

Ask The Professionals

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I took a fall while downhill skiing, resulting in a serious knee injury. I've been told that I have a partial-to-complete tear of the ACL. Will I require surgery for this?

A: The anterior cruciate ligament (ACL) is a relatively weak structure that runs from the thigh bone (femur), to the shin bone (tibia), preventing the tibia from displacing towards from the femur and preventing hyper-extension of the knee joint. ACL injuries are common in skiing, due to the high and stiff nature of the ski boot and the propensity for falling while skiing.

Depending on the extent of damage to your knee, surgery may or may not be indicated. Often, other structures in the knee are also damaged during such an injury. Ultimately, pain, stability and function are the determinants of the necessity of surgery. The stability of the knee joints depends upon the strength of the surrounding muscles and ligaments. This is why the initial course of treatment after a knee injury is to decrease swelling and increase stability, possibly with a brace or just strengthening. The most important muscle to strengthen in the knee with ACL damage is the hamstrings, since this group of muscles act to stabilize the knee in a similar way as the ACL. If sufficient stability cannot be attained with an aggressive strengthening program, then surgery is usually required.

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Elayne M. Tanner

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Elayne M. Tanner

Q: I love my grandchildren dearly but dread having them stay over for any length of time. I feel terribly guilty but they are misbehaved and unruly and their parent's method of discipline does not seem to work. Am I a terrible grandmother for not wanting my grandkids more often?

A: No you are not a bad grandmother or a bad person. You have done your parenting and now do not have to feel obligated to do more. Tell your children that you although you love your grandchildren and would love to have them over often, you can't do it without their parents because you do not know how to discipline them and it stresses you to have to try. Assure them that you are sure that their methods work for them but that you are not familiar or comfortable with time-outs that allow the children to play video games or watch TV. If they are receptive, tell them why you are uncomfortable and encourage them to try your techniques—consequences that mean something to these children. Maybe you would even like to take some 'grand parenting' instruction to help you learn about today's methods that work. Tell your children that until you feel that you can handle your grandchildren you will not have them stay at your place without their parents. Work with your children to help them make their children welcome in all settings and you will all benefit.



The People's Choice

Elyse Chapman's oil painting, Cousins, featuring her niece Laura and daughter Janice taking a photo of themselves on the cottage dock is among those on display now in the Gallery on the Halton Hills Cultural Centre. The works are done by members of the Palette and Pencil Guild, part of the Credit Valley Artisans. The painting was chosen the winner in the People's Choice Award, at the Meet the Artists reception held on March 6. This is the Guild's annual Spring Show and Sale where local artists original works were on sale. The show continues until March 24.

Jon Borgstrom photo

Clarification

There was an error in the information submitted for the article, *Beavers are busy at WPEC*, published on March 10. Willow Park Ecology Centre property is owned by Credit Valley Conservation, and leased to the Town of Halton Hills, and managed by volunteers.



Diana Coryn
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Diana Coryn

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Q: I have used AMJ Campbell in the past and your company really looked after my family, my question is in my upcoming move I have 2 weeks in between moving out of my current home and getting my new one. What happens with our stuff?

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Wendy Farrow-Reed
CHRP (Certified Human Resource Professional)

Q: What are the minimum wage rates for 2011?

A: After seven consecutive increases, the Ontario minimum wage rate will remain at \$10.25 per hour in 2011. In the fall of 2011, the government will appoint a committee representing both business and workers to provide advice on the minimum wage in advance of the 2012 budget.

If an employee is under the age of 18 and works less than 28 hours a week or they are employed during a school holiday the minimum hourly wage is \$9.60. If an employee works in an establishment that serves liquor, the minimum hourly wage is \$8.90. Hunting and Fishing Guides: less than 5 consecutive hours a day, \$51.25 per day. Hunting and Fishing Guides: 5 or more hours a day whether or not the hours are consecutive \$102.50 per day. Homeworkers (defined as people doing paid work in their home for an employer i.e. sewing or answering calls for a call center) \$11.28 per hour.

The rates were last changed on March 31, 2010.

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