

# **SHEDDON PHYSIOTHERAPY AND SPORTS CLINIC**

## **CLIENT NEWSLETTER**

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### **Osteoporosis**



#### **Simple Steps to Protecting your Bones**

The best prevention begins in childhood. However, it is never too late to make small but effective changes that can stave off or even reverse bone loss.

Your risk of developing osteoporosis depends on how much bone mass you build between ages 25 and 35 (peak bone mass) and how quickly you lose it as you grow older. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis during normal aging.

Getting enough calcium and vitamin D (which is essential for absorbing calcium) and exercising regularly can help ensure that your bones stay strong.

**Calcium.** The skeleton contains 99% of the body's calcium. Calcium is necessary for proper functioning of the heart, nerves and muscles and is involved in vital functions from blood clotting to muscle contraction. As profoundly important as calcium is to these essential body functions, your skeleton's health is so dependent on this mineral that it uses all but 1% of your body's calcium. A diet low in calcium contributes to your risk for osteoporosis. Milk and dairy products as well as leafy green vegetables provide the calcium bones need.

**Vitamin D** is necessary for the body to absorb calcium. Not getting enough vitamin D can cause your body to use the calcium stored in your bones. Sources of vitamin D include fortified milk, cod liver oil, egg yolks, liver and fatty fish such as salmon.

**Exercise** is crucial to good bone health. In particular, weight-bearing exercises (including but not limited to weightlifting, jogging, walking, hiking, stair climbing and push-ups) help increase bone strength. Please check with your doctor before beginning any exercise program. **Sheddon Physiotherapy and Sports Clinic** has a program to help get you active and prevent injury called **Prime Time Fit**.

**Lifestyle.** Stop smoking. There are many dire health consequences of using tobacco. Add bone loss to that list. Limit alcohol. Excessive alcohol consumption is linked to increased bone loss. Avoid fad diets. Fad diets often restrict food consumption to the point that you may not be consuming what your body needs. Eat a well-balanced diet and consult with your doctor for advice if you need to lose weight.

### **Office News**

**Michelle Macdonald (physiotherapist)** is now the proud mother of a baby boy (Connor) born October 21, 2009. Congratulations!

We welcome **Lauren MacPhail (Physiotherapy Assistant)** who joins us after completing her Health Science Degree.

**Alicia Jury (physiotherapist)** joins us as a full time therapist. Her knowledge and skill will be a great addition to the team. Welcome Alicia.

**Jason Kobrick, (Chiropractor)** continues to offer **video analysis** to our clients to better help understand our mechanics of movement. The most popular analyses are running and golf swing.

We welcome a new **massage therapist** to our team. **Jennifer Macdonald** will be joining us on Wednesdays. Welcome to Jennifer.

**Beth Truedell (physiotherapist) and Zofia Napieraj (massage therapist)** were in great demand on Thanksgiving at the Kerr Street Run for Hope. As **volunteers** their job was to help the runners pre and post race with any tight muscles. **Thank you guys.**

### **Location**

Oakville Medical Centre

331 Sheddon Ave

Suite 304

**905-849-4576**

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

## Our Services

- Manual therapy
- One on one care
- Physiotherapy
- Chiropractic Care
- Sport Specific Rehabilitation
- WCB/WSIB insurance coverage
- Car accident/MVA rehabilitation
- immediate traumatic & pre/post-surgical care
- Scar management
- back health program
- Shoulder health program
- TMJ associated pain
- sciatica
- carpal tunnel
- Repetitive strain injuries
- Prime Time Fit Program (exercises to help increase and maintain fitness)

### *If I am over-weight , will exercise Increase or Decrease the pain from my arthritis?*

A noteworthy study involved 1,279 subjects, over a 9-year period! Their aim was demonstrate the effects of recreational exercise such as walking, jogging, cycling, aerobics etc. on the development of knee arthritis in older, overweight adults.

**In a Nutshell:** they concluded that recreational walking, jogging, frequent working up a sweat, were NOT associated with an increase in the pain of arthritis. In fact, a directed course of physiotherapy has been shown to be more beneficial than surgery for arthritis of the knee.

**Clinical Relevance:** Considering the unquestionable benefits of exercise especially for overweight individuals, it would seem that exercise (and specifically a directed program would be of great benefit in preventing and improving pain from arthritis.



As the year comes to an end, remember that so do your benefits. If, like most, you have a plan that changes in the new year, your benefits will not roll over.

If you are suffering from an injury or have a nagging ache that you have been meaning to have treated, now is the time to get yourself fixed and have a great holiday. Remember, early treatment has been shown on studies to be quicker and more long lasting.

## You Have a Choice in Health Care

**You have been injured or are suffering an ongoing, nagging ache. What do you do?**

While most of us would seek advice from a family doctor, there are many of us, who after working with a physiotherapist or chiropractor, would seek immediate care from them to fix the problem promptly.

Physiotherapy and Chiropractic are primary-care practitioners. What this means is that they are trained to see clients without a doctor's referral and if the condition falls outside their scope of practice, to refer to the proper parties.

When you believe that your problem is of muscle, bone, joint or nerves (sprains, pinched nerves, arthritis for example), the team at Sheddon Physiotherapy and Sports Clinic can help you fix the problem and consult with your doctor if further testing or medications are necessary.

As a consumer, if you need therapy, **you can choose where you go and whom you see.** A doctor may recommend a provider and you may ask a friend, a neighbor, or a co-worker, but ultimately, **YOU** are the one who chooses.