

Physio News

by Robin Collins

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ARTHRITIS PAIN? CONSIDER PHYSIOTHERAPY

If you are experiencing pain, joint stiffness and decreased mobility due to arthritis, you could greatly benefit from a consultation with one of our therapists. Physiotherapy has an excellent long-standing history of effectively treating the symptoms of arthritis.

The benefits of therapeutic exercises for rheumatoid arthritis were recently described by an expert panel of multidisciplinary health care researchers who concluded that therapeutic exercise is an effective means to achieve pain relief, improve strength, reduce swollen joints and improve function.


A Canadian study of patients with Rheumatoid Arthritis showed that those who followed a physiotherapy program improved with the treatment and were able to maintain the results one year later. Other research findings have shown that low-intensity exercise over a 24-week period can provide pain relief and improvement in functional status.

Therapeutic exercise plays an important role in managing the symptoms of osteoarthritis as well. Studies have shown that therapeutic exercise, whether prescribed for specific joint problems or a general exercise program, results in reduced pain, improvement in physical activity, aerobic capacity and energy levels.

Carrying excess weight puts individuals at risk of developing osteoarthritis (OA), particularly in the weight-bearing hip and knee joints. A recent report from the Canadian Institute for Health Information (CIHI) demonstrates a correlation between being obese and the incidence of knee and hip replacement surgeries. "A populations based, public health strategy to restore healthy physical activity and eating will mitigate the impact of arthritis and ultimately may delay or reduce the need for total joint replacement", remarked **Laurie Hurley**, a physiotherapist and Senior Director, Arthritis Programs at The Arthritis Society's Ontario Division.

Physiotherapy begins with a medical history and physical assessment that includes an analysis of function and gait. The treatment is then tailored to the individual's symptoms, needs and lifestyle. Using exercise, education and a variety of therapeutic modalities as needed, physiotherapists work with their clients to help them become stronger and more active. Physiotherapists are primary care, client-centred professionals who can make a contribution across the health care continuum. They help people of all ages gain and maintain optimal physical function allowing an active lifestyle. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help their patients increase mobility, have less pain, build strength and improve balance and cardiovascular function. Our Physiotherapists at **Eramosa Physiotherapy Associates** not only treat injuries, they also provide education on how to prevent the onset of pain and/or injury that can limit activity. Let us help you now not later!

ERAMOS A



PHYSIOTHERAPY ASSOCIATES

- Offering Excellence in Physiotherapy -

NO PHYSICIAN REFERRAL REQUIRED

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

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

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www.eramosaphysio.com

House league scoreboard

Georgetown Minor Hockey Association Bantam

Wells Fargo Financial 7, Chalmer's Esso Fuels 3
WFF: Joe Duraj (3G, 2A); Jordan Brown (2G); Richard Valade, Scott Herbert (G,A); Mitchell Rodgers (A). CEF: Mitchell Muirhead, Devon Wylde, James Hughes (G); Corey Hayward (2A); Lucas Kaminski, Bradley Seaton, Josh Phillips, Adam Watkins (A).

Overhead Door Company 4, MVP.com 2
ODC: Ryan Catoen (2G); Alex Cunningham, Mitchell Hand (G); Austin Cavan, Mike Capastagno, Ivan Holjevac, Thomas Currie (A). MVP: Tyler Renton (2G); Rueben Van Zeumeren (2A); Kyle Puljar (A).

Edward's Roofing 10, Emerald Isle 1
Jake Sipak (5G); Paul Walsh (2G, A); Eric Peterson (G, 3A); Dylan McSween (G, A); Jeffrey Burningham (G); Sean Ratcliffe, Josh Metler (2A); Dakota Lacroix, Thomas Dobrovich, Kieran Staples (A). EI: James Osborne (G); Kevin Long (A).

Drew's Containers 7, Bratin Auto Muffler 2
DC: Kyle Burns (3G, A); Chris Scott, Nick Rivard, Nick Protto (G, A); Todd Newman (G); Tyler Banting-Thorogood (2A); Kevin Skea, Brent Riedstra, Konrad Berber-Willis (A). BAM: Matt Berlingieri (2G); Jadon Edward, Drew Wetmore, Connor Hewson, Nick Kinney (A).

New Solutions Capital Group 8, Kinsmen Club 3
NSCG: Jamie Dowell (5G); Paul Abernathy (2G); Derek Neumann (G, A); Kyle Ward (2A); Kyle Martin (2A); Ryan Lambert (A). KC: Evan Flynn (2G); Scott Morrison (G, A).

Floyd's Body Shop 7, Lora Greene State Farm Insurance 2
FBS: Jordan Fariello (3G); Scott Taylor, Will Martineau (G, 2A); Jacob Graham, Jeremy Marrows (G); Jyle Robinson, Jeffrey Chen, Adam Nelson, Jon Baker, John Cranfield (A). LGSFI: Curtis Heinz, Johnathan Grillo (G); Connor Sprayson, Matt Troy, Brian Timmermans (A).

Wild Wing 4, Optimist Club 3
WW: Brendan Rorke (2G); Mark Crandall, Brendan Haynes (G); Liam Vesterback (2A); Adam Lovelend, David Wilson (A). OC: Travis Baird (G, 2A); Zach Borotsik (G, A); Michael Larade (G); Daniel Veloso, William Hall (A).

Drew's Containers 4, Floyd's Body Shop 4
DC: Kyle Burns (G, 2A); Tanner Gardner (2G); Nick Protto (G). FBS: Jordan Fariello (2G, A); Jon Baker (2G); Kyle Robinson (A).

Kinsmen Club 9, Bratin Auto Muffler 1
KC: Scott Morrison (3G, 2A); Connor Rogers (2G); James Bolland (G, 2A); Christian Pretto, Ryan Jukes (G, A); Jesse Suitor (G); Evan Flynn (2A); Kevin Papetti, Sam Makovnyk (A). BAM: Jamie Hilts (2G); Matt Berlingieri (G, A); Connor Hewson (G); Drew Wetmore (2A); Sam Solomon, Nick Kinney (A).

MVP.com 4, Edward's Roofing 3
MVP: Tyler Renton (2G); Matt Glen (G); Riley Stewart (G); Reid Antoniow, Rueben Van Zeumeren, Zander Keen (A). ER: Paul Walsh (3G).

Wells Fargo Financial 6, Wild Wing 4
WFF: Jordan Brown (2G, 3A); Michael

Mansi (2G); Michael Mazze (G); Joe Duraj (G); Scott Herbert, Mitchell Rodgers, Joe Kucey, Brendan Plestid (A). WW: Brendan Rorke (2G); Brendan Haynes (G, A); Cameron Wilson (G); Justin Wilde, Holly Owens, David Wilson, Mark Crandall, Joseph Coady (A).

Chalmers Esso Fuels 4, New Solutions Capital Group 3
CEF: Devon Wylde (2G, 2A); Josh Phillips (G, 2A); Corey Hayward (G); James Hughes, Alex McDonald, Robert Philpott (A). NSCG: Paul Abernathy (3G); James Tonner (2A); Jamie Nicholson (A).

Overhead Door Company 6, Optimist Club 4
ODC: Mike Capastagno (2G, A); Ivan Holjevac (2G); Austin Cavan, David Parkhill (G); Alex Cunningham (2A); Nick Tanner (A). OC: Daniel Veloso (2G); Michael Larade (G); Brandon Boucher (G); Connor Whoolley (2A); Cameron Elgie, Spencer Milne, Nick Kelly (A).

Emerald Isle 10, Lora Greene State Farm Insurance 3
EI: James Osborne (4G, A); Nick Farrugia (3G); Trevor Russell, David Allahmoradi (G, A); Kevin Long (G); Alex Whitham (3A); Adam Hoover (2A); Colin Patjas, Matt Aversa, Ryan Stoddard (A). LGSFI: Connor Sprayson (2G); Andrew Goddard (G); Ryan Langley (2A); Matt Boulanger, Curtis Heinz (A).

Atom Blue
Ryan & Co. Sharks 1, Wilson's Hot Tubs & Pools Maple Leafs 1
RCS: Davis Rapagna (G); Jake Hirst (A). WHTPML: Ronnie Cullen (G); Zach Penney, Ryan DeMelo (A).

Armstrong Insurance Stars 1, Boston Pizza Flyers 1
AIS: Liam Greenhill (G); William Corcoran (A). BPF: Brooklyn Harris (G); Lindsey Highfield, Breanna McGucken (A).

Heritage Orthodontics Red Wings 3, Bryan Lewis Consulting Canadiens 3
HORW: Erik Roe (G, A); Nathan Haley, Drayden Patey (G); Billy Bartens, Justin Lochert, Mason Loggie (A). BLCC: Kamryn Sandiford (2G); Conor Megaffin (G); Darby Sutton, Connor McLeod (A). Georgetown Marketplace Bruins 1, Dr. Sayal Dental Blackhawks 0 GM: Cody Hollett (G); Aaron Zomer (A), Jonathan Ellis (SO).

Heritage Orthodontics Red Wings 4, Dr Sayal Dental Black Hawks 0
HO: Jacob Gallant (4G); Aaron Mauro (2A); Justin Lochert, Erik Roe (A); Carson Kilbride (SO).

Georgetown Market Place Bruins 3, Bryan Lewis Consulting Canadiens 3
GM: Adam Burgess (2G); Cody Hollett (G, A); Matthew LeBlanc (A). BLCC: Kamryn Sandiford (2G, A); Anthony Loduca (G, A); Connor McLeod (2A); Andre Groskopf (A).

Armstrong Insurance Stars 1, Ryan & Company Sharks 1
AI: Liam Greenhill (G). RCS: Jonathan Stiles (G); Aidan Griffiths (A).

Wilson's Hot Tubs & Pools Leafs 2, Boston Pizza Flyers 0
WP: Connor Ferrell, Ryan DeMelo (G); Zach Penney, Ronnie Cullen (A); Justin LeVoguer (SO).

Atom White
Osborne Decor Sharks 3, Georgetown Firefighters Assoc. Red Wings 2

ODS: Jason Ikin (G, 2A); James Turner & Carter Snow (G). GFARW: Kenny Hahnfield, Mitchell Playford (G); Nicholas Luciani, Elliott Jarmain (A).

Bernia of Canada Canadiens 5, Young's Pharmacy Guardian Angels Stars 0
BCC: Tyler Amaral (2G); Michael Love (G, 2A); Joshua McCabe (G, A); Brandon Boshart (G); Jordan Kuenzig (2A); Matthew Laxton (A); Bradyn Legere (SO).

401 Dixie Auto Collision Blackhawks 5, Praxair Maple Leafs 1
401DACB: James Salvian (3G); Luke Warkentin (G, A); Ryan Boyd (G); Cameron O'Rourke, Justin Dool, Ryan Oster (A). PML: Grant Zahara (G); Matthew Boorman (A).

Whiteoak Transport Bruins 4, Pizza Pizza Flyers 3
WTB: Thomas Hunt (3G); Josh Morgan (G); Brendan Stevenson (2A); Tyler Scott, Brody Jack, Michael Preston, Jake Payne (A). PPF: Spencer Disanto, Ryan Childs (G, A); Cameron Fritz (G); Matt Prevett (2A).

401 Dixie Auto Collision Blackhawks 4, Georgetown Firefighters Assoc. Red Wings 3
401DACB: Luke Warkentin (G, A); Cameron O'Rourke, Dawson Galway, Brandon Saulnier (G); Sam Gillon, James Salvian (A). GFARW: Elliott Jarmain (2G); Mitchell Playford (G); James Ennis, Ethan Davis (A).

Bernia of Canada Canadiens 5, Whiteoak Transport Bruins 3
BCC: Brandon Boshart (G, 2A); Joshua McCabe (G, A); Matthew Laxton, Michael Love, Nicholas Karasavidis (1G); Connor Harper (2A). WTB: Thomas Hunt (2G, A); Tyler Scott (G); Jake Payne, Caleb Ijzerman (A).

Osborne Decor Sharks 1, Young's Pharmacy Guardian Angels Stars 0
ODS: Jason Ikin (G); Liam Carson (A); Colin Canavan (SO).

Pizza Pizza Flyers 7, Praxair Maple Leafs 2
PPF: Cameron Fritz (4G); Ryan Childs (G, A); Randy Dales, Lucas Gower (G); Matthew Prevett, Kyle Ramage (2A). PML: Alex Devos (2G); Ryan Pike (A).

Pewee White
Wild Wing Flyers 9, Varsity Hockey Maple Leafs 2
WWF: Brendon Ward (3G, A); Chris Roach (2G, 3A); Joshua Bugden (G, 2A); Scott Belshaw, Brendan Kutlesa (G, A); Lawrence Beauchamp (G); Jason Bridges (3A); Tyler Albert (2A); Jeffrey Boorman (A). VHML: Luc Boucher, Kris O'Neil (G); Jason Young (A).

Ramsay Barr & Assoc. Canadiens 2, Carpet Barn Carpet One Bruins 1
RBAC: William Watson (G, A); Justin Kirke (G); Blair Davies, Jake Crosby (A). CBCOB: Tyler Decoste (G); Taylor Simonson (A).

Eramosa Physiotherapy Red Wings 3, Jones & Son Blackhawks 1
EPRW: Tyler Hardie (G, A); Joel VanOfwegen, Conner Smith (G); Zachary McLean, Ryan Findlay, Mark VanOfwegen (A). JSB: Ian Post (G); Tremen Bolton (A).

Softwater Plus Sharks 3, Stoyles Carpentry Stars 1
SPS: Gregory Higgins (G, A); Bryn Drummond, Kevin McCallion (G); Sam Wight (2A); Michael Hinz, Clayton Morris, Cameron O'Hearn (A). SCS: Curtis More (G); Travis Hatcher, Eriq Gilbert (A).


The Parents of the AE Raiders
Wish to salute the following sponsors who made our Fundraiser such a HUGE success:

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A SPECIAL THANKS TO
Chris and Karen Potter, The Blue Flames,
Nick and all the hard working staff at the McGibbon.

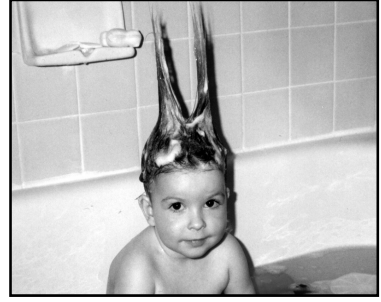
Thank you!
For your generous contributions and for supporting our team.

Happy 16th Birthday Amanda



Love your Family

Happy Sweet 16th Birthday Ashley



Love from Mum, Gareth, Nana, Grandad & Auntie Eleanor & Uncle Andy from Scotland xoxo