

Contact: 705.445.2204

www.physioforhealth.ca

HEALTHY HABITS

OFFICE NEWS!

During the month of February, we have been busy renovating. We now have a larger treatment area to better serve your therapy needs.

Iliotibial Band Syndrome

The iliotibial band, commonly called the IT band, is a tough strip of connective tissue that runs from the hip to the outside of the knee [tibia]. Its function is to maintain the outside support of the leg. Iliotibial band “friction syndrome” is a condition wherein the band is torqued and the end rubs across the outside of the knee. Over time an overly tense IT band can lead to knee pain, often extending up as high as the hip.

Treatment options vary according to symptoms. Massage and stretching help to ease the tightness and ice helps to reduce inflammation. Orthotics may also help correct abnormal pronation in the foot which will take stress off of the IT band.

An effective stretch uses a simple ‘pool noodle’. As you can see in the middle diagram, roll the outer part of the leg over the noodle for a count of 30. Repeat 3 times.

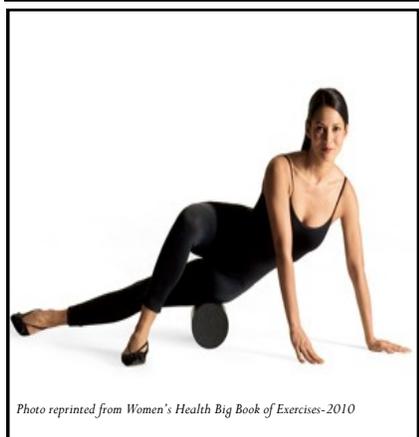


Photo reprinted from Women's Health Big Book of Exercises-2010

WELCOME TO OUR OFFICE

We have some new editions to the building.



Ivana-Athletic Therapist



Jennifer-Chiropractor



Jessica-Massage Therapist

WALK TO HEALTH

Until 50 years ago activities such as walking, climbing stairs, chopping wood, etc. kept our bodies in motion. The advent of cars, TV and computers have combined to make us a sedentary society. Lack of exercise is linked to coronary heart disease, hypertension, obesity, chronic fatigue, depression, premature aging and a higher risk of death.

Spring is in the air! Walking can easily be incorporated into your lifestyle. It is something you do in varying amounts everyday and it requires no special equipment. Walking is kind to your joints and the risk of injury is significantly less than some aerobic exercises. Think about the benefits for osteoporosis.

Don't forget to wear proper footwear, keep hydrated and stretch before starting.

KNEE REPLACEMENTS

Do you or someone you know need to find out more about how to prepare for an upcoming Total Knee Replacement? Check our website and read our featured article in the Winter 09/10 edition of **BODY MAGAZINE**.