



Burrard Physiotherapy

You' re In The Right Hands

Wow, have we ever had a busy time over the last couple of months. I am happy to say the move went well and we are very settled into our new digs. It looks great and all the patients who have been in, love it!

Thanks for all your support and good wishes that I have received. It means a lot to know how much you appreciate your therapists' work.

Yours truly,

Kerry Maxwell

PROPRIOCEPTION

Proprioception is also known as kinesthetic awareness. In simple terms, it is your body's ability to know where it is in space without having to look. It is one of your body's sensory systems that is vitally important to keep you moving and to prevent injuries.

Proprioception is an automatic sensory system in the body that sends messages through the central nervous system (CNS). The CNS then relays information to rest of the body about how to react. It enables us to control the force, duration and type of muscle contraction that is required to both move and protect joints. An example of this is walking over rough ground. You need to be able to quickly contract the muscles around the ankle to accommodate to the changing surface. If your proprioceptive system isn't up to speed, you are likely to twist an ankle.

Human beings "train" for proprioception in the quest for efficient everyday movements. Proprioception is unconscious initially, but can be enhanced with training, and sensory organs that are damaged can be retrained and sensitized. Specialized sensory receptors in the muscles, joints and connective tissues enable the body to process information from a variety of stimuli, and turn that information into action.

For a generalized check to see if your proprioceptive system is working well, close eyes. If you can, try standing on one leg with your eyes closed. Don't let your legs touch each other and have your shoes off. A healthy adult should be able to maintain balance for at least 30 seconds. As we age, our proprioceptors fire a little slower, but a healthy senior should be able to maintain single leg balance with eyes closed for at least 10 seconds. (Rossiter and Wolf et. Al (1995))

CLINIC HAPPENINGS:

Well, the biggest thing of course is that we moved the clinic. We were only closed over one weekend and opened in the new location February 28th.

We now also have a **Massage Therapist** on staff. **Daniel Kilian** will be working Monday, Wednesday and Friday to start, but will build up to full time hours over the next few months. Another new addition to our team is **Siobhan McEnnis**, physiotherapist. Siobhan brings with her over 15 years of experience. She is a skilled manipulative therapist as well as a registered acupuncturist. Siobhan will be covering vacations until June when she will be working 4 permanent shifts per week in the clinic.

Our new address is:

#702—1190 Hornby Street, Vancouver BC V6Z 2K5

We are one block east of where we were at the corner of Davie and Hornby. See map on reverse for detailed location.

TIPS FOR THE SEASON AHEAD

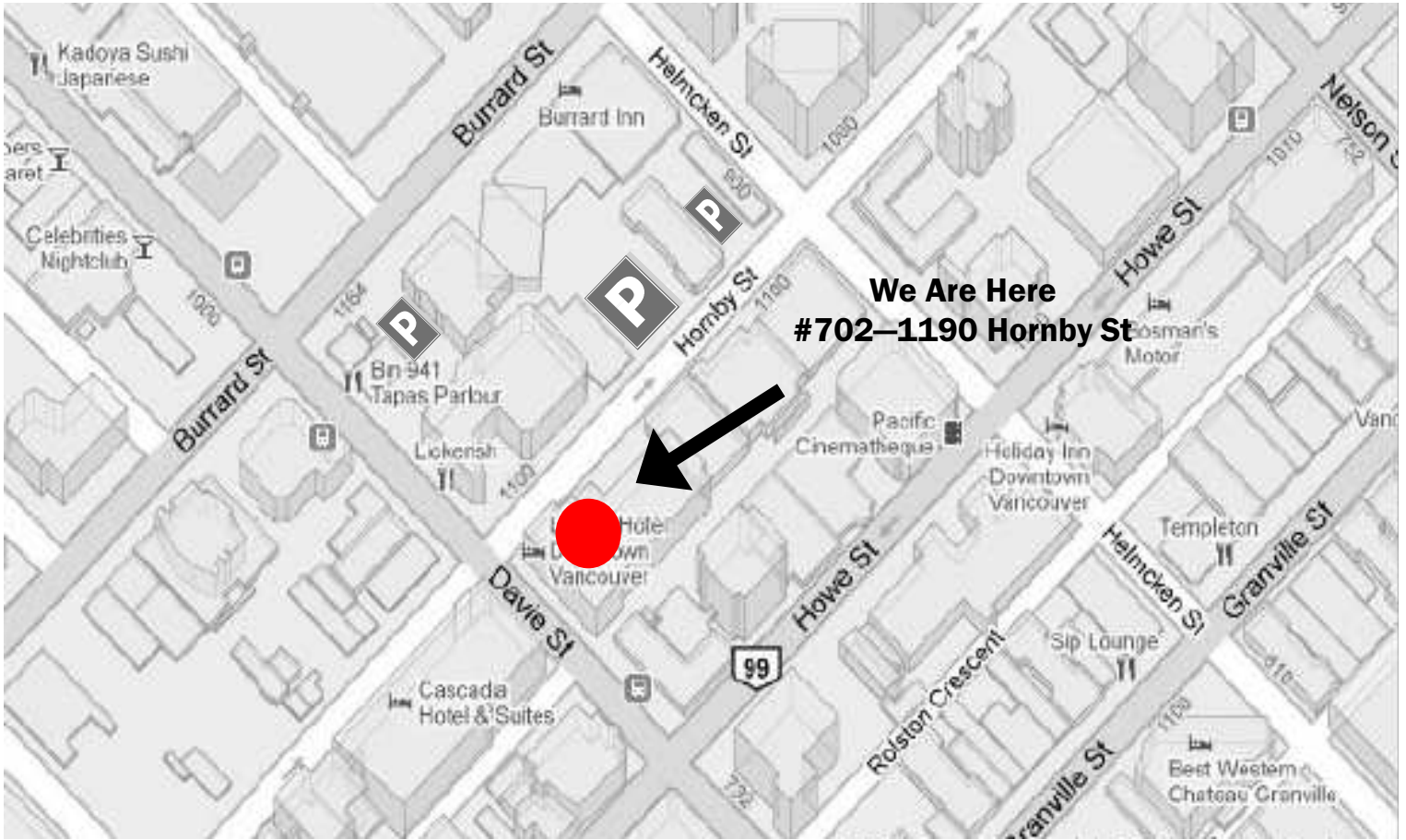
The sensors for your proprioceptive system are found primarily in your muscles, tendons and joints. If you injure any of these structures, those sensory organs also get damaged. If you don't specifically retrain them, they may not completely recover. This is very evident in people who suffer recurrent injury to the same area. Recurrent ankle sprains are very common in people who do not rehab their injury properly.

Many patients believe that they have good balance, but when tested with their eyes closed, they fail miserably. This is because the visual system takes over from the proprioceptive system, but without both working together movement is not as efficient. If you tend to fall into the wall when walking down the hall to go to the bathroom at night, you need to work on your proprioceptors. Loss of proprioception as we age puts us at an increased risk of falling, especially at night.

Proprioceptive retraining is simple. Work on your balance. Always make sure you are in a safe place first. Stand in a corner if you are unsure how stable you are, or near a bench you can hold onto. A good starting place is to then simply close your eyes. Progress to one leg standing and for more active patients, try doing a few reps of each exercise you do in the gym with your eyes closed. There are lots of balance devices out there now, aimed at enhancing both the core muscles and proprioceptive systems, such as balance boards, exercise balls and bosus.

Talk to your therapist about adding some proprioceptive component into your exercise program. If you are having problems with falls or recurrent injury, make sure you come and see one of us. Your physiotherapist can help.

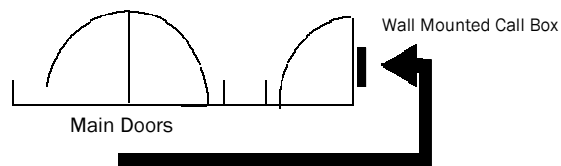




#702-1190 Hornby Street
Tel: 604 684 1640
E-Mail: bphysioa@shaw.ca

There is lots of street parking on Hornby and two above ground car parks just across the street. There is a passenger drop off zone in front of the Copeman clinic one building down from us at the crosswalk. If you have trouble locating us, please give the clinic a call. The only thing that has changed is our address. Our website, (www.burrardphysiotherapy.com) phone number and email address are all the same.

The main doors of the building are locked a little earlier, so if you are coming in before 7:30am or after 5:30pm, you will need to use the buzzer to get in. The buzzer is located around the corner from the single glass door, located to the right of the main



Our therapists' schedule remains much the same, but a few of us have extended our hours.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7:30						
8:00						
8:30						
9:00						
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10:00	Linda	Barb		Barb	Lynn	
10:30	Byron	Allison	Lynn	Allison	Kerry	
11:00			Barb	Byron	Linda	
11:30		Lynda	Shahab	Lynda	Lynda	
12:00			Kerry			
12:30			Daniel - Massage Therapist			
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15:00						
15:30	Lynn	Linda	Sarah	Linda	Sarah	
16:00	Allison	Byron	Andrew	Lynn	Byron	
16:30	Daniel - Massage Therapist	Sarah		Sarah	Andrew	
17:00		Shahab		Shahab		
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