

The Halton North Peel Naturalist Club is asking everyone to have their bird feeders full on Friday, Dec. 27 because that's the day they conduct their annual Christmas Bird

Count. Members of the group will be out in their assigned areas in Georgetown, Brampton, Milton and north Burlington counting birds, so they ask

residents not to worry if they see someone checking out their bird feeder with binoculars that day.

Club member Sandy Gillians said the local count is part of an international bird census. It

tracks the health of bird populations on a scale that scientists could never accomplish alone.

"It's been very valuable for identifying species at risk," said Gillians.

For information on the Christmas Bird Count visit

Bird Studies Canada's website at <http://www.bsc-eoc.org/volunteer/cbc> or visit www.christmasbirdcount.org.

For information on the Halton North Peel Naturalist Club visit hnpnc.com or email president Fiona Reid at fiona.reid7243@gmail.com.



Local photographer Rein Pater took this photograph of a bird during Sunday's ice storm.

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Meryl DaCosta
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Q: I injured my back and my doctor diagnosed me with facet joint syndrome. What are the facet joints and can physiotherapy help?

A: The facet joints are found on the back of each vertebrae in the back. Articular cartilage lines each of the bones. The role of the facet joints is to limit excessive movement and to provide the spine with stability. Facet pain can occur due to trauma, repetitive movements and arthritic changes in the facet's articular cartilage. Poor posture can also lead to undo stress on the joints as well as improper body mechanics. Injuries to the facet joints often result in one sided back pain that is accompanied by muscle spasm and stiffness and is aggravated by bending backwards and side bending to the affected side. Pain is often described as a dull and achy pain that can become sharp. It will usually occur with prolonged sitting or standing or lifting and carrying heavier items.

A majority of the time facet joint syndrome is treated without surgery. Physiotherapy or conservative treatment is usually prescribed. In the initial stages, treatment is directed to settling down pain and muscle spasm and improving your mobility. The Physiotherapists at **Eramosa Physiotherapy Associates** will then proceed to direct you into the positions and postures that will help to reduce your discomfort. Manual therapy techniques and modalities such as acupuncture, TENS, heat and ice can also be employed to decrease your pain while specific exercise will be incorporated to strengthen YOU and return you to your activity pain free!

"By believing passionately in something that does not yet exist, we create it." ~ Nikos Kazantzakis