

Physio News

by Robin Collins

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Running is a popular form of exercise for people of all ages. A consistent running program can lead to improved cardiovascular fitness, increased Lean Muscle Mass, weight control, social benefits and stress relief. Unfortunately, there are a number of running and personal anatomical factors that can lead the competitive or recreational runner down a path of injury and pain. Running injury data shows that:

- 27%-70% of all runners are injured yearly
- 40% of injured men & 35% of injured women require a medical consult
- 75% of all running injuries are to the lower extremity

The most common injuries reported by runners include:

- Plantar Fasciitis
- Patellar Tendonitis
- Iliotibial Band Friction Syndrome
- Achilles Tendonitis

Physiotherapists have the education and applied knowledge to offer instruction on preventative measures such as stretching, pacing, proper footwear & technique modification. Accurate diagnosis and treatment of running injuries through examination of not only training, anatomical and biomechanical factors, but also their interactions. Here are some important running tips to reduce your risk of injury:

- Always leave time for a proper warm up and cool down. **Stretch** muscles that are typically tight in runners **before but especially after** your run: hamstrings, quadriceps, iliotibial band, and gluteals.
- Allow for adequate recovery between runs.
- Ease into changes to your training intensities, typically do not increase more than 10% per week
- Maintain Ideal Running Postures
- Avoid hard or uneven surfaces
- Maintain adequate hydration: 2-5 cups of water per hour during your run, 2-3 cups of water per pound lost in sweat after your run.
- Buy proper shoes, and consider getting orthotics if recommended

If you are experiencing pain during or after your run that does not improve within 5-7 days you should cease the aggravating activity and seek professional consultation and treatment. Don't let little hurts turn into big hurts!

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EPA

PHYSIOTHERAPY ASSOCIATES

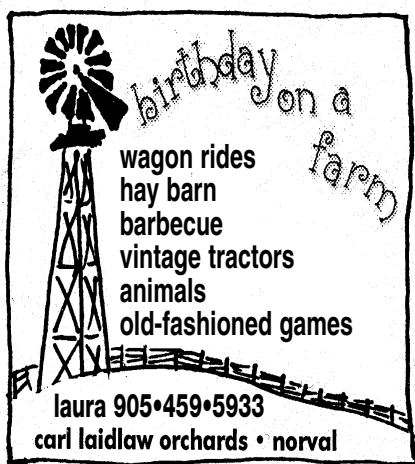
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Council briefs

Technology for councillors
Halton Hills councillors will be provided with the option to obtain a Blackberry with no air time, a home computer (desk or laptop) excluding a printer. Funds for this technology will be included in the 2008 budget.

New animal control officers
Rudy and Elizabeth DeJong have been appointed the Town's new Animal Control Officers.

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Hornby residents worried chlorine and silt could affect their water systems

Continued from pg. 5

"What do you think it's doing to people's septic beds?" asked McDowell.

Bryck said several municipalities have residents on both municipal water and septic systems without problems.

"The amount of chlorine is quite small and I doubt it would impact the bacterial content of the septic system," said Bryck.

Joe Fonesca of Steeles Ave. said that the Region had been putting water in his well, but it was flowing out quickly. He stressed that he was without water for two days.

Sixth Line resident Craig Royce turned over to Region staff a glass jar full of muddy water that came from one of the wells on his property.

"I would like the silt taken out of my well," said Royce.

"The farmers are deeply affected," said upset area resident Sharon Waters, who complained about iron in her water as a result of the Region's pumping.

Sixth Line resident Marion Marshall also said the quality of her water had suffered.

When asked by a resident if his water quality would be affected long term, Bryck said it wouldn't change the quality of the water in the aquifer.

Dennis stressed to the residents that the Region would work with them to ensure their "water supply is restored both on quantity and quality."

Dennis also said it was "very difficult" to put a time frame on when the water issue would be solved in Hornby when asked by a resident if it would be resolved in five to six months.

"You will promise to solve the problem eventually?" asked the woman.

"Yes, ma'am," said Dennis.

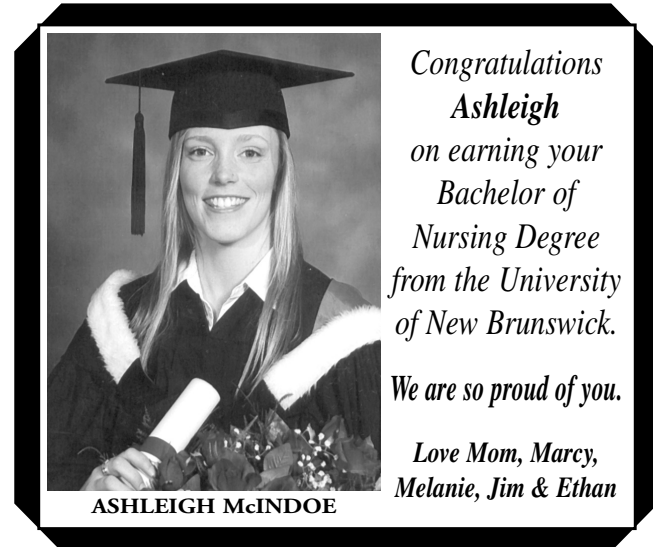
HARP president Ken Lawday said since the Region has been readily providing water for affected residents "there's nothing to really complain about yet."

"The crunch is really going to come in six to eight weeks when the aquifer is supposed to be recovering," said Lawday.

(Lisa Tallyn can be reached at ltallyn@independentfreepress.com)



Carson & Jean-Ellen Mininch are happy to announce the wedding of their son
MARK MININCH
to
NATALIE HAYNES
daughter of
Tony & Claire Haynes
07/07/07
Congratulations from all of your family.



Congratulations
Ashleigh
on earning your
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Nursing Degree
from the University
of New Brunswick.
We are so proud of you.
Love Mom, Marcy,
Melanie, Jim & Ethan
ASHLEIGH McINDOE