



# Honsberger Health

A quarterly newsletter Sept. 2008



**Rebecca Sarjeant CAT(C), RMT** is the newest member to join Honsberger Physiotherapy. She is a certified Athletic Therapist and Registered Massage Therapist. Rebecca 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. She most recently was the Athletic Therapist for the NEXGEN Invitational squash tournament in Barrie, ON. She treated many world ranked squash players. Rebecca is available for athletic therapy and registered massage therapy sessions at Honsberger clinic locations in Markham and Aurora.

## *The Effects of Hydration*

There are several factors that can contribute to success or failure in sport. Whether you are an elite athlete, recreational player, or “weekend warrior” hydration plays a significant role in the overall success of the athlete. Because the human body is comprised of approximately 70% water (muscles contain 75% water) it is important that we maintain sufficient hydration.

Athletic performance is impaired whenever body fluid levels fall below 98% of normal. The primary cause is sweat loss; an essential body process which facilitates the release of body heat. When athletes fail to replace fluids lost during exercise, the body’s heat management system is impaired. This places the athletes’ mental and physical performance at risk.

When muscles don’t have adequate fluid they become thick and tight. Without adequate supply of water the body will lack energy and muscles may develop cramps. Water also functions as a lubricant to ensure smooth gliding of the tissues permitting adequate movement and increased overall function. Dehydration leads to muscle fatigue and loss of co-ordination. Adequate hydration is very important for temperature regulation. In a dehydrated state the body is unable to cool itself efficiently. Dehydration also adversely affects mental performance. Symptoms of mild dehydration include light-headedness, dizziness, tiredness, irritability, and headache, as well as reduction in the ability to concentrate. As dehydration increases, the impact on mental functioning is

more severe and can lead to clumsiness, blurred vision and exhaustion. Motor coordination is particularly sensitive to dehydration

and can show a decline even at very low levels of dehydration.

It is important to drink even before signs of thirst appear. Thirst is a signal that your body is already dehydrated. Drinking more than your thirst demands and continuing to drink throughout the day, will help maintain proper fluid levels. If you are not sure whether you are properly hydrated a good gauge is your urine. The more dehydrated you are the less urine you produce, the darker and more odiferous your urine becomes. Ideally your urine should be plentiful, pale yellow and have little or no odour.

Some helpful hydration hints:

- Drink 17-20 ounces of water two to three hours before the start of exercise.
- Drink 8 ounces of fluid 20 to 30 minutes prior to exercise or during warm-up.
- Drink 7-10 ounces of fluid every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of fluid within 30 minutes after exercising.
- Drink 16-24 ounces of fluid for every pound of body weight lost after exercise.



*Rebecca was also the Athletic Therapist for Team Scotland in the Men’s World Indoor Lacrosse Championships in 2007.*

## ***Upcoming Events***



Honsberger Golf is proud to present

### **The Canadian Golf Forum**

*The Art and Science of Golf Instruction and Player Re-Training and Injury Management*

September 13-14 2008 Markham Ontario

International Keynote speakers Include:

Ramsay McMaster- Physiotherapist to the European PGA  
Paul Kenney- PGA Professional and Director of Education  
Kinetic Golf

Michael Bentley- Industry leader in golf biomechanics  
Henry Brunton- Master Teaching Professional and  
Canadian team coach

AND MORE!

Call 905-940-2627 for registration information

## **Honsberger Physiotherapy and Biomechanics Clinic**

81 Temperance Street, Aurora, On L4G 2R1 Telephone (905) 841-0411 Fax (905)841-7311  
675 Cochrane Drive, Markham ON L3R 0B8 Telephone (905) 940-2627 Fax (905) 940-3136

[www.honsbergerphysio.com](http://www.honsbergerphysio.com)



**Cindy Salopek BSc BScPT** is the co-director of the Honsberger Physio Aurora clinic. She has over 10 years of work experience in orthopaedic physiotherapy. Cindy enjoys the challenge of the urban athlete and the complexity of the human body. As much as she explores different avenues in rehabilitation, she often finds it's all about getting back to the basics.

## Flexibility...A Workout Essential!

It's tough to get it all in! However, as you break down those essential components of your workouts, training or fitness programs, consider your joint flexibility.

### Why stretch?

Flexibility is the ability to move a joint or series of joints smoothly and easily through full range of motion. The goal of an effective flexibility program is to improve the movement of a joint by altering the extensibility of the musculotendinous units that produce movement at the joint.

#### Proper flexibility:

- (1) Promotes efficient biomechanical movement patterns
- (2) Decreases the potential for injury
- (3) Enhances athletic performance (including balance and reaction time).

Full soft tissue length and normal "slide and glide" of a joint, reduces strain, impingement, wear and tear. Alignment is maintained, reducing secondary affects on other parts of the body. Athletic performance is improved. For example, a hurdler who cannot fully extend the knee joint will have a restricted stride length, which can significantly reduce speed. Poor flexibility may result in uncoordinated or awkward movements and may predispose our body to muscle strains.

### Some Clinical Guidelines to Stretching!!

**The Dynamic Warm-Up** – 5 minutes for an easy jog or walk followed by 5 minutes of sport specific dynamic movement (*gently* moving through full range). For example, a golfer may take some easy practice swings or hits prior to the first tee-off. Moderate activity speeds up metabolic processes, which increases core body temperature. As the temperature increases there is an increase speed of muscle contraction and *relaxation* as nerve conduction speed is increased. Elasticity (the stretch) of the muscle is increased and viscosity decreases.

**The Cool Down** – An easy jog or walk to *gently* decrease heart rate, allowing for the blood to clear the extremities and return to the heart for re-oxygenation. This reduces feelings of lightheadedness and dizziness post-exercise.



### HERE WE GROW AGAIN!

Honsberger Physiotherapy would like to congratulate Sandra Manherz on the birth of her baby boy, and Sandy Levy on the birth of his baby girl! Please join us in welcoming back Christina Cellucci RPT from her maternity leave. Christina will be available at our Aurora location starting September 8<sup>th</sup>, 2008.

### Static Stretching – Recovery and Injury Prevention

It is well documented that *stretching* musculotendinous units over a period of time increase the range of movement possible about a joint\*. Clinical experience and observation also shows that athletes have fewer problems with muscle soreness if they stretch properly post-exercise. The warm-up helps us prepare for the workout. Recovery stretching facilitates proper healing from micro-tearing *after* the workout. It takes advantage of the increase in muscle elasticity from a warmed body. In fact, we not only recover from the workout but we can improve our overall flexibility.

#### How to stretch!

The truth is, if you are holding your stretches adequately (at least 30 seconds) and repeating them 2-3 times, it will take you 30 minutes to get through all the major muscle groups. *How* you stretch is also important. The stretch should be felt in the muscle belly. For example, a hamstring stretch should be felt in the back of the thigh not behind the knee. If you are too tight to stretch, you may need to consider massage as an alternative. Please discuss your specific flexibility needs with your therapist.

\* Prentice W: A comparison of static and PNF stretching for improvement of hip joint flexibility, *Ath Train* 18(1):56, 1983

## In the Community



### Seneca College Dragon Boat Race

The staff at Honsberger Physio was very happy to participate in the Seneca College Dragon Boat Race in support of the United Way that was held on Saturday August 16<sup>th</sup>. We helped over 70 sore paddlers!

Special congratulations go to Heather Green for shaving her head after reaching her fundraising goal of over \$12 000.

Thank you to all who stopped by and thank you for your donations to the United Way!

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