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Meryl DaCosta
B.Sc. (P.T.), B.Sc. (KIN)
Registered
Physiotherapist,
Clinic Manager

Q: I have been painting for the last week and have developed some shoulder pain, why?

A: Shoulder pain is a common complaint presented at Eramosa Physiotherapy Associates. Problems in the shoulder can occur with everyday wear and tear, overuse, or injury. Painting typically involves repetitive shoulder movement at or above shoulder level. This can lead to irritation of the rotator cuff within the sub-acromial space. The rotator cuff is a series of 4 muscles whose primary role is to centre the humeral head in the gleno-humeral fossa and to move the shoulder. It is important that an accurate diagnosis of the cause of your symptoms is made so that appropriate treatment can be directed at the cause.

Some common causes of shoulder pain include:

1. Rotator Cuff Tendinitis: Irritation of the muscles that surround the shoulder
2. Rotator Cuff Tear: This occurs when the tendons of the rotator cuff separate from the bone
3. Frozen Shoulder: Also known as Adhesive Capsulitis, this occurs when the capsule of the shoulder joint stiffens and range of motion is limited
4. Shoulder Instability: This occurs when the joint capsule is loose and the demands you place on the shoulder leads to pain
5. Shoulder Dislocation: A dislocation occurs when the arm bone (humerus), is pushed out of its socket and the ligaments are overstretched

At Eramosa Physiotherapy we have highly skilled and trained manual therapists that will assess your injury and provide you with information about what is causing your pain. Treatment of the pain can include exercise, manual therapy

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Elayne M. Tanner

Q: It appears that there is an epidemic of kids diagnosed with ADHD. Is it for real?

A: ADHD or Attention Deficit Hyperactivity Disorder is now estimated to affect up to 9% of school-aged children. These children are taking medication for their disorder. But this high rate of ADHD only exists in North America. In France, for example, the number of children diagnosed with ADHD is only 1/2 of a percent. How can this be? Are our children sicker or being exposed to harmful toxins that French children are being spared from? No, it appears that the difference is in the method of diagnosis. French child psychiatrists look for underlying issues that cause the child distress, not in their brain but in their social context. They treat what we diagnose as ADHD, not with medication but with either psychotherapy or family counselling. While the French see the problem as an issue of the family and focus on fixing the family dynamics, North Americans pathologize, and see the child as disordered, medicate, and try to adapt the environment to suit the child.

The French adopt a holistic attitude. One difference that many local moms will agree with is that the French consider nutritional causes and believe that certain foods and food colourings contribute to unruly behaviour.

Another reason that French children are diagnosed with ADHD less frequently is that the philosophy of child rearing is different. French children are expected to follow rules and structure and are consoled if they do not. Congruent with my own beliefs, French parents believe that children feel safer when they have clear boundaries and the expectations on them are high. It would appear that at least in French families this more rigid method of parenting works and saves children from ADHD.

"Failure is the opportunity to begin again more intelligently." ~ Henry Ford