

Some of you may notice that you missed out on a Spring newsletter this year. My fault, I have had a very busy April/May, but am now organized and back on track.

Kerry Maxwell



# Burrard Physiotherapy

You're In The Right Hands  
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## TIPS FOR THE SEASON AHEAD

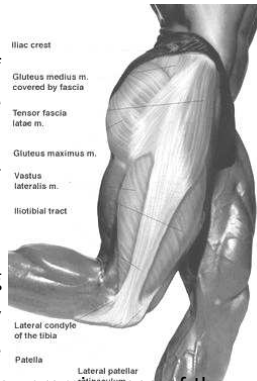
### ITB FRICTION SYNDROME

The ITB or Iliotibial band is a broad band of fascia (fibrous tissue) that runs from the outside of the hip to the outside of the knee, connecting a muscle called the TFL (tensor fascia lata), to the knee.

ITBFS is an overuse injury that produces pain on the lateral knee or hip during running and, occasionally, cycling. Pain is generally caused by an unusually tight ITB, the undersurface of which frictions over the bony prominences of the outside of the hip and knee. This occurs during knee bending and straightening at approximately 30 degrees of knee bend. When running and cycling, the tight ITB flicks over the bony prominence, causing friction, microtrauma, inflammation – and hence pain develops.

Causes of ITBFS may be poor training habits, incorrect equipment or biomechanical imbalances. Training habits such as running on a banked surface, inadequate warm-up or cool down, excessive downhill running, or cycling with the foot toed-in can lead to pain. Biomechanical issues such as overpronation, significant leg length differences or weak hip abductors may come into play as does a tight ITB.

Treatment initially includes rest and control of inflammation with ice, anti-inflammatory medication and ultrasound or other physiotherapy techniques. Further intervention then depends on correct diagnosis of the root cause of the problem. This requires a thorough assessment and will ensure prevention of any recurrence.



### SETTING UP YOUR BICYCLE

This section should really be a book in itself as it can be quite a complex process. If you have any doubts, make sure you visit your local bike shop and have them review your position. If you are in the market for a new bike, make sure you try it on first. In an ideal world, your bike should fit you, not the other way around. Here are a few things you can adjust on a bike you already own, to get more comfortable:

**Seat angle;** start with the seat horizontal to the ground then adjust up or down for comfort.

**Seat Height;** put the bike on an indoor trainer or position yourself and your bike in a doorway, so you can hold yourself up while pedaling. Have a buddy sit behind you and watch. Then raise the seat until, as you pedal backwards with your heels on the pedals, your legs are completely extended at the bottom of the stroke. If you have to rock your hips to reach the pedals the seat is too high.

**Pedal/Shoe;** pedaling is most efficient when you ride with the balls of your feet on the pedal. Install toe clips on your bike if you don't already have them or have cleat pedals installed by a professional to ensure proper placement

**Handlebar Height;** Comfort is key. If your lower back, neck, hands, and/or arms hurt, you're likely leaning too far forward. If all your weight is on the seat and you feel every bump, you're sitting too upright. Measure bar height by holding a yardstick on the seat so that the yardstick extends over the bars. On road bikes, handlebar height varies from matching seat height to 4 inches lower (extreme racing position). On mountain bikes, height begins at seat level to about 3 inches lower than the seat.

### CLINIC HAPPENINGS:

We bid farewell to **Marilyn Atkins** who has decided to retire after over 40 years as a physiotherapist. Marilyn has been a great asset, not only to the clinic, but to the profession. She has been a teacher, a healer and a mentor. We will miss her. **Bryn Edwards** will be taking on a couple of extra shifts to fill in the gap left by Marilyn. Congratulations also to **Linda Warren**, **Bryn Edwards** and **Shahab Rezan** who have all successfully completed their Gunn IMS certification. Each is now fully qualified in the technique as I'm sure some of you have already experienced. IMS is a form of treatment that uses acupuncture needles to trigger points in muscles to relieve chronic pain. For more information on this very successful technique, go to [www.istop.org](http://www.istop.org) or to our website. We welcome on board **Christie Stokes** and **Sarah Currie** who have both come to us from Australia. Christie is a physiotherapist who will be helping me with the vacation cover until the end of the year and Sarah will be filling in for **Marta Krolak** while she is on her maternity leave. Last and by no mean least, big congratulations to **Marta** and her hubby, who are now the proud parents of a little girl, Helena, born Tuesday May 6th. Mum and baby are home and doing well. We can't wait to meet the newest member of our family.

As always please do not hesitate to e-mail or phone me if you have any questions or concerns.