



PROACTIVE

PHYSIOTHERAPY THERAPEUTICS

Golf Fitness

OFFERED AGAIN THIS YEAR

ProActive is again offering a specialized golfing injury prevention and recovery program this season.

It's estimated that as many as 25 to 30 per cent of golfers are sidelined at any given time due to golfing injuries, most commonly in the back, neck, shoulder, elbow, wrist and forearm. "We find that golfers don't often take the time to stretch out properly before playing," says Heidi Gerber, a ProActive physiotherapist who has taken extra training in golf injury prevention and recovery. "The more limber and flexible you are, the less likely you are to get injured."

Poor swing mechanics are another common problem – miss the ball entirely and you can jar your body by driving the head of the club into the ground. Standing with locked knees can impair your body's ability to absorb the shock of hitting the ball. Swinging with a jerky, aggressive motion means a less powerful drive as well as increasing the risk of injury.

Another problem is that people try to "play through" their injuries. "Pain is a warning system – it's there to alert us to developing problems which can become serious if ignored," says Greg Spadoni, a physiotherapist also specially trained in golf injury prevention and recovery. "Golfers who ignore their pain and try to carry on not only won't enjoy the game as much, but they're setting themselves up for problems which could ultimately prevent them playing at all."



Postpartum Courses

NOW OFFERED THROUGH PROACTIVE

Postpartum courses to help women regain their strength and functioning following childbirth are now being taught by ProActive staff at both the Hamilton and Oakville clinics.

The eight-session, four-week course costs \$100 and covers both education and exercise.

"Pregnancy and childbirth can lead to a number of health concerns that can be addressed by physiotherapy, such as back pain, poor muscle control, stress incontinence, etc.," says clinic owner/director Laurie McLaughlin.

"The course is a positive way for women to 'take back control' after the life-altering experience of childbirth."

Raised hormone levels due to pregnancy and breastfeeding resulted in increased flexibility in connective tissues and can lead to muscles being too "stretched out," Laurie says. "We particularly find that the pelvic floor benefits from strengthening exercises in the postpartum period."

The next course starts June 4 at the Hamilton clinic. Please call (905) 577-0098 for more information or to register.

URINARY INCONTINENCE A COMMON FEMALE PROBLEM

You often hear women say, "I laughed so hard I wet my pants." Unfortunately, for many women it's more than a figure of speech – it's a reality. *(continued on back)*

Warming Up For Golf

1. Take 10 minutes to thoroughly warm up before you start your round. Try: going for a brisk walk • climbing some steps • doing some jumping jacks
2. Once your muscles are warm, stretch out the key muscles you need for your golf swing: hip, back, groin, hamstring, quadriceps, calves, neck, shoulders and forearms. Hold each stretch for at least 30 seconds and don't bounce – be gentle.
3. Next, gently swing a club back and forth. Gradually build up the tempo until you feel loose, then add resistance by gently swinging two clubs at once. Warm-up swings should actually be performed both left and right-handed to optimize muscle balance and coordination.
4. Finally, if a driving range or hitting area is available, take some time to practice your shots. This further helps the golf muscles warm up, as well as helping your timing and shot consistency.

Urinary Incontinence a Common Female Problem – continued

Leaking or dribbling urine when laughing, sneezing or during times of muscle strain is called stress incontinence. Another type is called urge incontinence – that’s where women have a sudden, intense need to urinate and can’t hold back long enough to reach the bathroom.

Urinary incontinence may be embarrassing, but it’s also very common – and very treatable. ProActive offers urinary incontinence treatment using an approach based on Kegel exercises. An assessment of habits and lifestyle is also conducted, because sometimes a few small changes in diet, exercise or other daily activities can make a big difference.

For more information, check out the Canadian Continence Foundation website at www.continence-fdn.ca, or call ProActive at (905) 577-0098 in Hamilton.

Pilates CERTIFICATION

Clinic owner/director Laurie McLaughlin and physiotherapist Natalie Greig have been fans of Pilates exercise for years, but both took the extra step this year of undergoing Pilates instructor training to obtain their certification in the use of the Pilates Reformer, a piece of equipment that is central to the Pilates approach.

“This extra training increases our understanding of how to integrate Pilates into therapy programs for patients who would benefit from it,” says owner/director Laurie McLaughlin. “The better we understand it, the more we’ll know about how to apply it.”

Pilates exercise was developed by Joseph Pilates in the 1920s and has always been popular among dancers for building long lean muscles without bulk. It is currently enjoying a boom among actors and models.

ProActive offers Pilates-style exercise to the general public (10-week programs for day and evening are offered) as well as to patients. Pilates gyms are located at both the Hamilton and Oakville clinics. For more information on exercise classes, call ProActive at (905) 577-0098 in Hamilton or (905) 337-2298 in Oakville.



Pilates instructors Laurie McLaughlin (right) and Natalie Greig (left)

Feel Free to Browse

ProActive is now online at www.proactivehealth.ca. Our web site, launched the first week of January, has information for both the general public and physiotherapists. Our newsletters are archived there, as are newspaper columns published by clinic owner/director Laurie McLaughlin.



ProActive News

PROACTIVE PATIENT IN THE NEWS

Our last newsletter included an article on ProActive patient and competitive horseback rider Lynda Cooper, who made an amazing comeback using physiotherapy and Pilates exercise after suffering a serious back injury. Lynda’s story was told in detail in the winter issue of Horse Sport Magazine and also in the Hamilton Spectator. Since publication, other injured equestrians have come to ProActive for treatment.

NEW TEAM MEMBER LATEST TO RECEIVE SPECIAL TRAINING

Physiotherapist Susanne Staresinic has joined our Hamilton clinic. Susanne is a very experienced physiotherapist who trained at the University of Ottawa and is bilingual in French and English.

Susanne recently completed her national specialization exams in orthopedics. As a result, every physiotherapist at ProActive now has this advanced credential, which few physiotherapists in Canada have achieved.

LEARNING FROM DOWN UNDER

ProActive hosted international physiotherapy expert David Butler in March as part of his cross-Canada teaching tour focusing on mobilization of the nervous system.

Butler, a leading researcher and practitioner with The Neuro Orthopaedic Institute in Australia, taught an advanced course for ProActive staff and therapists from across Ontario.

“This course was very relevant to our work at ProActive, where we specialize in complex, injury-based patient cases,” says clinic owner/director Laurie McLaughlin. “We’re always interested in increasing our own expertise by bringing in clinical leaders doing cutting-edge research in the field.”

MILESTONE

Staff members at the Oakville clinic are celebrating the clinic’s second anniversary (it opened in February 1999). ProActive Therapeutics, on Lakeshore Road West, sees patients from all points of Halton, including Burlington, Milton and, of course, Oakville. Watch for staff from ProActive Therapeutics at the annual Oakville Chamber of Commerce Wellness Fair on May 26th.

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