



Firstly, my most profuse apologies, the last newsletter had our address incorrect, we are at 1190 Hornby.

It is voting time again at the Georgia Strait. If you like us, please take the time to vote for us 'cause we all really appreciate it. You have until July 11th to have your opinion heard.

This season, we answer the FAQ about Back Pain. Read on....

Kerry Maxwell

TIPS FOR THE SEASON AHEAD

BACK PAIN

Back pain is very common. 85% of people will suffer from back pain at some point in their lives. In most cases low back pain can be treated with conservative (nonsurgical) methods. Problems can be avoided by knowing what causes the pain and what to do to prevent it.

HOW YOUR BACK WORKS

Your spine is a complex system of interlocking working pieces. The bones, or *vertebrae*, are separated by discs and held together by ligaments and supporting muscles.

The basic unit of the spine consists of two vertebrae and a disc. The *disc* acts as a shock absorber and it supports and distributes the weight of your body. The two small joints (*facet joints*) guide the movement in your back. *Ligaments* bind your vertebrae together and give additional strength to the discs and joints of the back. *Muscles* produce and control movement of your spine. They are an important source of strength and support for your back.



IS MY BACK OUT?

No! Your discs are firmly attached to the vertebrae above and below by ligaments. You cannot slip a disc or put your back out. A disc may tear (prolapse or rupture) or become thin or bulge with wear and age. Commonly back pain is caused by joint or muscle problems.

WHAT CAUSES BACK PAIN?

The spine is very complex and many things can go wrong. Injuries can occur to discs, joints and ligaments due to acute trauma, poor postural habits, and the accumulation of physical stress on the spine. Problems can occur as a result of arthritis, degenerating discs, muscle tension and muscle weakness.

WHAT SORT OF PAIN IS FELT?

Pain may be nagging, sharp, uncomfortable or sheer agony. It can last for hours, days or years if uncorrected. Pain may be felt in the back or it may be

referred pain. That is, it may be felt in the lower abdomen, groin, leg or foot. Sensations such as pins and needles, numbness, and burning may also be felt.

HOW CAN YOU PREVENT IT?

Adopt good habits:

POSTURE - knees soft, not pushed back. Shoulders relaxed, not hunched up or rolled forwards. Head level with chin tucked in.

Stand tall without tension!!

Posture, should be stable, balanced and relaxed when sitting, walking and standing.

WORK - avoid prolonged sitting or working in the same position. Stretch, change positions, redesign your work area.

LIFTING - *keep* loads close to the body, feet well apart, bend the knees more than the back, lift with leg power.

CARRYING - hold loads close to your body or strapped to your back.

SLEEPING - your mattress should be firm enough to support your natural shape.

WEIGHT CONTROL - excess weight puts extra strain on your spine.

EXERCISE - keep your spine and trunk muscles flexible and strong with correct back and abdominal muscle exercises.

REST & BE CAREFUL!

If you injure your back, some initial rest is essential to give your spine the chance to recover and repair. Don't push on regardless. Rest must be followed with a gradual return to activity. Our physiotherapists at Burrard Physiotherapy will guide you through this process.

Seek early treatment and advice. It can dramatically reduce your recovery time!

AIMS OF PHYSIOTHERAPY

- Increase Mobility & Stability
- Alleviate Pain
- Stretch Tightened Muscles
- Retrain Muscles—Strength, Co-ordination & Endurance
- Prevent Re-injury

CLINIC HAPPENINGS:

Everyone has scheduled in some well deserved time off this summer. We have **Ian Koblbauer** coming in to cover all the time off. Barb Picton in particular will be away for all of July and August.

Sad to say that **Steve Carrignan** will be leaving at the end of June. He is returning with his wife and family to Quebec. We will miss his expertise around here, but we have **Olga Dorfman** taking over from him. Olga brings over 12 years of experience with expertise in TMJ, Running injuries, Pilates, Ergonomics and Spinal Manipulation. As well as English, she is fluent in Russian and Hebrew.

Carly is now also offering a Wednesday evening rehabilitative yoga class from 7:15 to 8:15. If you would like to book in, please give the clinic a call and ask to talk to Carly directly.

Clinic Schedule as at July 1st, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Linda Warren	Barb Picton	Linda	Barb Picton	Lynn Chapman	Kevin Chen	
7:30	Siobhan McInnes	Allison Downie	Siobhan McInnes	Allison Downie	Linda Warren	Andrew Ewert	
8:00	Barb Picton	Olga Dorfman	Barb Picton	Siobhan McInnes	Shahab Rezanian	Shahab Rezanian	
8:30		Lynda Lawrence	Shahab Rezanian	Olga Dorfman	Lynda Lawrence		
9:00		Noam Gagnon - Private Pilates	Lynn Chapman	Lynda Lawrence	Noam Gagnon - Private Pilates		
9:30		Shahab Rezanian	Erika Kosarko RMT	Noam Gagnon - Private Pilates	Steve Radloff - Rolling		
10:00			Steve Radloff - Rolling	Steve Radloff - Rolling			
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			Restorative Yoga with Carly 7:15 to 8:15				Restorative Yoga with Carly