

**JUNE  
2007**

# Rehabilitation in Motion

PHYSIOTHERAPY MASSAGE CHIROPRACTICS  
ERGONOMICS ORTHOTICS OCCUPATIONAL THERAPY

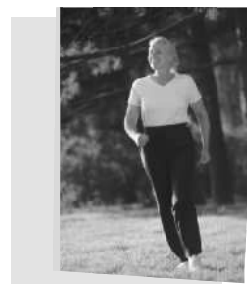
## Setting the Pace

**A newsletter of helpful information for employers,  
workers and healthcare providers.**

### CLINIC NEWS

**REHABILITATION IN MOTION -  
HELPING YOU AVOID INJURY**

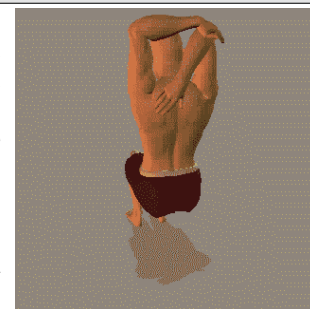
It has been a fantastic Spring in Port Alberni, the Comox Valley and Campbell River. As we see the rain fade away and the sun brighten, it seems that not just the bears are coming out of hibernation! As people become more and more active there is the unfortunate occurrence of activity related injuries. Although often thought of as "just part of the game", with proper care and attention, these bumps in the road can be minimized or avoided altogether. All of our treatment teams hold special interest in sport and activity related injuries. With proper treatment and education, we have helped thousands of weekend warriors get "BACK IN THE GAME"!



### RECENT RESEARCH

**Latest studies from major universities support stretching technique to reduce shoulder injury**

Stretch, don't stretch, stretch in the morning, stretch after jogging, stretch in the shower - yadayadayayada...After awhile, it all sounds the same. Fortunately, researchers know that athletes need up to date, useful information to keep them in the game. As a result, the technique of Proprioceptive Neuromuscular Facilitation (PNF) stretching was examined and reported on in the Journal of Sports Medicine and Physical Fitness, Jun 2005,45(2), Journals p. 183 -187. PNF stretching is a technique that has been around for years. To stretch this way, you move into a stretch then resist it by contracting the stretched muscle lightly for a few seconds. After you hold this contraction, you relax while maintaining the stretching force. This is often done with a partner. The results of this extensive study found that the PNF technique known as "HOLD-RELAX-CONTRACT (HRC) is more effective than other PNF techniques. To complete this stretch, put your muscle on a light stretch then relax it for a second then contract it for a few seconds and repeat 10x. Research indicates that increasing range of motion can improve power output of muscles and decrease risk of injury.



### DISABILITY MANAGEMENT

**EXCERPTS FROM THE CANADIAN MEDICAL ASSOC. POLICY: THE PHYSICIAN'S ROLE IN HELPING PATIENTS RETURN TO WORK AFTER AN ILLNESS OR INJURY (drop us an email to "info@rehabinmotion.com" to obtain a full copy of the policy)**

The physician's role is to recognize and support the employee-employer relationship and the primary importance of this relationship in the return to work. Finally, it requires physicians to have a good understanding of the potential roles of other health care professionals and employment personnel in assisting and promoting the return to work. The CMA supports a shift away from complete reliance on physician certification for work absences (Certificate of Disability 1998) to cooperation between the employee and his or her employer with the use of medical input, advice and support from the employee's attending physician and other involved health care professionals (i.e. Physiotherapist, Kinesiologist, Case Manager). The treatment or care plan should be evidence-based and should identify the best sequence and timing of interventions for the patient. It may be appropriate for the physician to advise the patient that a timely return to work can facilitate his or her recovery by assisting in restoring or improving functional capabilities. A gradual increase in activity may hasten a patient's recovery and readiness to resume work at full capacity.

**Port Alberni Clinic**  
2996 2nd Avenue  
Port Alberni, BC V9Y 1Z2  
Tel: (250) 723-9675  
Fax: (250) 723-9699

**Courtenay/Comox Clinic**  
780 Grant Ave  
Courtenay, BC V9N 2T3  
Tel: (250) 334-9670  
Fax: (250) 334-9656

**Campbell River Clinic**  
2315 S. Island Highway  
Campbell River, BC V9W 1C4  
Tel: (250) 923-3773  
Fax: (250) 923-3644

