



At our last staff meeting, we decided it would be a great idea to answer some frequently asked questions. Of course these answers are all very general, so always check with your physio to see how things specifically relate to you.

Yours truly,

Kerry Maxwell

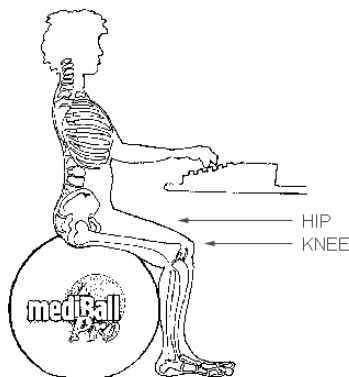
## TIPS FOR THE SEASON AHEAD

### FAQ's

#### 1. Should I sit on a ball at my desk?

When I put this question to all the physios, it divided us initially until we realized why. The answer is yes and no. Generally sitting on a ball can be great for your back. It makes your core muscles work harder, gives you a cushioned surface and enables you to move around and exercise a little while you are at your desk. HOWEVER, you can still slouch on a ball and not use your core, which can put even more pressure on the joints and discs in your back. In addition to that, many of our patients are already suffering from a back injury or pain when they ask the question, so it is not necessarily a great time to start sitting on a ball.

If you



choose to sit on a ball, do these things:

- Sit towards the front of the ball as it is harder to slouch.
  - Sit up tall, and use the ball to roll around in small circles occasionally while sitting to re-engage your core.
  - Interchange between the ball and a chair. Start with about 20 minutes on the ball and gradually increase this time as your core muscles get stronger.
- Ensure the ball is pumped up and is the right height for you.
  - Ensure the ergonomics of your workstation allow you to stay close to your keyboard and that your monitor and keyboard are still at the correct height.

For some people a ball chair may be more comfortable as it gives you more stability, with the benefits of a ball.

## 2. Should I stretch before or after I exercise?

The answer to that is both.

Stretching before you exercise helps to warm the muscles up and prevent injury. You should always do some light, low impact cardio before a warm up stretch—walk to the gym. Warm up stretches should be contract/relax. Contract the muscle for 5 seconds, then relax and gently move into the end of range for about 10 seconds.

Stretching after exercise helps to reduce lactic acid build up in the muscles and prevent post exercise soreness. During activity, our muscles mostly work in their mid range position, so stretching after exercise also restores the muscles to their normal resting length and prevent progressive tightening and muscle imbalances from occurring. Post exercise stretching can be a sustained stretch, without the contract phase. Simply take the muscle to its end of range and hold for 20 to 30 seconds.

Stretching should never be painful and should only take 10 minutes or so at each end of your exercise program.

For sports specific stretches, consult your physiotherapist.

### CLINIC HAPPENINGS:

We have had only one staffing change in the last couple of months. **Daniel**, our massage therapist has returned to Ontario and is no longer with us. We have Erika Kosarko, startin Tuesday October 4<sup>th</sup>. See PDF attachment for details.

Burrard Physiotherapy is excited to welcome a new member to our team: **Gabrielle Eagles, a Registered Holistic Nutritionist.**

Gabrielle is eager to work with clients who have been told they need to change their eating habits or those who know they are struggling in this area of their lives. Her programs have helped clients gain energy, lose weight, balance blood sugar, manage stress, beat fatigue and increase athletic performance. She is available for one hour consultations starting next week on Tuesday and Thursday evenings and Saturdays. Appointments can be made directly with her. For information about her nutritional programs and pricing, please visit [www.puravidanutrition.ca](http://www.puravidanutrition.ca).

We are also offering **Nutritional Workshops** in the coming months. Join us for any of the following topics:

Oct 15: Nourishing Your Baby & You  
Oct 21: Healthy Weight Loss  
Oct 29: Raising Healthy Kids  
Nov 4: New Athletes & Active Vancouverites  
Nov 18: Nutrition for Longevity (Anti-Aging)



Click here for details. <link on the word “here”=  
<http://www.puravidanutrition.ca/workshops.html>>

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[www.puravidanutrition.ca](http://www.puravidanutrition.ca)

Pura Vida...vitality through nutrition!

**Great news from WorkSafeBC:** a doctors' referral is no longer required at all for most injuries. There is a long list of injuries that do require referrals, however, these are all very serious injuries/illnesses that you would see your Dr for regardless. If you hurt yourself at work, you need to inform your employer, as they need to fill out paperwork for WorkSafeBC as do you. Claims processing is happening faster these days and most people know whether their claim has been accepted within a couple of weeks. WCB will always pay for the initial visit, even if the claim is eventually rejected, so it is always a good idea to come in and see your physio for a diagnosis and care instructions.

The national physiotherapy congress was held in Whistler in July and was attended by many of our therapists. It is always exciting to get together with colleagues from all over the world and discuss the most recent advances in our field.

We now have available in the clinic a **spirometer for lung function testing**. This test is available for a fee of \$40. This is a useful test for patients suffering from lung disorders such as asthma, COPD or emphysema. You will be given a print out of the test results that you can take to your doctor for analysis.