

Ask The Professionals

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Georgetown

Physical and Sports Therapy Clinic

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

Q: I recently ran a marathon and noticed that there were many runners with bright coloured tape on different parts of their bodies. What is this, and what is its function?

A: What you saw is most likely referred to as "Kinesio-Tape". It is a type of therapeutic and sports tape that gives stability of joints and muscles, but does not affect circulation and range of motion. It is also used for prevention, edema and pain control. It is different from traditional sports taping which predominantly stabilizes and supports a joint, obstructing the flow of bodily fluids. Kinesio Taping is based on the philosophy that aims to give free range of motion in order to allow the body's muscular system to heal itself biomechanically. Kinesio Tape has an elasticity of 130 - 140 percent of its original length, which will allow full range but prevent overstretch of muscles. Kinesio Tape is used for various conditions, including muscular facilitation/inhibition, carpal tunnel syndrome, low back strain, knee conditions, rotator cuff problems, tennis elbow, plantar fasciitis, edema, ankle sprains, achilles tendinitis, and many more.

If you are considering this type of taping for yourself, ensure that you see a health professional, such as a physiotherapist, that is a certified Kinesio Tape practitioner.

PROFESSIONALS WANTED

to inform our readers & answer their questions

THE INDEPENDENT & FREE PRESS

Contact Special Features to find out

about our booking specials

905-873-0301, ext. 237

features@theifp.ca

Elayne Tanner & Associates Inc.

Elayne M. Tanner

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Counselling & Psychotherapy

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Elayne M. Tanner

Q: How can I help my teen avoid depression?

A: When teens get depressed it can hurt their school grades, relationships and health and lead to serious and long lasting problems including drug and alcohol use, teen pregnancy, failing grades and suicide. Research shows there are some things parents can do to help their teen avoid depression.

Teen years can lead to rebellion and arguments. It is important, however, to emphasize the positives in your teen. Find skills and talents that your child has that you can praise so that your communication with your teen does not focus only on negatives. Help your teen build positive self esteem. Promote participation in organized sports or extracurricular activities because they are shown to help boost self-esteem and prevent depression. Be interested in the activities your teen does enjoy and celebrate their successes with them. Encourage your child to be involved in other physical activity to improve overall health. Walking, biking, and exercise are all good activities when done in moderation.

Remember that stressful familial events also affect and contribute to depression in children. Events such as divorce or parent job loss both can cause increased poverty and result in teen depression. The negative impact is most severe when the child is worried, does not know what to expect and there is not enough parental emotional support to help them deal with the concerns. Talking to your child is always a good thing and when a teen faces depression, talking can be crucial to avoid the feelings of isolation that can add to depression.

In counselling, communication skills, stress management techniques, and finding ways to cope with problems while the problems are still small can all serve to enhance resiliency and enable teens to avoid depression.



Diana Coryn
Sales Representative
905-609-4613



Diana Coryn

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Q: We are moving ourselves in the next month, where is the best place to get boxes?

A: It is very important when either moving yourself or with a professional moving company to ensure you are using good quality new boxes. This will secure your goods and you know that there has been nothing spilled in the boxes previously that may attract pests.

AMJ Campbell has an online store www.amjboxes.com where you can order all of your packing supplies from your home and they will be delivered to your door within 3 - 5 business days. So whether you are moving with AMJ or not, check out our new on line store for all your packing material requirements and enter Promo Code HO15 for a 15% discount!



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

HOW DOES LOUD NOISE CREATE HYPERTENSION?

It appears to affect the nervous system, signalling the peripheral blood vessels to constrict as though under attack/ This triggers a surge of adrenaline and other fight-or-flight chemicals into the bloodstream - a response that carries with it the potential for glandular or cardiovascular changes, in other words, unwanted noise creates the same final results as increased stress (try to avoid)!

The Georgetown
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Professional Arts Building
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Loates donates prints to UCHS

September 9th was a special day at the UCHS Thrift Shop when renowned Canadian R.C.A. Master Artist Glen Loates paid a surprise visit with a donation. Loates said he was driving by and saw the sign and thought he would donate something to the UCHS. He brought in four prints, which he signed right at the counter. The prints will be in the UCHS Live Auction soon, so check the website for more information and photographs. All proceeds go to the care of the animals at the Shelter. Bids can be placed throughout the month ending with live bidding at 4:30 p.m. at the shop, 69 Main St. N. (Moore Park Plaza) in Georgetown on the last Saturday of each month. Visit www.uppercredit.com to view auction items.

Tooth Chatter



DENTURE HUMOUR

A very elderly patient of mine was unhappy with her new teeth. They "didn't fit" she complained. After examining the dentures, I told her that they appeared to be just fine. "In my mouth they're fine" she agreed. "But they don't fit in my glass for soaking!"

The very elderly lady I was preparing for surgery refused to let me remove her dentures. Concerned about the administration of the anesthetic, I clipped a note on her cart: "Patient confused. Unable to remove dentures." Later that day a nurse handed the note back to me. It read: "Patient has her own natural teeth. Who's confused?"

In the few years before her death at age 101; my aunt's dentures were causing her discomfort and the nurses often removed them. Now, at her funeral, my seven-year-old nephew, Nicholas, who used to accompany his mother when she visited our aunt, gazed down at his great aunt. "Mom", he whispered, "she looks different". My sister said, "That's because she has her teeth in." Nicholas threw his hands in the air. "Now they give them to her."

Creating confident smiles since 1982.

Alexander Trenton, DD, F.C.A.D. (A)
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(Across from the Library and Cultural Centre)

Community Calendar

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Saturday, Sept. 24

Bark Around the Park: presented by St. Mary's CBM, is a walkathon in support of Upper Credit Humane Society at the CBM Sales Facilities, 12522 Fifth Line, Limehouse. Registration is 10 a.m., walk starts at 11 a.m. Info: Savannah, uppercreditevents@gmail.com or 905-299-2221 or www.uppercredit.com

Cruizin' in the Past Lane Concert featuring Eric Walton and his guitar singing hits from the '50s and '60s along with some favourite old hymns, to be held 3:30 p.m. in the sanctuary of Knox Church, Georgetown. Tickets are \$10 (including food) at the church office, 9 a.m. to 12 noon, Tues. to Fri., or Walton, 905-878-1588.

Silent auction/bbq & corn roast: 4-7 p.m. at the Limehouse Memorial Hall. Seventy plus items up for bid. Hosted by, and a fundraiser, for the Limehouse Memorial Hall.

Sunday, Sept. 25

Community Lawn Sale: 9 a.m. to 2 p.m. at 10231 Old Pinecrest Rd. Proceeds to pitStop. Antiques, jewelry, collectibles, toys and more.

4th Annual Walk for Georgetown Hospital at the hospital, 1 Princess Anne Dr. Georgetown. Registration begins at 9:30 am. with the Walk start at 11 a.m. Contact: Nicole Hand, 905-873-0111 ext. 8220 or by e-mail nhand@haltonhealthcare.on.ca

150th Anniversary Service: 11 a.m. at Limehouse Presbyterian Church. Guest minister, The Rev. Harvey Self and Knox Bells of Praise, a handbell choir from Meaford. All welcome.

More at www.theifp.ca/whats-on/events