

May 2011

Contact: 705.445.2204

wendy@physioforhealth.ca

www.physioforhealth.ca

OFFICE NEWS!

May is National
Physiotherapy Month.

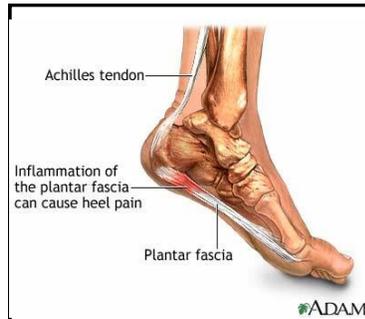
HEALTHY HABITS

WALK TO HEALTH**Plantar Fasciitis**

Plantar fasciitis is a condition that may be better referred to as *plantar heel pain*. The plantar fascia is a thick fibrous connective tissue that provides shock absorption and support of the longitudinal arch. Patients with plantar fasciitis report a sudden sharp pain under the heel, along the inside border of the plantar fascia to its insertion at the inside of the heel or calcaneus. Pain is worse in the morning or after prolonged periods of inactivity. Research has concluded that there has been limited evidence for the effectiveness of cortisone injections, conflicting evidence for low-energy shockwave therapy and no evidence for therapeutic ultrasound or low-intensity laser. Stretching of the calf and the plantar fascia have shown moderate evidence of effectiveness, although only in the short term. Taping, night splints, surgery and orthotics have also shown short term relief. At present, no single intervention has been demonstrated to be effective, maybe because the specific causes of the plantar heel pain are multiple.

GOLF TIPS

On average you will walk 8 km while playing golf. Adequate hydration before, during and after you golf will help prevent dehydration. That means 150-250 ml of water every 15 minutes.



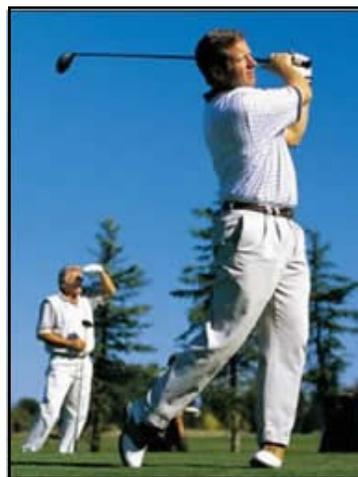
From PubMed Health 6/13/2010



Punta Cana, DR 2010-What form!!



Trunk rotation warm-up stretch



If you have been diagnosed with osteoporosis you should avoid those exercises which encourage 'flexion' of the spine. It has been shown that flexion of the osteoporotic spine, especially under a load, can lead to fracture of the vertebrae. As well, combinations of flexion and rotation are not recommended.

Specific exercises that are **not** safe due to the risk of vertebral trauma/fractures are:

- Crunches
- Chest flies and chest presses
- Knee extension machine
- Lat pull down machine
- Seated rowing
- Forward touch toes with a twist
- Hamstring stretches

Strength training done safely can complement your walking by making hills feel easier and provide bone-building benefits to legs, arms and spine. Three to four hours a week at a brisk pace appears to be the optimal amount of walking for good bone health. Using Nordic poles can activate arm and trunk muscles and make walking more secure.