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OFFICE NEWS!

June is National Athletic Therapy Month.

HEALTHY HABITS**Piriformis Syndrome**

What is it? The piriformis muscle originates on the sacrum and crosses over at a downward angle to the outside of the hip, attaching to the outside of the femur. It's function is to rotate the leg out and back. *Piriformis syndrome* is a condition in which the muscle irritates the sciatic nerve, causing pain in the buttocks and referred pain down the leg along the path of the sciatic nerve.

What are the common symptoms?

An irritating pain in the buttocks and referring pain down the leg along the path of the sciatic nerve. Pain is aggravated by sitting, squatting or walking.

How is it caused?

If the leg has been rotated outwards for an extended period of time, such as driving long distances, the piriformis muscle can shorten. When the leg tries to straighten out the muscle compresses the sciatic nerve.

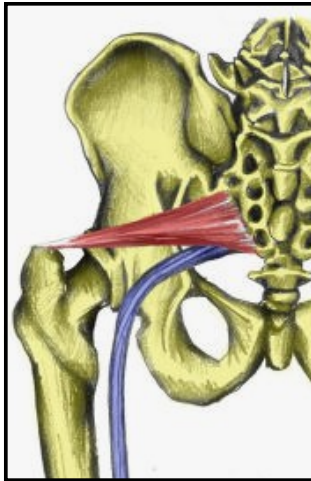
How is it treated? Stretching and massage to relieve the tightness and correct improper pelvic mechanics.

What is Athletic Therapy

Athletic Therapy is health care targeted towards active individuals, specializing in the assessment and rehabilitation of musculoskeletal injuries. Athletic Therapy also includes on-field care and emergency first aid treatment for athletes in a variety of sports settings.

What can athletic therapy do for me?

Athletic Therapists don't just treat athletes. In a clinical setting they see a variety of patients and strive to get you back to work or play as fast and effectively as possible.



Piriformis Syndrome



Piriformis stretch

**WALK TO HEALTH****NORDIC POLE WALKING: FIT OR FAD?**

Nordic walking is a great fitness activity that can be used in many patient populations. While it appeals to elderly individuals with stability concerns or those with chronic conditions such as arthritis, it can be beneficial for any age group. Nordic walking has also been investigated as part of a rehabilitation program for conditions such as Parkinson's disease, type 2 diabetes, COPD, fibromyalgia, post-acute coronary syndrome or congestive heart failure. It can also benefit people with arthritis and peripheral neuropathies.

Although Nordic walking is still new in North America, it has been popular in many countries in Europe since the 1930's. With the proper equipment and technique, Nordic walking has many benefits and very little risk when compared to standard walking. Research shows that it strengthens the upper body and core, improves posture, decreases stress on the hips and knees, increases your heart rate and burns 20% more calories. Pole walking also provides a larger base of support for individuals who have problems with balance or coordination. The 'four-on-the-floor' approach to walking may benefit individuals to exercise independently or with minimal assistance.

With any sport or activity, it's important to have the right equipment and instruction and Nordic walking is no different.