



Master teacher visits Georgetown Aikido

Aikido leader Soke Shioda from Japan performs a throw on Patrick Winter of Georgetown Aikido during a teaching and training demonstration recently in the Rose Room upstairs at Memorial Arena. Shioda, an 8th dan who is the master teacher for the Japanese-based Yoshikan Aikido Federation, has made several visits to the Georgetown dojo during its 21-year history. As well as teaching three sessions at the local club, Shioda took part in Canada Day celebrations during his five-day visit. For more info about Georgetown Aikido, visit the website www.georgetownaikido.com or call 905-873-3080.

Photo by Ray Lavender

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to inform our readers & answer their questions

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Q: I was recently diagnosed with Osteoporosis, what is the difference between osteoporosis and osteoarthritis? Can Physiotherapy help me?

A: Good question! Osteoarthritis (OA) is a degenerative joint disease whereby the smooth cartilage that covers the end of bones begins to wear away, when this occurs the result is pain, stiffness, swelling and reduced movement. Because OA gets worse overtime, Physiotherapy treatment/management focuses on controlling pain and improving your ability to function/move. Modalities such as joint mobilization to increase any lost movement, exercise to strengthen weak muscles, TENS and acupuncture can be used, along with education on how to move/perform activities to reduce the impact on the affected joint.

Osteoporosis is a disease whereby the bones in the body become thin and porous resulting in decreased bone strength and increased risk of bone fracture. Physiotherapy management of Osteoporosis includes modalities to control pain as a result of the condition but also includes Postural training, Weight bearing and Strength training exercises. Weight bearing and strength training exercises have been shown to improve bone mass and/or slow the rate of bone loss, increase muscle strength, and improve balance and coordination which is important in reducing the risk of falling.

Both the Georgetown and Acton Eramosa Physiotherapy sites run Osteoporosis programs. If interested please contact the clinic!

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~ Napoleon Hill
 1883 - 1970