



Burrard Physiotherapy

You're In The Right Hands
604 684 1640

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

#1020-1200 Burrard Street
corner of Davie Street

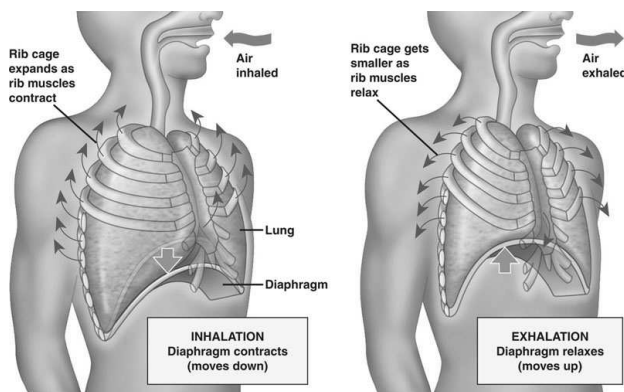
Yippee, the sun is back and the days are longer, so go outside and smell the roses. On that note, below you will find an interesting article about the relationship of breathing to pain, healing and other symptoms. As always if you have any comments or questions, please do not hesitate to contact me (or anyone at the clinic).

Yours truly,
Kerry Maxwell

TIPS FOR THE SEASON AHEAD

BREATHING

“Take a deep breath”, is a suggestion often given to relieve body tension. However, this may not be the best advice as so many of us are in fact, ‘over-breathers’. So, what is over breathing? Breathing is primarily a reflex action used to manage the levels of carbon dioxide in our blood. When we do not breathe efficiently and do not exhale an appropriate amount of carbon dioxide, the level of CO₂ in our blood is raised. Our finely tuned body chemistry is disturbed and eventually compromises our nervous, muscular, cardiovascular, digestive, and immune systems. There is much research evidence that suggests a large variety of common symptoms are caused from poor breathing. For example, do you experience, shortness of breath, tingling in fingers, cold hands and feet, chest pain, heart palpitations, dizziness, blurred vision, poor concentration, feelings of anxiety, irritable bowel or bladder, bloated abdomen, chronic muscle and joint pain?



Do you find yourself sighing or yawning a lot during the day – becoming breathless when talking - holding your breath when concentrating or remembering a scary situation? Many people even hold their breath as they move, say from sitting to standing, or perhaps walking stairs.

If you recognize some symptoms of over breathing, we invite you to experiment for a few weeks and see if breathing more efficiently will bring some changes for you.

Efficient breathing includes both diaphragmatic and chest breathing. Place your tongue on the roof of your mouth (as when you make a ‘clucking sound’), lips closed, teeth apart, and breathe through your nose. Place your hands lightly on the belly and the chest and notice the rise and fall of these areas - or lack of it. Initially on the inhale the belly will rise gently followed by the breast bone. On the exhale, the breast bone falls and then the belly. Exhalation should be relaxed, quiet and fluid – just let it go. The breath cycle is 40% inhale, 60% exhale with 2 counts of rest before the next inhale. A helpful guide is to count 4 then 6 then 2. If this rate is too slow for you try counting 2, 3 and 1.

Changing your breathing pattern can be challenging so only practice the new rhythm for a short while and then take a break and breathe as you are used to. Breaking habits and training new patterns is best done with the maxim, “little and often”, so keep coming back to a minute or two of breathing in the new pattern every hour.

For further information ask for Lynda Lawrence or Barbara Picton who have both completed specific training in recognizing and treating disorders associated with poor breathing patterns.

CLINIC HAPPENINGS:

Firstly we welcome back **Bryn Edwards**. Bryn has been traveling in Southeast Asia for the past 4 months. Unfortunately this means saying farewell to his locum **Ian Shepard**. Welcome to our new locum **Ben Motum** who will cover holiday shifts to the end of September. We also welcome back **Marta Krolak** who has been on maternity leave for the past year. Marta will be taking over the Friday and Saturday shift from Macy. We also bid farewell to **Sarah Currie**, who has returned to her true vocation of nursing and welcome in her place **Erika Fuller**. As of May 1st, 2009 we will be raising our private visit fee to \$55 per visit. The Seniors fee will also go up \$5 per visit. To somewhat offset this increase, we will no longer charge a higher fee for new patients and returning patients with a new injury. I realize that in the current economic circumstance, this may be difficult for some of you, but unfortunately we have seen significant increases (up to 30%) in our operating costs in the last 2 years with no raise in fees during that same period. We will continue to provide you with the high quality of care that you have come to appreciate and expect from us.