

Ask The

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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 am an avid golfer. Last spring within 3 weeks into my golfing season, I began to develop pain to the inside of my right elbow. After seeing my doctor, I was told that I had "Golfer's Elbow". It persisted throughout the season, greatly affecting my handicap. It gradually resolved after I stopped playing. Now with golf season approaching again, I'm afraid of ending up in a similar situation. Is there anything I can do to prevent this?

A: Medical epicondylitis is more commonly termed "Golfer's Elbow" because it frequently affects the players of this sport. It usually results from the repeated strenuous contraction of the wrist flexor muscle (those on the palm side of your forearm). Golfing requires gripping and swinging of a club, which stresses these muscles. Moreso, even, if you are hitting the ground instead of the ball! As a result, the tendinous insertion of this muscle group at the elbow becomes strained and inflamed. Proper treatment can help reduce symptoms. You are on the right track by seeking preventative measures. The wrist flexors need to be stretched and strengthened, so that they can tolerate the demands that you place upon them while golfing. One good stretch is to hold your elbow straight with your hand in front of you, palm up. With your other hand, grasp the outstretched hand and pull so that the fingers are pointing down. Hold 30 seconds and repeat 3 times. This stretch should be done before, during and after your golf game. One good strengthening exercise is wrist curls. Sit grasping a 5 lb. Weight in your thigh, lift the weight as high as able and then lower to the starting position. Perform 3 sets of 20. If you don't feel any fatigue at the end of your 3rd set then you can increase the weight. This exercise can be performed every other day. Be sure, however, to seek professional treatment early on if the symptoms recur. Otherwise you will have difficulty getting rid of the aggravating ache.

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Q: Why is my computer so slow?

A: This is probably the most common of all PC ailments. The answer is typically either Malware (virus, worm, spyware, or greyware) or system corruption or both. Usually it starts with an infection that, given time, will get into the operating system itself. The one thing I have noticed is how "spyware" is so common yet there are so many of us that are not sure what it is. It can often be the digital beginnings of Identity Theft not just PC slowdowns. I had a local client infected with several variants of spyware and just prior to my visit her bank had contacted her to tell her there was \$2000 withdrawn from her account and deposited to a Paypal account. She was shocked. Fortunately the bank was able to reverse the monies. Many PC users are doing banking, credit card transactions, stock trades, money transfers etc without knowing if they are secure or not. Often, when there are several users on a PC, there may be something installed on another account that affects all accounts. Come back next time for more about security and performance.

Elayne Tanner & Associates Inc.



Elayne M. Tanner

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Q: After news reports of school violence I wonder if I should discuss it with my children or if I should wait until they ask?

A: Children, whether young or adolescents, often do not bring up topics that worry them. They hear the news coverage but are reluctant to initiate the conversation. Assuring them that the dramatic incidents that are reported in the media are rare but that the school staff are trained to react appropriately can ease their concerns. Also tell them the suitable way to report any concerns that they may have during the school day. Encourage your child to discuss his/her feelings as fully as possible for his/her age by asking questions and discussing your own concerns. Watch for changes in behaviour in your child. These may signify either worry about a reported event or that something is happening to upset your child at school. Signs to watch for include things such as:

- a reluctance to go to school
- regression in behaviour
- drop in grades
- failure to complete homework
- a 'good' student becoming a problem in class
- change in sleep patterns
- change in personality.

Point out to the child that school bullying is also a type of violence and is unacceptable. If you have any concerns that your child is being bullied or is bullying another child, that must be dealt with immediately as bullying can have long lasting effects. Children who will not discuss concerns with parents will often open up to me because they do not have to worry about my reaction. School is supposed to be exciting and fun. Do not let your children face every school day with fear and apprehension.

"HELPING YOU HELP YOURSELF."

Halton Hills Speech Centre

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 Georgetown L7G 5B5

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Karen MacKenzie-Stepner

Q: I have noticed that I often misplace my car keys & forget people's names. Am I losing my memory?

A: Throughout our lives we forget things and sometimes we think that we may be losing our memory. However, we are most likely not using our memory to its fullest potential. Our memory is like a filing cabinet. When we receive information (from our senses: hear, see, feel, smell, taste) our brain processes that information and then stores it in a place where we will be able to find it later (short term or long term memory). Our brain searches through "files" of information and attaches the new information to other, previously stored, memories. This creates a network of memories which allow us to retrieve information from a variety of sources or "files". Memory skills decline as we age. When we were younger forgetting where we left our car keys or someone's name was not associated with a decline of our memory. However, older adults are much more likely to think that similar lapses in memory are an indication of memory decline or something more serious such as Alzheimer's Disease. Forgetting is a normal part of aging. Writing down important messages, directions, phone numbers or appointments on a calendar are useful memory tools. Ensure that frequently used objects, such as keys or glasses, are in the same place each time so that you can always go that one place and find the missing object. "Remember to remember" - paying specific attention to a person's name or details of a big event. Attention is an important part of memory since focusing on specific information will help you remember. There are many factors in our lives that impact on memory including adequate nutrition, side effects of medication, hearing or seeing difficulties, fatigue and neurological disorders/diseases. It is important to be aware of factors in your life that may affect your memory and know that there is often something you can do to improve your memory. Remember - it takes more than a good memory to make good memories!

RBC Dominion Securities

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Barbara Byckowski
 Investment Advisor, BBA,
 PFP, CFP

Q: I have heard "you should always maximize your RSP contributions" - is this true?

A: You have touched on one of the "financial planning myths" I speak about in my newsletters. It is NOT always true that maximizing your RSP contributions is the best idea. Although you may still be better off financially by continuing to contribute to an RSP, due to our graduated tax system and the capital gains inclusion rate of 50%, there could be some individuals that may be better off NOT contributing to an RSP and instead contribute their funds to a non-registered account. Typically, individuals that are buy and hold growth investors, currently in the lowest marginal tax bracket and expect to be in the highest marginal tax bracket in retirement may be better off not contributing to an RSP. We can calculate to determine whether you should contribute surplus funds to an RSP or not. Give me a call at 905-450-1850 to request the calculation or to receive copies of my newsletter.

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THE POWER FITNESS CENTRE Zone

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Cathy Gallagher
 General Manager

Q: I want to do a class that will promote overall toning, stretching and relaxation. What do you recommend?

A: It is so important to have balance in your workouts. Yoga is one of the best overall toning, stretching and relaxation classes you will find.

Yoga is based on the ancient form of movement that promotes balance, flexibility, strength, and relaxation through various poses and breathing techniques. Yoga provides a great release and "escape" from everyday stress. Yoga also utilizes a persons own body weight to create resistance and promote overall toning. It gives the participant time to clear their mind of the hectic pace of everyday living!

Power Zone is offering a great summer special, 10 Sport Yoga classes for \$85, non-members welcome.

Give this great workout a try!

SUSAN S. POWELL

BARRISTER & SOLICITOR

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Susan S. Powell

Q: My wife and I have separated and have three young children. I have heard that Collaborative Law is a way to settle issues with less conflict. What is Collaborative Law?

A: Collaborative Law is a relatively new way to resolve issues. It is a way of practicing law where the lawyers, who have taken special training, agree to work with you and your wife to reach an efficient, fair and comprehensive settlement of all the issues. Everyone agrees that they will not go to Court while they are negotiating and if you are unable to negotiate a settlement neither lawyer will be able to represent you or your wife in any subsequent Court action. This ensures everyone is committed to the process of negotiating a settlement that satisfies the interest of both you and your wife.

move

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Q: What is Pilates?

A: Pilates is a method of conditioning the body that uses a unique system of stretching & strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens & tones muscles, improves posture, provides flexibility and balance and creates a more streamlined shape. Pilates focuses on training the mind & body to work together toward overall fitness & can be used throughout your day, while standing, sitting or lying down or to enhance any other activity or sport that you are already doing. The Pilates method can and does change the way you relate to your body and the way you carry it in the world. With patience and perseverance your body will experience the efficiency of the Pilates method, while providing you with more energy and a sense of feeling more relaxed.

Susan Stadnik is the Pilates instructor at Move Activity and Motion Clinic located at 116 Guelph St in Georgetown, phone 905-702-1072.

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Attention: Ask A Pro

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