

The Rehab Report



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**Kanata Orthopaedic
Physiotherapy Clinic**

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Reducing Chronic Neck Pain

According to a study in Arthritis Care and Research, strengthening neck muscles may help reduce chronic neck pain. Female office workers who had neck, shoulder or arm pain, who started specific neck and shoulder exercises had a marked reduction in pain even weeks after they stopped exercising. Exercises were performed for 20 minutes, three times per week, for ten weeks.



The workouts included shoulder elevations, rowing, mid back and dumbbell exercises specifically tailored to strengthen the neck area. In contrast, women who did general fitness training reported only small, temporary decreases in neck pain.

If you have neck pain, talk to a physiotherapist before beginning neck exercises to ensure you are following a safe and individually tailored strengthening routine.

Go For A Walk

Enjoy the last few weeks of nice weather with a walking workout! To get the most out of your walk, consider the following:

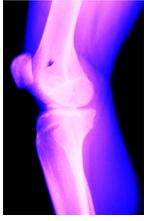
- Walk briskly for at least 30 minutes four to seven times per week.
- At least once a week, walk for 1 full hour
- Walk as much as possible
- Use a pedometer for motivation. Set a goal and go for it. For example, start aiming for 3,000 steps per day and work up to 10,000.....you can do it!

To burn more calories:

- Swing your arms
- Include some hills to build stamina
- Choose a variety of terrain such as grass and gravel

Talk to a physiotherapist for specific stretches and tips on your walking routine

Knee Pain and Physiotherapy



Knee arthritis affects up to 55% of the population.

A study published in the Annals of Internal Medicine, revealed that a physiotherapy program of stretching and exercises reduced the likelihood of knee surgery by up to 4 times, in patients with pre-existing knee arthritis. In contrast, those with knee arthritis who did not participate in any exercise, or performed only general exercises were between 5-20% more likely to need some form of surgical intervention.

If you suffer from knee pain due to arthritis, consult with a physiotherapist to start on a program of safe exercises and stretches.

The Wonders of Ice

Ice, compression and elevation are basic principles all Physiotherapists, and anyone who has ever had an injury, are well aware of. However, the type of ice used and the method of application have often been debated.

A recent research paper suggests that melting ice through a wet towel for repeated periods of 10 minutes, is most effective at reducing tissue temperature. Applying the ice repeatedly (on and off for 10 minute intervals) as opposed to keeping it on for prolonged periods (greater than 20 minutes) is the best option for reducing deep muscle temperature without the risk of damaging superficial skin tissue.

Your Physiotherapist at **Kanata Orthopaedic Physiotherapy Clinic** is an expert at assessing and treating pain related to bone, muscle and joint problems

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Be sure to stay active this fall!

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