



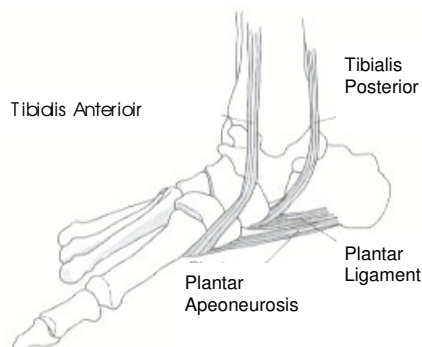
Sprains and Strains

Back to Health Wellness Centre

Ever wonder what the difference is?

The obvious difference is that one is written with a 'p' and the other with a 't' but we thought we might look a bit deeper than that!

A sprain is an overstretching or tearing of a ligament. Ligaments connect bones to other bones. A strain is an overstretching or tearing of a muscle tendon. Tendons attach muscles to a bone.



What causes it?

Sprains generally result from a twisting force applied to a joint while it is bearing weight, which causes the ligament to stretch beyond its natural limit. Muscle strains occur when the weight load on a muscle is greater than what the weakest part of the muscle can bear. Strains usually occur during activities that require a muscle to be stretched and bear weight at the same time. You are at risk for a sprain or strain if you do the following:

- Exercise without warming up properly
- Use athletic equipment that does not fit properly
- Participate in sports and activities that you are not conditioned for

If acute...try acupuncture!

After going over on your ankle, lifting too much weight with your back or throwing that baseball just a little too hard the last thing you want is to have their injured part moved or even touched. Swelling and inflammation cause pain and there is often little that can be done in manual therapy aside from RICE (Rest, Ice, Compression, Elevation). However the one treatment that can help to more rap-

idly alleviate such symptoms is acupuncture. Acupuncture is a viable treatment when an area is too painful to even move. It can help to reduce swelling and soreness in the short term but also works to avoid chronic pain down the road. Dr. Rodwin is a certified acupuncturist and would welcome any question that you have in regards to sprains, strains or any other condition!

CBC Run for the Cure

It's that time of year again and we at Back to Health are getting ready to run/walk! We invite you to either run/walk with us or pledge us to help support the Canadian Breast Cancer Foundation. In past years we have raised from \$1500 to \$3500. This year we are aiming high and trying to reach a goal of \$5000...or more! Let's all do our part in getting one step closer to a cure!

A Gift of Health!

During the month of September - October we are accepting donations towards the [Canadian Breast Cancer Foundation](#) in exchange for a chiropractic work-up regularly valued at \$140.00. This includes a consultation, exam, report of findings and x-rays if needed. Support not only a great cause but invest in your own health as well!

Special points of interest:

Did you know that Reiki is now offered here at the clinic? Jocelyne Cature, N.D. is a Reiki Master and has hours at the clinic Wednesday and Friday 2-8 pm and Saturdays 9-5 pm. To book an appointment please call her at 819-665-9995 or leave your name at the front desk and she will call you!



New Chiropractor starting in August...

Dr. Keith Moore is a graduate of the Canadian Memorial Chiropractic College in Toronto, Ontario. While at the college, he successfully completed three years of comprehensive academic studies and a one year clinical internship. Prior to his four years at the Canadian Memorial Chiropractic College, Dr. Moore attended the University of Ottawa, where he completed six years of study and obtained two undergraduate degrees. These include an Honours Degree in Science (BSc.Hons) and a Bachelors Degree in Psychology (B.A.).

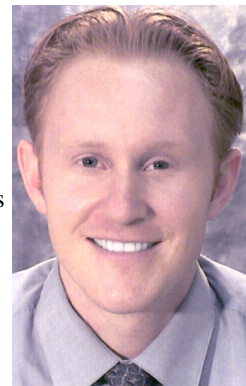
Dr. Moore is a native to the Ottawa area, spending the majority of his youth in the city of Kanata. Growing up, he was always involved in diverse competitive sporting activities, including hockey, lacrosse, baseball, soccer, and running. It was here that his convictions about leading an active and healthy life began, and it is a lifestyle he continues to lead to this day.

Through his extensive knowledge, training, and expertise, Dr. Moore is able to effectively and accurately evaluate, diagnose, and conservatively treat many musculoskeletal conditions. These may include, but are not limited to, conditions such as back pain, neck pain, whiplash, sciatica, carpal tunnel, repeti-

tive muscle strains, and ligament sprains. It is his goal to help his patients recover fully and quickly, while educating them on how to prevent future injury from occurring.

At the Back to Health Wellness Centre, Dr. Moore uses treatments such as gentle chiropractic adjustments, interferential current (IFC), and Active Release Therapy. Together, these help provide efficient, cost-effective health care for both acute and chronic conditions.

Dr. Moore is a diligent, personable, and extremely compassionate individual who works hard to meet each of his patient's health care needs. He strongly believes in the value of educating and empowering people to help them live their lives to the fullest. Through the judicious use of conservative chiropractic care, Dr. Moore continually strives to help people restore, maintain, and enhance their own health.



Chiropractic Care

A significant number of people who visit chiropractors do so for sprain and strain injuries. Wrists, back, shoulders and ankles are some of the areas that are effectively treated.

Ligaments as well as muscles help to stabilize bones and keep them functioning properly within a joint. A sprain or strain compromises this stability two-fold. One by allowing bones to become misaligned causing reduced function and pain and two by keeping the injured ligament or muscle tendon in a prolonged state of stretching. Either way instability remains and can

worsen over time.

Once a tendon or ligament has been injured it is much more susceptible to recurring. Therefore it is very important to make sure that everything is properly aligned before you start to strengthen the structures around the joint.

"You are much more likely to suffer from injury if you have already sprained an area once before"

Proprioception is key in rehabilitation of ankle injuries

Within each joint of our body are small receptors which help to stabilize and orient our bones and muscles. Have you ever noticed that on an uneven surface that your foot might wobble or quickly right itself so that you can put your full weight on it without rolling over it? That is the proprioceptors gauging where your foot should be relative to where it is on the ground. When we sprain our ankle it is because the stress was too much and we weren't able to correct it in time. Restoring proprioception (sense of joint position) after injury allows the body to maintain stability and orientation during dynamic (active) and static (stationary) activities.



PROPRIOCEPTION Exercise:

1- Stand close to a wall, in the event you need support, with one foot a couple of inches off the ground (like a "stork") try and maintain your balance for 20 seconds standing on the supporting foot alone. Repeat this exercise 3-4 times a day for about a week.

2- Once you have accomplished the above, repeat the same procedure but this time with your eyes closed.