



BURRARD PHYSIOTHERAPY

You're In The Right Hands

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Spring 2010 Newsletter

Wow! Were the Olympics ever great fun. What a way to bring the city together and inspire a nation. I don't know about you, but the athletes made me feel extremely out of shape, so I am hitting the gym full force again. Warming up and cooling down are both equally important to avoid injury..... read on.

TIPS FOR THE SEASON AHEAD

WARM UP / COOL DOWN

Regardless of the type of activity you are doing, it is important to warm up and cool down properly. Warming up correctly gets the muscle, joints and connective tissues ready to accept impact and activity, while cooling down helps release any lactic acid build up and restores structures to their normal resting length. When exercising the majority of activities require muscles to work at their most efficient length which is in their mid range. If you are not stretching out well and consistently after exercise, your muscles will become chronically shortened and this often leads to biomechanical strain and injury.

The Principals of Warming Up:

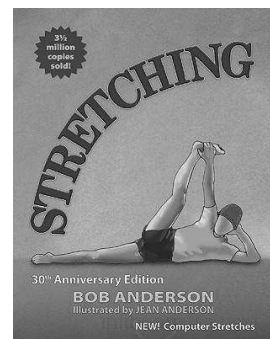
Start with some large amplitude, low velocity and low impact activity, such as walking for 5 to 10 minutes. This helps raise the heart rate slowly and get the blood pumping through the large muscle groups. Now you need to stop and stretch. Warm up stretches should be contract/relax stretches. Contract the muscle for 5 to 8 seconds, then relax and stretch for 15 to 20 seconds. Once for each muscle belly is enough. If you are planning any higher velocity activity such as sprinting for racquet sports, make sure you start that activity at a slower pace for 10 minutes; i.e. jog before sprinting, hit a few easy rallies before logging off 70mi/hr serve.

The Principals of Cooling Down:

With the muscles well used with a build up of lactic acid, we have all experienced the next day stiffness that can occur. This is easily prevented or minimized by cooling down correctly.

Basically, warm up in reverse. Spend 5 minutes at a slower pace, preferably on an activity that uses large muscle groups at low impact, for example walking or slow pedaling on an exercise bike. Then stretch. Cool down stretches should be held for slightly longer and do not require the contract phase. Simply stretch the muscle and hold for 20 to 30 seconds. If you can find the time to do two on each muscle, you will notice a difference.

Recommended reading for stretching is Bob Anderson's *Stretching For Sports*. This book has some great programs with a lot of different activities covered. Ask your physio next time you are in the clinic for a copy of those stretches that pertain to your specific sport.



CLINIC HAPPENINGS:

I have to say, things kept humming along as usual through the Olympics, and what an easy commute to work. I am happy to announce that we have had no staffing changes since our last newsletter. I heard from Bryn last week and he is slowly settling in to Island life, and enjoying every minute.

I am sure you are all aware of the introduction of the HST as of July 1st. The physiotherapy business association has calculated an increase in costs of 8% to our industry. This is because at present many of our hard costs are GST &/or PST exempt. This will no longer be the case. Unfortunately, as a result, we are forced to increase our charges from \$55 per visit to \$60 per visit as of July 1st, 2010.

Physio Schedule as at February 1st, 2010

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