



Honsberger Health

A quarterly newsletter Sept 2009



Margaret Honsberger P.T. Margaret graduated with a degree in physiotherapy from the University of Toronto in 1982. With the experience she has gained in working in a variety of hospital, sports and clinical settings, she has developed a great interest in spinal and biomechanical based injuries. Margaret's experience has been instrumental in developing the Clinic's approach of developing a team concept between the therapist and the patient in order that treatment, strengthening, conditioning and education combine together in the successful resolution of current and the prevention of future injuries.

Stay Aligned This Fall!

As many of our loyal clients will attest, Honsberger Physiotherapy and Biomechanics Clinic always grounds its assessment of patient pain and injury on a careful evaluation of the biomechanics (or body alignment) of every client. As students and employees head back to work after summer vacations, our therapists often hear complaints of back, neck, shoulder or arm pain resulting from backpack use and returning to workstations. Just as there is an optimal body alignment, so there are optimal characteristics to choosing and wearing a backpack, as well as proper alignment at the workstation.

CHOOSING THE RIGHT BACKPACK

1. For younger children, try to find a lightweight pack.
2. Pick a bag with two, preferably wide, padded shoulder straps. Single strapping unevenly loads the body, leading to poor biomechanical alignment.
3. Size matters. The bag should be the same size or smaller than the wearers back. Adjust the strapping so that the bag sits 1 or 2 inches below the shoulder, and up to 4 inches below the waistline. Several compartments will prevent shifting and uneven weight distribution.
4. A padded back and a waist strap allow for easing pressure points and redistributing weight.
5. Don't overload the pack!

In the Community

Nora de Graaff and Jason Varghese held a lunch and learn session on workplace ergonomics at MidPoint International in Aurora. Topics covered were desk and monitor set up, proper sitting posture, and the importance of physical activity. If your workplace, team, or school group would like a complimentary talk please contact us!



HERE WE GROW AGAIN!

Honsberger Physiotherapy would like to welcome Michelle Buompastore to the team as our new receptionist in Markham.

We would also like to congratulate Gord McFarlane RMT, on the birth of his baby boy, Liam on August 8.



YOUR WORKSTATION AND YOU

Your chair and workstation should support your body in the ideal position, to alleviate pressure on the low back and upper body.

1. Adjust your chair so that your thighs are fully supported, parallel to the floor, with feet flat on floor. Look for a chair with an adjustable lumbar support that fits your back.
2. Arm rests should support the forearms so that shoulders and neck are relaxed. If your chair allows, adjust them closer to the body.
3. Wrists should be neutral, neither flexed nor extended. Use a wrist rest if need be.
4. Position the monitor so that eyes rest of upper third of screen, about an arms length away from the body.
5. Try to avoid sitting for more than 20 to 30 minutes at a time. When possible, get up and stretch. Your back and neck will thank you.

For further information, please ask any of our professional staff for more everyday biomechanical tips. We are always happy to help!

Honsberger Physiotherapy and Biomechanics Clinic

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Karen Goodyear BScPT 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 through the Canadian Medical Acupuncture program from McMaster University. Her experience lies in an orthopaedic multidisciplinary setting where she has practiced for the past 11 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.

Run Healthy Forever

There are some people who run simply for the joy of running but there are others who run because they realize there are a great deal of benefits which can be gained from rigorous exercise. Some of these benefits may include weight loss, improved cardiovascular health, improved bone health, improved mood and better coordination. Recent studies suggest running may reduce your risk of death by up to 63%!

But half of all runners will be injured this year alone. So why is it that we frequently get injured when running? The answer lies in what we do when we are not running; we sit, and sit and sit. Experts agree that your body needs approximately 5 years of running training to run a marathon safely. A recent poll at the local Running Room showed the majority of runners training in the marathon group have been running for less than 2 years.

Prevention of injuries is a priority but usually people do not seek advice from running experts or health professionals until after they are injured. Injury is a consequence of one or more of the following factors:

Tissue overload - Injury is directly related to the gap between the usual level of activity and the new level of activity. The size of this gap is called the amount of overload. Preventing tissue overload and allowing safe adaptation is key for injury prevention. Making slow, progressive changes to your running regime will allow tissue adaptation to happen, which conditions the body for running injury free.

Intrinsic Factors - Factors including biomechanical flaws, muscular dysfunction, and tissue frailty may be the cause of injury. Things such as foot structure, alignment, foot stability, ankle flexibility and core strength must be assessed. These intrinsic factors need to be treated to promote biomechanical balance and enhance athletic performance.

Extrinsic Factors - Things such as shoes and running surface may be increasing your symptoms. Recent studies support minimalist footwear that promotes a natural running

pattern with a shorter stride, which encourages the foot to use its natural shock absorbing and spring-like ability instead of the relying on a thick cushioned shoe. Changing shoes must be done with extreme care to avoid injury - ensure you are seeking professional advice and progress slowly.

Stretching - Generally stretching is not recommended before a workout. Studies have shown that the risk of injury is higher if stretching is done right before training. A regular stretching regime to improve flexibility is recommended following a workout or in the evening hours.

Warm up - The purpose is to prepare the body for the requirements of the workout. Begin with a short jog, fast walk or bike ride to increase your body temperature. Progressive running like movements will prepare the body for running specific movements and coordination.

The "Rule of 3" should be followed to determine when to seek help from a health care practitioner. If you have symptoms for 3 consecutive workouts, or if the symptoms persist for 3 days following a workout, get help.

Choose a therapist who is a runner! You can find a list of therapists at www.the-running-clinic.ca who have trained in Injury Prevention for Runners, including our own Karen Goodyear and Cindy Salopek who are both physiotherapists in our Aurora location.

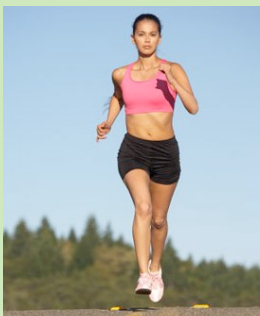
Upcoming Events

*Foot Week is back!
September 21st - 25th come in for a
complimentary screening.
Your choice of one of the following*

- *Gait analysis*
- *Running gait analysis*
- *Foot screening*
- *Orthotic and footwear advice*
- *Evaluation of ski boots or skates*
- *Biomechanical screening for sports performance*

*Please call to book your 15min session at either
one of our convenient locations!*

***Be safe, progress slowly,
and enjoy the sport of running
forever!***



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