

FALL 2006

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

Rehabilitation in Motion

PHYSIOTHERAPY MASSAGE CHIROPRACTICS

Setting the Pace

CLINIC NEWS

WE ARE EXPANDING OUR SERVICES IN THE COMOX VALLEY!



We are very pleased to now offer services within the Comox Valley Sports and Aquatic Centre. Teaming up with the Comox Strathcona Regional District has given us an opportunity to work with many of the best sports teams in the valley. We will provide treatment and education to teams and the general public. The new facility boasts adaptive equipment for the physically challenged.



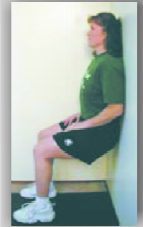
Vancouver Island Mountain Sports Centre



Over the past several months the excitement of the Olympics and the general "buzz" around the Comox Valley has been very exciting. With this excitement has come some significant initiatives by the Regional District. Rehabilitation in Motion has been involved in the state-of-the-art Vancouver Island Mountain Sports Centre. This centre, located by the Alpine (Raven) Lodge, will house comprehensive athlete development programs for summer and winter sports, providing a location for developing high performance athletes and coaches to meet and train in an Alpine environment. Rehabilitation in Motion will be working on the education components used to train youth and the public about the benefits of sport. This Sports Centre will provide the Comox Valley with a leading edge athletic facility and act as a beacon to athletes around the world to come to the Comox

EXERCISE FEATURE

Wall Slides:



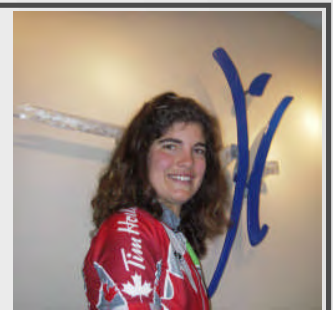
- 1) Stand upright with your back against a wall and feet shoulder width apart.
 - 2) Slowly bend your knees, sliding your back down the wall, for a count of five until your knees are bent at a 45 degree angle. (do not bend too much further than this as it will cause increased strain on your knees)
 - 3) Hold this position for 5 seconds
 - 4) Begin straightening your knees for a count of five, sliding up the wall until you are fully upright with knees straight
 - 5) Repeat the above steps five more times
 - 6) Do three times per day
- As this gets exercise becomes easier increase the number of repetitions per day. Also, as your quadriceps become stronger try one-legged wall slides or hold weights in your hands. Although primarily a strengthening exercise, you will also be improving your balance skills when performing this activity.

The Road to Beijing

GO KIARA!

As part of Rehabilitation in Motion's support of local athletes, we are very proud to be one of the sponsors for Kiara Bisaro as she trains for the 2010 Olympic Games in Beijing. Kiara is a world-class mountain bike champion and has competed all over the world. Kiara is a hard-working, focused and cheerful young lady whom we have enjoyed getting to know and look forward to following her training progress over the next few years. Look for stories on Kiara in many newspapers as she trains and competes in this very exciting sport.

Rehabilitation in Motion, JEEP Chrysler and Ascent Coaching have teamed up to provide Kiara with a new vehicle to travel throughout the country to train and compete.



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ERGONOMICS

More children than ever are currently paying visits to chiropractors, pediatricians, physical therapists, and other medical professionals. They are citing muscle aches, fatigue, numbness, and pain in the shoulders, neck, and back as complaints (Washington Post, September 14, 1999). Although many physicians claim that there is no research to suggest that carrying a heavy backpack is going to curve the spine (scoliosis), many admit that there is no telling what problems may occur 20 or 30 years down the road (ibid). Even if scoliosis is not presently a concern, heavy backpacks certainly can cause pain, aches, fatigue, and numbness.

Physicians say that those children who already have scoliosis should never carry heavy loads on their backs or shoulders.

The basic backpack design is fundamentally flawed because it requires its wearer to use 10% more energy than if using a saddlebag design (with the load distributed in the front and rear of the body). With the entire load in the back, it creates a force, a tendency for the back to want to fall backward. Resisting this force leads to adverse symptoms.

Backpacks, when worn properly, are easier on the back than those types of bags that can only be carried on one shoulder (such as "messenger bags").

How much should your backpack weigh?

Bodyweight*	Pack Weight*
60	5
60-75	10
100	15
125	18
150	20
200	25

*pounds



FROM THE MEDICAL LITERATURE

Psychosocial Issues in Chronic Pain

Background and Purpose.

The objective of this study was to determine whether the addition of a psychosocial intervention improved return-to-work rates beyond those associated with participation in a functional restoration physical therapy intervention. Subjects who had sustained whiplash injuries participated in the Progressive Goal Attainment Program (PGAP), which is a 10-week psychosocial intervention program that aims to increase activity involvement and minimize psychosocial barriers to rehabilitation progress.

Subjects and Methods.

A sample of 60 subjects enrolled in a functional restoration physical therapy intervention were used as a historical cohort comparison group. Subjects who received the functional restoration physical therapy intervention were compared with a sample of 70 subjects who received PGAP in addition to physical therapy.

Results.

Participation in PGAP plus physical therapy resulted in a higher return-to-work rate (75%) than participation in physical therapy alone (50%). Differences between treatment conditions were most pronounced for the subgroup of subjects who had the largest number of psychosocial risk factors.

Discussion and Conclusion.

The findings suggest that a psychosocial risk reduction intervention can be an effective means of improving function and facilitating return to work in people who are at risk for prolonged pain-related disability. [Sullivan MJL, Adams H, Rhodenizer T, Stanish WD. A psychosocial risk factor-targeted intervention for the prevention of chronic pain and disability following whiplash injury. Phys Ther. 2006;86:8-18.]



It is reassuring to read this and many other studies that support Rehabilitation in Motion's approach to persistent pain issues for the past 12 years. Our most recent addition, our Multidisciplinary Program, has achieved significant success in this area.

COMING SOON!

Updates on how Kiara Bisaro - how's she doing in her training? How did she do in her last race?

The latest news from the world of fitness, training and rehabilitation.

Discussion of the latest trends in Occupational Health and Disability Management.

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