

# Ask the Professionals



Find local professionals here every Thursday!  
For advertising information please call 905-234-1018 or email [kkosonic@theifp.ca](mailto:kkosonic@theifp.ca)

## ROSS...Bounce Back Ross Physiotherapy Solutions

905-873-7677  
318 Guelph St.,  
Georgetown



Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** My children play a lot of sports. Should they be stretching to prepare for activity?

**A:** Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wrigs out" muscles which possess irritating chemicals such as lactic acid.

### COMMUNITY



Veronica Appia/Metroland

From left to right: Wendy Molnar, Julie Liddle, Laurie Robinson, Lyn Corbett, and Alyson Findlay

## 2018 Pink Pyjama Party raises \$11,000 for CASHh

Members of Cancer Assistance Services of Halton Hills have been presented with the proceeds from the tenth annual Our Sister's

Pink Pyjama Party - a cheque for \$11,000. Event organizers Julie Liddle and Alyson Findlay presented the cheque to

CASHh on April 11. More than 500 women attended the event on Jan. 19 at Nashville North in Norval.



## HALTON HILLS MINOR HOCKEY ASSOCIATION

# REGISTRATION REMINDER

Registration is **OPEN** and the  
Early Bird Deadline is **April 23rd, 2018.**  
After April 23rd, 2018, registration fees are higher.

For more information and to register go to:  
[haltonhillsminorhockey.com](http://haltonhillsminorhockey.com) and click on the Registration link.