



I hope you had a chance to take some time off over the summer. We sure had some great weather!

The heat always makes me restless and if I am away from my own bed, I sometimes wake with a dull headache. Which brings me to this season's subject of 'Pillows'.

How do you know what is right for you?... Read on.

Yours truly,
Kerry Maxwell

TIPS FOR THE SEASON AHEAD

PICKING THE RIGHT PILLOW

Like the choice of a mattress, the choice of a pillow is a very personal matter. Although some people can sleep with their head on a block of wood, most of us are very particular about the type of pillow we use. Your head weighs more than 10 pounds, so your pillow needs to provide you with support as well as comfort.

I surveyed the physios at the clinic to get their thoughts. And the general consensus is that a good pillow supports you in just the right places. It should keep your head in line with your back and spine. But different sleeping positions

require different pillows. If you tend to sleep on your side, you need a firmer pillow that supports your head and neck. If you prefer sleeping on your back, a medium to firm pillow will offer you more cushion.



Those who sleep on their stomach should choose a soft pillow to ease strain on the neck, however there is a strong recommendation that no-one sleep on their stomachs. I have suggested to patients who are chronic stomach sleepers with neck problems that they pin a bulky/stiff object to the front of their pajamas for a few weeks to deter rolling to their stomachs while asleep. This works quite well.

Most pillows are made with synthetic fibers or foam, which are more friendly to allergy-prone people and easy to wash. If you must have a down or feather pillow, make sure it doesn't cause an allergic reaction in your sleep partner before you purchase it. Buck wheat pillows provide a firm, moldable, hypoallergenic alternative to feather pillows. Our physio Barb Picton loves her water pillow—another hypoallergenic choice.

Other types of pillows include contoured varieties that are designed to relieve pain and stiffness in the neck or back. These pillows are more expensive than conventional pillows and are a very individual thing. Many patients find that they can't find one that fits. If you want to try one, check the return policy from the store, but give it a good 2 week trial before deciding.


Also available are pillows designed to reduce or eliminate snoring. Despite the rather optimistic claims about these pillows, they are rarely effective. It's better to address the snoring problem directly with your doctor rather than muffle it with a futile search for the perfect pillow.

Most importantly, find a pillow that makes you feel comfortable. Just because your Aunt Gladys uses pillows made with hair from the East African two-humped camel, doesn't mean you should. And when your pillow starts to lose its shape or support, it's time to get a new one. Experiment with a variety of types, and stick with the one that provides you with the best night's sleep.

CLINIC HAPPENINGS:

Everyone in the clinic has managed to take some vacation time this summer and we are all feeling invigorated and ready to go. We have had no staffing changes in the clinic. Siobhan, who has been doing our vacation cover, will be with us through to the end of October and may be back over the Christmas break. Congratulations to Sarah and Andrew who tied the knot in July.

I know a few of you no longer wish to receive our newsletter and have let the clinic know. Be aware that I do compose these well in advance and it make take two or sometimes three rotations to remove you from our list. Please e-mail me at bphysioa@shaw.ca if you wish to be removed. As always if you have any comments or suggestions, please do not hesitate to contact me.



**Burrard
Physiotherapy**
You're In The Right Hands

Monday to Friday 7am to 6pm
Saturdays 8:30am to 3:00pm

#1020-1200 Burrard Street
corner of Davie Street

Physio Schedule as at February 1st, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00						
8:00						
9:00						
10:00	Linda Warren	Barb	Barb	Barb	Lynda Lawrence	
11:00	Kerry	Allison	Byron	Allison	Linda Warren	
12:00		Lynda Lawrence	Lynn	Byron	Lynn	Sarah
13:00		Shahab	Shahab	Lynda Lawrence	Shahab	Andrew
14:00		Shahab	Shahab	Shahab	Shahab	Shahab
15:00		Linda Warren	Linda Warren	Linda Warren	Sarah	
16:00		Byron	Sarah	Sarah	Byron	
17:00		Allison	Byron	Lynn	Andrew	
18:00		Lynn	Linda Warren	Linda Warren		
19:00	Kerry	Sarah	Andrew	Shahab		