

# Physio News

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.  
Registered Sport Physiotherapist

Running is a popular form of exercise for people of all ages. A consistent running program can lead to improved cardiovascular fitness, increased Lean Muscle Mass, weight control, social benefits and stress relief. Unfortunately, there are a number of running and personal anatomical factors that can lead the competitive or recreational runner down a path of injury and pain. Running injury data shows that:

- 27% -70% of all runners are injured yearly
- 40% of injured men & 35% of injured women require a medical consult
- 75% of all running injuries are to the lower extremity

**The most common injuries reported by runners include:**

- Plantar Fasciitis
- Patellar Tendonitis
- Iliotibial Band Friction Syndrome
- Achilles Tendonitis

Physiotherapists have the education and applied knowledge to offer instruction on preventative measures such as stretching, pacing, proper footwear & technique modification. Accurate diagnosis and treatment of running injuries through examination of not only training, anatomical and biomechanical factors, but also their interactions. **Here are some important running tips to reduce your risk of injury:**

- Always leave time for a proper warm up and cool down. **Stretch** muscles that are typically tight in runners **before but especially after** your run: hamstrings, quadriceps, iliotibial band, and gluteals.
- Allow for adequate recovery between runs.
- Ease into changes to your training intensities, typically do not increase more than 10% per week
- Maintain Ideal Running Postures
- Avoid hard or uneven surfaces
- Maintain adequate hydration: 2-5 cups of water per hour during your run, 2-3 cups of water per pound lost in sweat after your run.
- Buy proper shoes, and consider getting orthotics if recommended

If you are experiencing pain during or after your run that does not improve within 5-7 days you should cease the aggravating activity and seek professional consultation and treatment. Don't let little hurts turn into big hurts!

ERAMOS A



PHYSIOTHERAPY ASSOCIATES

- Offering Excellence in Physiotherapy -

**NO PHYSICIAN REFERRAL REQUIRED**

**372 Queen Street  
519-853-9292**

~

**333 Mountainview Rd. S.  
905-873-3103**

~

[www.eramosaphysio.com](http://www.eramosaphysio.com)

# ENTERTAINMENT

## Beat the blahs with Globe's *Ragtime*

**MAUREEN WALKER**  
Globe Musical Productions

Globe Musical Productions is busy rehearsing its forthcoming concert version of the well-known musical play, *Ragtime*. The show will be presented at Globe's rehearsal hall— St. Paul's Church hall in Norval— on January 31, Feb. 1, 2, 7, 8, 9, at 8 p.m.

Tickets are now on sale at the John Elliott Theatre Box Office, 905-877-3700. The cost is \$22 for adults, \$16 for children, 16 and under and \$20 for groups of

10 or more.

*Ragtime* is a musical adaptation of E.L. Doctorow's stunning novel set in the United States in 1907, at a time of great change and the emergence of a host of real-life famous and infamous characters. These personalities include Harry Houdini, Admiral Peary, Emma Goldman and Evelyn Nesbit, the showgirl who became the centre of a compelling murder case in which her mentally unstable millionaire husband, Harry K. Thaw, killed her lover, the famed architect Stanford White.

The main story, however, concerns three fictitious families, each representing very different segments of American society, as they struggle to live "the American dream". Their lives intertwine in amazing ways, expressed in a beautiful score, which includes traditional Jewish folk music, Vaudeville's outrageous style, and jazz reminiscent of Joplin, all brought together in one show.

Globe's justly famous musical skills, under the direction of Jenny Peace, are guaranteed to fill the hall with rich vocals and melodic harmony.

## Credit Valley Artisans display work this month

**FRANK ANTHONY**  
Credit Valley Artisans

Visit the foyer of the Halton Hills Cultural Centre and Library, 9 Church St., and view the work of the members of the Credit Valley Artisans (CVA) on display there throughout the month of January.

The CVA is looking for new members. Credit Valley Artisans began in 1975 as a non-profit umbrella organization covering four guilds: The Palette and Pencil Guild; The Potters and Sculptors; The Stained Glass Artisans; and Heritage Handweavers and Spinners.

Each have much more to offer than their titles say. For instance:

The Palette and Pencil Guild members work in pencil and ink, pastels, watercolour, oils, acrylic, printmaking, charcoal, pencil and photography. They gather every Tuesday to draw and have life drawing classes as well. If you have an interest in this guild, contact: Renee Fukumoto or Christiane Faubert, palette.pencil@yahoo.ca

The Potters and Sculptors is also a very active

guild. The members create different types of pottery and sculpting such as thrown work, raku, and hand building. They meet once a week to work and share ideas, glazes, wheel work and more. If you are interested, contact: Jane Hutton, huttonorchards@yahoo.com

The Stained Glass Artisans produce beautiful colourful works of art. They meet one evening a week in The Cottage in Cedarvale Park to work together on projects and exchange ideas and expertise. Glass is their medium and is used to produce sun-catchers, panels, vases, decorative mirrors, lampshades, boxes and windows. Membership in the Guild gives you access to specialized equipment such as a diamond band saw and Morton Glass cutting system. There is also a library of patterns covering a variety of projects. If you are interested, contact: Frank Anthony, franka@3web.net

The Heritage Handweavers and Spinners is essentially a fibre and textile guild. While, indeed, the members for the most part are handweavers and/or spinners, they all have interests beyond those two arts. We have felters, needlefelters,

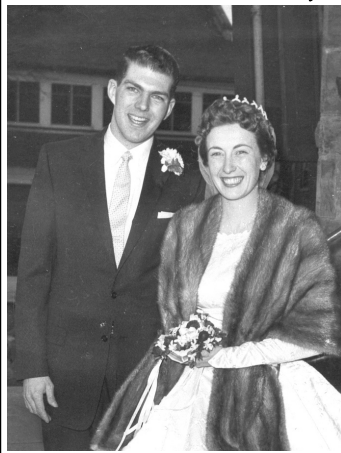
beaders, rug hookers, embroiderers (machine and hand), dyers, basketmakers, quilters, silk fusion artists, knitters, etc. This is an active group! If you would be interested, contact: Lorraine McKee, themckees@rogers.com or Margaret Searle, margsearle@sympatico.ca

The Credit Valley Artisans offers instruction to its members and to the general public throughout the year. The courses offered, are usually run at The Cottage in Cedarvale Park in Georgetown. The class sizes are small so that students get individual attention. Our instructors are well-qualified and highly-regarded in the art community.

There are still some spots available in our Winter 2008 schedule: Pottery for Adults— Beginner and Intermediate with Frans Rood starting January 22; Colouring Outside the Lines— a workshop in Abstraction with Tom Dietrich on January 19 and 26; Colouring in Oil/Acrylic— a workshop with Tina Newlove on February 9.

For more details and application forms go to [www.creditvalleyartisans.com](http://www.creditvalleyartisans.com) or call our registrar Cynthia Stevens, 905-873-9410 or e-mail [j3c2stevens@sympatico.ca](mailto:j3c2stevens@sympatico.ca)

*50th Wedding Anniversary*



**Anna & Ken Ewen**  
invite family & friends to an  
Open House at  
North Halton Golf & Country Club  
January 19, 2008  
1 pm to 4 pm  
*Best Wishes Only.*



**905-877-5900**

Georgetown, 99 Sinclair Ave., Ste.,110

Who else wants to live a pain free life?

The Latest technology...

Only the methods that work...

No up front fees, we will bill your insurer directly!

*physiotherapy*

*massage therapy*

*orthotics*

*laser therapy*

[www.medrehabgroup.com](http://www.medrehabgroup.com)

## CREDIT PROBLEMS?

**NEED WHEELS? WE CAN HELP.**

- Bankrupt (Discharged or Un-discharged?)
- In credit counselling or proposal?
- New Immigrant/Refugee?
- Too Young/Too Old? • No established credit?

**APPROVED QUICKLY - CONFIDENTIALLY**

**IF YOU ARE EMPLOYED WE CAN HELP!**

Specialists in Automotive Financing.  
Your circumstances. Your rate.  
Rates from 8.9% to 29.9% O.A.C.  
Some down payment may be required.  
**RE-ESTABLISH YOUR CREDIT TODAY!**

**carloansapproved.ca or call  
Dave Watson 1-866-385-9424**



Congratulations to  
**Jeremy Hamp**  
and  
**Maria Mealia-Budd**  
on their marriage  
Dec. 23rd, 2007.



www.independentfreepress.com