Stabilization (fixate) of a multiple of segments, such as the pelvis or shoulder, helps to maintain the proper alignment required for an effective stretch.



A low-intensity, long-duration stretch is considered the safest form of a stretch and yields the most significant, elastic deformation and long-term, plastic changes in soft tissues. Low-intensity stretching results in optimal rates of improved ROM without exposing tissues to excessive loads and potential injury (Amendsen, LR: The effect of aging and exercise on joint mobility. Orthop Phys Ther Clin North Am 2:241, 1993)

Frequency of stretching has to take place a minimum of twice per week with healthy hypomobile individuals but more frequently for individuals with soft tissue pathology to achieve gains in ROM (Godges, JJ, et al: The effects of two stretching procedures on hip range of motion and gait economy. J Orthop Sports Phys Ther 10(9):350-356, 1989)

Stretching (continued)

Durations of a stretch in the well elderly of 15, 30, and 60 seconds, applied to the hamstrings for four repetitions, have been shown to produce significant gains in ROM with the greatest longest-lasting improvements occurring with the use of 60-second stretches (Feland, JB, et al: The effect of duration of stretching of the hamstring muscle group for increasing ROM in people aged 65 years or older. Phys Ther 81:1110, 2001)

To prevent injury and ensure optimal muscle relaxation, the stretch should be done slowly as opposed to high speed, rapid, high-intensity (ballistic) stretching (Arnheim, DD, and Prentice, WE: Principles of Athletic Training (ed 9), WCB/McGraw-Hill, Boston, 1997; Lundy-Ekman, L: neuroscience: Fundamentals for Rehabilitation. WB Saunders, Philadelphia, 1998)

Self-stretching is a common exercise given as homecare (home exercise program) as part of a rehabilitation program or thorough assessment. It is also referred to as flexibility exercises or active stretching. Self-stretching helps an individual maintain or increase the ROM gained after a (massage) treatment, for instance, and is necessary for effective and efficient long-term self-management of musculoskeletal and neuromuscular disorders. (Kisner, Carolyn; Colby, Lynn Allen: Therapeutic Exercise Foundations and Techniques 4th Ed, F.A. Davis Company, Philadelphia, PA, 2002)

Self-Stretching Principles

- Perform each stretch safely to prevent any re-injury or future dysfunction
- Use proper positioning to isolate the target muscle
- Stretch to mild tension
- Hold stretch without bouncing
- Stay relaxed throughout the stretch

- Breath, breath, breath
- Move into the stretch slowly

Contra-indications exist to provide safety and prevent injuries to one-self. In light of that, some contra-indications are listed below:

Contra-indications to Stretching – Do Not Stretch when the following exists

- After a recent fracture
- Whenever there is evidence of an acute inflammatory or infectious process
- When hypermobility (excessive mobility) already exists
- When there is a sharp, acute pain with joint movement or muscle elongation.



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***“The human body will predictably follow a path toward health or disease.*”**

Which path are you on?”

Wine Lovers



Don't know what wine to choose for that dinner party. Which wines are great value. Join our exclusive email list. Lana McMartin of the Bacchus Group will pull together a selection of wines that will suit everyone's tastes. E-mail us at bayswater@telus.net with the subject line "wine list please" to be included on our exclusive wine mailing list.

wine mailing list
be included on our exclusive
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