



# Honsberger Health

A quarterly newsletter March 2011



**Karen Goodyear RPT** Karen holds a professional degree in Physical Therapy from the University of Toronto and a Kinesiology degree from McMaster University. She is certified in acupuncture and medical compression hosiery. Her experience lies in an orthopaedic multidisciplinary setting where she has practiced for the past 13 years. Karen combines manual therapy, exercise prescription and acupuncture into her treatments. More recently her practice has focused on the preventing and treating running injuries.

## Compression Socks/Hosiery

When most people think of compression socks we think of an elderly individual with swollen ankles sitting in a big comfy lounge chair. Well, think again. Compression stockings or socks are now considered a valuable preventative tool to delay and minimize the effects of venous insufficiency.

Venous insufficiency is a condition whereby the body is unable to return the blood properly back to the heart. Often the unnoticed or relatively silent signs and symptoms of venous insufficiency go undiagnosed and therefore untreated. This delay results in further damage to the circulatory system and affects regular physical abilities.

Compression socks have many benefits, such as increasing circulation, reducing ankle swelling, reducing muscle fatigue, relieving discomfort from varicose veins, and faster muscle recovery. Support socks or stockings and compression hose are perfect for every day use. They are especially beneficial to those who stand or sit for long periods of time, as well as those who walk or travel. For preventative purposes it is recommended that females undergoing hormonal changes such as during pregnancy and menopause, or anyone over the age of 40 who have recently undergone a surgical procedure wear compression socks.

Various types of compression socks are now available.

The socks are easier to get on and are extremely fashionable. It is essential that an experienced health care provider trained in compression garment fitting and your family physician be consulted before buying the socks. The garment size and gradient pressure, in addition to your health status are all carefully considered before providing the correct compression sock, with education on proper care. The majority of private or employer health care plans cover the cost of at least 2 pairs of socks per year.

Karen Goodyear, a Registered Physiotherapist at Honsberger Physiotherapy, is Certified in Medical Compression Hosiery. Please ask to speak with Karen or book an assessment to determine if compression socks would help you.

### Welcome to the team

*Jesse Awenus is a physiotherapist with a special interest in manual therapy. He prides himself on finding and correcting biomechanical problems and not just the symptoms they may produce. Call our Markham location to book today!*



## What's New

Outdoor Running and Tennis season is almost here! Make the most of your pre-season training by trying our new **Functional Screen and Video Analysis**.

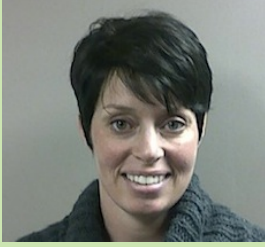
Have your stroke or step biomechanics assessed and reviewed by therapists using state of the art digital imaging to break down faults you might not even know you have! These hidden faults can contribute to slower speed, injury, or reduced power.

Improved function leads to improved form!

### Honsberger Physiotherapy and Biomechanics Clinic

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**Rebecca Sarjeant CAT(C), RMT** is a certified Athletic Therapist and Registered Massage Therapist. Rebecca holds a BSc in Exercise Science from Arkansas Sate University, as well as a diploma in sports injury management (Athletic Therapy) from Sheridan College, and a diploma in massage therapy from the Ontario College of Health and Technology. She has been a competitive athlete her entire life and has chosen a career in which she can work with athletes of all levels and abilities.

## No Butts About it!

Do you know what the largest muscle in the human body is? If you guessed gluteus maximus you are correct.

It is often referred to as the tush, booty, butt, bum or by the proper anatomical term of gluteals, or in this case, the gluteus maximus. Not only is it responsible for cushioning our seats it is critical in maintaining our erect posture and for generating force and power. Tasks such as walking, running, skating stride, and going up stairs are all a direct result of the gluteus maximus hard at work.

For a large muscle, it is generally overlooked and in most cases critically underused. The gluteals are integral in stabilizing the pelvis, not only while standing still, but while in motion as well.

Numerous clients have entered the doors of Honsberger Physiotherapy and Biomechanics Clinic thinking their gluteals were in perfect working order, but in reality were not using the gluteals at all! Many have not thought about the importance of, or how to effectively use (or activate), the gluteal muscles.

Sitting for long periods can lead to the gluteal muscles atrophying through constant pressure and disuse – this is especially true in today’s day and age of computers, commuters, and the technology boom. This may be associated with (although not necessarily the cause of) lower back pain, and difficulty with some movements that naturally require the gluteal muscles, such as rising from the seated position, and climbing stairs.

In order to assist in reversing or slowing this atrophy issue, any exercise

that works and/or stretches the buttocks is suitable, for example lunges, climbing stairs, and even simply walking. There are powerlifting exercises which are known to significantly strengthen the gluteal muscles included are the squat, deadlift, and leg press.

A simple test you can do your self to see if you can effectively use your gluteals. While sitting in a chair or stool – feet about shoulder width apart, legs (back of thighs) resting on the chair cushion – place your left hand under your left bum cheek and your right hand under the back of your left thigh. Close your eyes. Gently squeeze (this is not a clenching motion) your left bum cheek – if you feel a tightening of the muscle where your right hand is, you are using the incorrect muscles. You should only feel the muscle tightening under your left hand. Now try this test on the opposite side – right hand under right bum cheek and left hand under right thigh. This simple exercise – once mastered (without hands) can be done while at your desk, sitting in your car or while on the sofa – 3 sets of 20 would suffice. With a little bit of work you too can get you butt back in shape, and prevent injury from weak gluteals.

On April 5<sup>th</sup>, 16<sup>th</sup>, and May 3<sup>rd</sup>  
**Marg Honsberger, Cindy Salopek, and Nora de Graaff** will be presenting short lectures on injury prevention, stretching, and cross training to the Aurora Running Room’s ½ Marathon and Women’s Only Learn to Run Clinics.

We are always happy to provide public service lectures. If your community group is interested in a wellness related presentation please ask any of our staff.

## **Prevention is Paramount**

One clear way to avoid injury and the associated costs is to evaluate the risk of injury **before it happens.**

Honsberger Physiotherapy has developed a low-cost, effective health screen to evaluate an individual’s risk for injury. If a problem is found, a series of simple exercises can be given to correct the fault, or a more detailed evaluation may be warranted.

In either case, an efficient plan of action can be implemented to help eliminate the future risk of injury.

Ask your therapist today about the Honsberger Preventative Health Index!

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