

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy

You' re In The Right Hands

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GARDENING WITH EASE

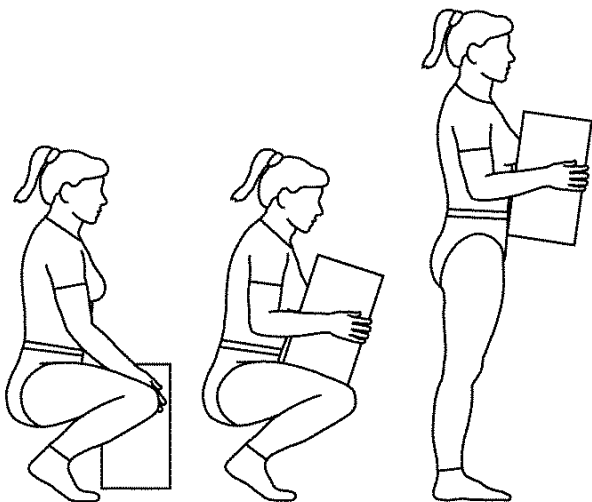


GARDENING WITH EASE

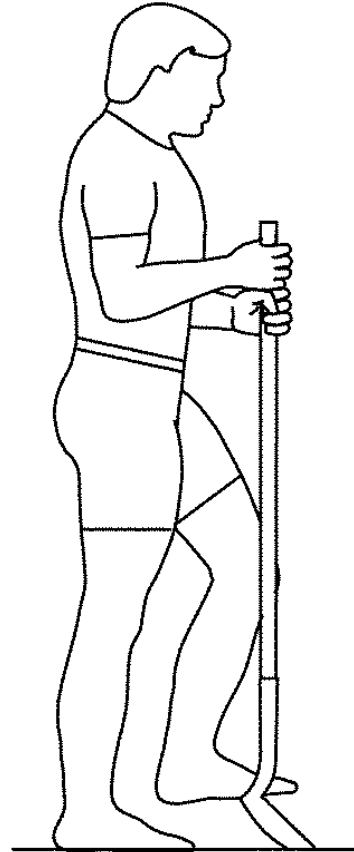
Gardening is one of the greatest pleasures for many people, but is often an unnecessarily backbreaking hobby. It is rated in the top ten most dangerous recreational activities.

Below are a few easy ways to reduce the likelihood of suffering for your art.

- ◆ When lifting, always use your legs, bend your knees and keep the weight close to your body. Avoid twisting your spine when lifting or carrying. Use your feet to turn! Try and purchase soil and fertilizer in smaller bags where possible.



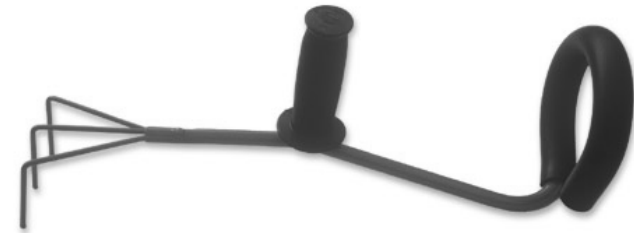
- ◆ Use a small garden dolly to transport heavy bags of fertilizer and soil around.
- ◆ When shoveling, remember that your spine is weaker if it's twisted, so face your shovel as you work. Dig into the ground with the face of the shovel vertical for better leverage and take smaller loads on your shovel.



- ◆ Find cushioning in strap-on knee pads and pants with padded knees.
- ◆ Change tools and tasks every 15 minutes or so to avoid fatigue and repetitive strain injuries. Stretch key muscle groups during these breaks.
- ◆ When working above shoulder height, take a

break every 5 minutes or less and use both arms wherever possible.

- ◆ Whenever possible, sit down while working.
- ◆ Use ergonomically designed gardening tools. Many tools now days are designed with thicker grip rubber handles and are ultra lightweight. When it comes to long-handled tools, the longer the handle, the better (when you're standing). The less you bend, the less chance of back strain or injury.



- ◆ Treat a day in the garden like a session in the gym, warm up and cool down. Stretch before and after you garden.
- ◆ Drink lots of fluids even if it's not particularly hot and eat a few bananas (or other potassium rich snacks) to avoid muscle cramping.

If you injure yourself, apply ice immediately for 20 minutes and *do* seek advice from your physiotherapist.