

Quick Tips

Which activities give "the best burn"?

Exercise	Calories Burned
Running	100
Cycling	90
Swimming	79
Aerobics	79
Weight Lifting	68
Walking	43

*(Runner's World Sept. 2003
 calories for 10 minutes of
 exercise)*

Cold Muscles

You should never stretch cold muscles. It is better to warm up and increase blood flow before you begin stretching.

In the last issue we talked about RICE when you have an injury (Rest, Ice, Compression, Elevation). How high do we elevate?

You should elevate an injury so it is above the heart. This is often easier to do if you are sitting or lying down. Think of it in terms of gravity...your heart should be closer to the ground than your injury.

Spring is coming!

Spring is fast approaching, and so are the spring sports injuries. Whether the activities you participate in include cycling, running, rollerblading, swimming, or just walking, you need to be aware that when you resume those activities after the long winter you will be a bit out of shape. Start slowly by building up distance and speed gradually. Make sure you take some extra time to stretch, and take your time in getting back to where you were at the end of last season. Make sure that any equipment (such as your bike) is serviced and in good repair, and that you wear all the proper safety gear. If you have been treated for an injury in the past, and you had exercises to assist your recovery, add them to your warm-up to help prevent reoccurrence of the injury.

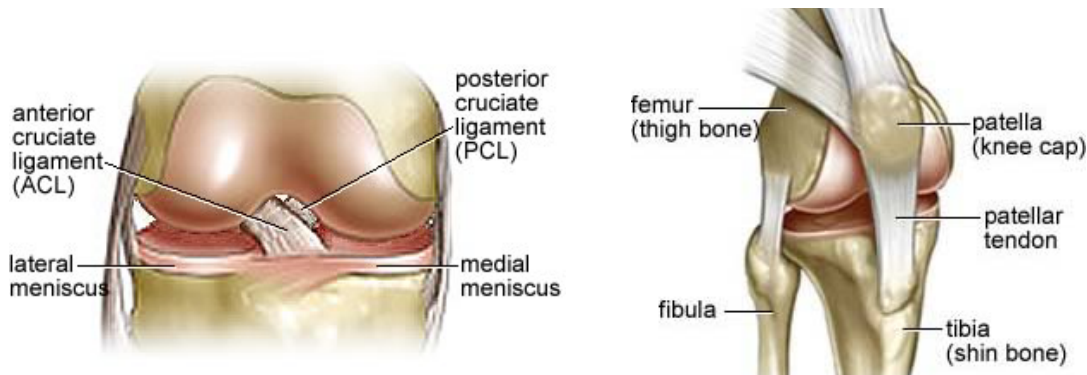
Off the Cuff....

Our shoulder joint is surrounded at the front, back and top of the joint (much like a shirt sleeve) by a group of flat tendons which are fused together. These tendons are called the rotator cuff. The tendons are connected individually to short muscles that originate from the shoulder blade. When the connecting muscles contract, they pull on the rotator cuff tendons. This causes the shoulder to rotate, and gives us the name "rotator cuff".

"Blowing out the Knee"

It's the first ball game of the season. You hit a grand slam home run, round the bases, and as you slide into home plate foot first you feel a painful snap in the knee. You can't move the knee and it is swelling quickly. What happened? Most likely you injured the soft tissues of the knee, and more specifically the anterior cruciate ligament (ACL). The ACL is a big ligament in the middle of the knee that prevents forward motion from the tibia on the femur. In other words it keeps your knee from bending in "un-natural" directions.

The ACL works in conjunction with the posterior cruciate ligament (PCL) to control the gliding and rolling motion of the tibia on the femur during normal bending and straightening of the knee. There are also ligaments on either side of the knee, called collateral ligaments. A sprain occurs when any of those ligaments are stretched excessively or torn. The ACL is commonly torn doing sports such as baseball, basketball, and football, but is most frequently seen as a skiing injury.



Frozen Shoulder – Waiting for the Thaw.....

Increased pain and loss of range of motion could be the first signs of a Frozen Shoulder. Adults and women (more often than men) between the ages of 40 and 64 are most commonly affected by Frozen Shoulder, which usually results in the individual being unable to elevate the arm over the head. The cause of this is related to the structures around the shoulder joint, which thicken and tighten up, restricting the movement of the rotator cuff and the capsule. Suddenly you find that the shoulder is completely frozen and doesn't want to go anywhere.

This uncomfortable situation, which can make it difficult to open doors, carry a purse, get dressed, or even do your hair, is often caused by an initially smaller injury. These smaller injuries, such as tendonitis and bursitis, also cause pain to the shoulder. When there is pain we instinctively do not want to move. If we restrict the movement of the shoulder for several weeks, we can end up with a frozen shoulder.

Once we have this restricted motion, it becomes more difficult and more painful to get the full range of motion (ROM) back. It is also important to evaluate whether the initial cause of the problem is still present. Through a proper assessment, the physiotherapist can determine where the problem came from, and whether we need to treat both the frozen shoulder and the initial cause. The longer a frozen shoulder exists, the harder it will be to get the full ROM back. I invite you to visit me at the clinic to see how I can help you.

VPHYSIO

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“Blowing out the Knee”

1st Degree: Mild Sprain- Minor tears of ligament fibers.
Symptoms include mild tenderness, minimal swelling or bleeding (i.e. bruising), no abnormal motion and minimal disability.

2nd Degree: Moderate Sprain-Definite stretching/tearing of ligament fibers.
Symptoms include moderate loss of function, more reaction of the joint, slight to moderate abnormal motion.

3rd Degree: Severe sprain-Complete tear of ligament.
Symptoms include an almost total loss of strength, function and ability.

Fortunately less than 50% of ACL injuries require surgery. Treatment for sprains depends on the severity of the injury. Mild sprains require RICE (Rest, Ice, Compression, and Elevation), as well as physiotherapy and exercises for the next three to four weeks. The treatment for moderate sprains depends on the severity of the damage and the individual's ability to heal. The knee might need a brace initially, followed by intense physiotherapy and exercises for at least four to six weeks. With a severe sprain, surgery might be needed in addition to a brace for protection.

Exercises are an important stage in the healing process, and play an integral part in avoiding further injury or problems. By beginning to strengthen the correct muscle groups around the knee immediately, you will lose less strength, avoid further injury, and if you need an ACL repair surgery you and your knee will be so much better prepared.

From Dick's Kitchen

Heather's Quiche

Tenderflake ready-made deep dish pie crust
Mushrooms, green pepper, onions (red, white or green)
Zucchini, broccoli, and/or other vegetables (your choice)
1 clove garlic
1 thick slice cooked ham
5-6 eggs
milk
salsa or bruschetta (optional)

Sauté vegetables prior to baking. Cut ham into squares and place at the bottom of the pie crust. Fill pie crust with sautéed vegetables. Mix eggs in a bowl and add milk as desired. Pour egg mixture over vegetables until covered. Bake at 350-400 for 20-30 minutes or until centre is firm.

Serves 4-6 people

Top with bruschetta or salsa when serving for a little extra kick.

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