

Winter 2011 Newsletter



Burrard Physiotherapy

You're In The Right Hands

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

#1020—1200 Burrard Street
Tel: 604 684 1640

I hope you had a great holiday and got some well deserved rest. I always look forward to the New Year. Lots of plans and exciting things are always ahead. Of course there are the promises we make to ourselves to get into shape. Your core is always a good place to start....read on.
Yours truly,

TIPS FOR THE SEASON AHEAD

CORE STABILITY

With the explosion in popularity of Pilates exercise programs, terms such as core stability have begun to pass into common language. The uninitiated may be aware that this has something to do with the abdominal muscles, but for Physiotherapists the growing awareness of core stability has revolutionized the way we assess and treat back pain. So what actually is core stability?

Let me just say from the outset that doing heaps of sit-ups and crunches won't give you core stability. These exercises target the wrong muscles and work them in the wrong fashion.

Core stability refers to the ability of certain, specialized muscles to prevent uncontrolled and potentially injurious movement of the spine. It's important to have adequate core stability, as powerful muscles attaching to the trunk initiate practically all sporting movements as well as the everyday ones. These movements are more efficient if these power-generating muscles have a stable base to work from. Forces transferred up the legs or arms (e.g. from running/walking, hitting a tennis ball or carrying groceries) are also absorbed and transferred in the trunk. If these aren't controlled it can injure your back as well. Ever jarred your back when you missed a step? That's force transfer at work.

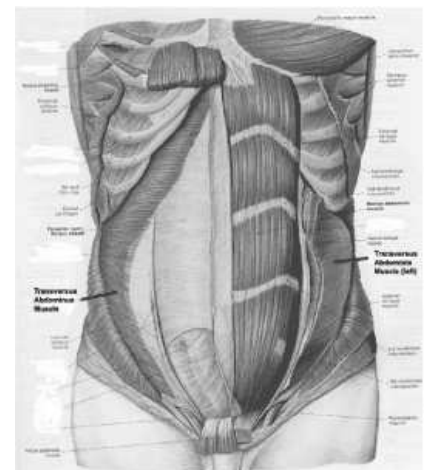
It's for this reason that your physio may look at core stability in an individual with seemingly unrelated problems – a hamstring strain, for example, where an inability to properly control spinal movement can contribute to re-injury or delayed recovery.

The problem is these core muscles become inhibited (think of it as being similar to a software crash) when you have back pain, and more significantly, they don't necessarily automatically switch back on once the pain settles. They lose their memory and timing, such that if they do come back on, their protective abilities can be delayed. Moreover, research has shown that if the core stabilizers don't work well, the back can be predisposed to further or recurrent injury.

The role of the core stabilizer muscles is to provide the external support that maintains balance of the whole system. The core muscles comprise the innermost layer of muscles in the trunk and include multifidus, transverse abdominus, the diaphragm and the pelvic floor muscles. The combined contraction of these muscles convert the otherwise soft abdomen and wobbly spine into a rigid cylinder.

RIGHT: The abdominal wall has four layers of muscles, of which Transversus Abdominis (highlighted) is the innermost.

Physiotherapists are skilled in the teaching of core stability exercises, and today they are used as an important component of rehabilitation from back pain and injury. Incidentally the TA and multifidus muscles when well conditioned, (along with other postural muscles such as the rotator cuff), contribute to good erect posture.



CLINIC HAPPENINGS:

I am proud to announce that we won the Georgia Straight Best of Vancouver in the physiotherapy category, so thank you to all of you who took the time out to vote for us.

Our Physios have all had a busy year with patients, continuing education and teaching. Among other things, Linda Warren has continued to teach anatomy at UBC. Allison Downie has some new taping techniques under her belt; Andrew Ewert recently had a spot on CBC radio. Byron Chan, Andrew and Sarah Ewert have all continued their orthopaedic and acupuncture levels. Barbara Picton and Lynn Chapman both continue teaching. Shahab attended the world congress on Low back pain and I attended a course on connective tissue function. All our therapists attended multiple education events throughout the year and we have monthly meetings where we educate each other and discuss advances in patient care. Although this is not currently a requirement through our association, all of our therapists take an active roll in ongoing education.

In keeping with our mandate to provide the highest quality of care to our patients, I am proud to announce that we will be moving the clinic to a new location as of March 2011. This will give us a much larger gym space and enable us to offer expanded services, such as massage therapy. Don't worry, we are not going far—just across the street on Hornby. Details to follow...

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	Lynda Lawrence	Barb	Byron	Linda Warren	
11:00		Barb	Barb	Shahab		Shahab
12:00		Shahab	Lynn	Lynda Lawrence		Andrew
13:00			Byron	Barb		Sarah
14:00			Linda Warren	Allison		
15:00		Linda Warren	Sarah	Byron	Sarah	
16:00		Byron	Andrew	Lynn	Byron	
17:00		Sarah	Byron	Shahab	Andrew	
18:00		Lynn	Linda Warren	Linda Warren		
19:00	Kerry	Allison	Sarah	Sarah		