



# Burrard Physiotherapy Associates

You' re In The Right Hands

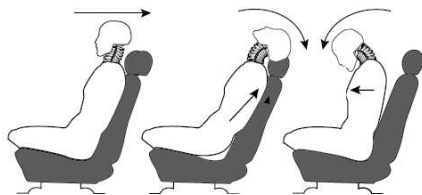
We hope you have had a happy 2007 and have jumped into 2008 with both feet. If you wish to receive our newsletter by e-mail, please send me an e-mail at [bphysioa@shaw.ca](mailto:bphysioa@shaw.ca). I assure you, your e-mail address will not be distributed to anyone, and will be used only for the purpose of newsletter distribution. Thank you for your continuing support. Happy New Year, Kerry Maxwell

## TIPS FOR THE SEASON AHEAD

### HEADRESTS

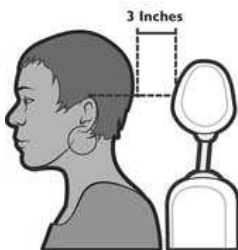
As we find ourselves in the middle of our rainy, sleety and sometimes snowy winter, the importance of correct headrest adjustment increases. There will be over 2200 injuries sustained each month through the winter in BC (ref ICBC Traffic Stats). Many of these injuries can be prevented or reduced in severity if the headrest in the vehicle is adjusted correctly.

Where your headrest is too low, this is the risk you run:



As you can see from the diagram, there is excessive backward/forward motion of the head which results in significant soft tissue injury.

If your headrest is correctly adjusted, the top of a head restraint should reach at least as high as the top of your ear and be set back no more than 3 inches from your head, as shown to the right.



### MANAGEMENT OF SOFT TISSUE INJURIES

Should you find yourself the recipient of a whiplash injury, there are some things you should do to minimize its severity.

- See your doctor immediately. They can put to rest any concerns you may have regarding the severity of your injury. It is unlikely an X-Ray will be warranted as gentle palpation will give your doctor the information he/she needs. You may be prescribed a pain killer, anti-inflammatory or muscle relaxant if needed.
- Treat your neck as you would a sprained ankle. Ice (15 minutes every 2 to 4 hours) in the first 24 hours. This will help minimize swelling in the joints and muscles.
- Continue to move! Many times, the most stiffness is felt on the 2<sup>nd</sup> or 3<sup>rd</sup> day after an accident. It is vital to maintain normal range of motion through this period. By performing hourly neck exercises, prolonged stiffness is prevented. You should see your therapist for an individually tailored programme of range of motion and stretches.
- Strengthening exercises can likely be added 10 to 14 days post injury. This will help restore normal biomechanics and prevent ongoing or recurring problems. Your physiotherapist will safely guide you back to activity.

### CLINIC HAPPENINGS:

We bid farewell to **Phil Lawrence** who has decided to pursue his career in health management full time. Replacing Phil is **Antony Causton**. Antony has been working with us part time since August and will now be working full time, Mondays, Tuesdays, Wednesdays, Fridays and Saturdays.

Congratulation to **Lynda Lawrence** on successfully challenging the Advanced Diploma in Manual and Manipulative Physiotherapy.

Lynda has also completed the advanced course in pelvic floor dysfunction, covering pelvic pain and urinary & fecal continence. Congratulations also to **Linda Warren**, **Bryn Edwards** and **Shahab Rezanian** who have all successfully completed their Gunn IMS course work. Each will be doing a 2 week practicum placement in the coming weeks before being qualified to practice this technique. 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. As always please do not hesitate to e-mail or phone me if you have any questions or concerns.



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

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corner of Davie Street