

# Physio News

by Robin Collins

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

Shoulder pain can make everyday activities seem like laboring tasks. Trying to put your coat or a sweater on can become a strategic planning session of what arm to put in first. Many will agree, if you are sitting in the front seat of your car, shoulder pain will make you think twice before reaching into the backseat to grab your briefcase. Usually the last straw for our patients is sleep deprivation. People are often surprised and alarmed to realize how much their shoulder contributes to a comfortable sleep at night.

People can experience shoulder pain for many reasons, and similarly can lose function of their shoulder as a result of many causes. Eramosa Physiotherapy Associates continues to strive to be leaders when it comes to shoulder pain.

One of the most common reasons for shoulder pain is tendonitis, specifically rotator cuff tendonitis. The rotator cuff of the shoulder is made up of four muscles that act as the control and stability center in the shoulder. If the four muscles are successfully working together there will be a balance of positioning and strength that aims at keeping the shoulder moving fluidly and without any catches. The goal of keeping your shoulder moving pain free is reliant of several key factors.

Neck and shoulder postures are extremely important to establish a solid foundation for the rotator cuff to "pull from". If we think of the muscles like an elastic band, it would be very difficult for the elastic band to generate tension if one end doesn't stay stable and in the appropriate position. The shoulder blade is the foundation for the rotator cuff, and the shoulder blade is strongly influenced by neck posture. Ensuring that you minimize rounding shoulders and chin poking forward postures will provide the necessary foundation for your rotator cuff.

Next we need to realize that there are changes to the rotator cuff that occur as a process of aging. This doesn't mean that the "over 30 club" should stop trying to lift their arm, but it does mean that we need to be aware of the physical demands that we are requiring of our shoulder. If you are working in a job that requires constant elevation of your arm, or working at shoulder height and even "mousing" on a computer, the shoulder is depending heavily on the rotator cuff strength to control its position. Any weakness can predispose you to injury.

Physiotherapists are skilled at assessing the biomechanics of the shoulder joint, the function of the rotator cuff and establishing, if necessary, a specific exercise program to address and strengthen deficits. So if you are still rubbing your arm after a day of the computer, working or throwing ball - it is time to take control of your shoulder rather than having your shoulder control your life. Keep up with life and stay in the game!

ERAMOS A



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- Offering Excellence in Physiotherapy -

NO PHYSICIAN REFERRAL REQUIRED

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519-853-9292

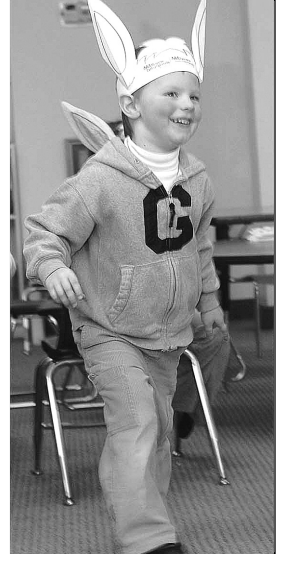
333 Mountainview Rd. S.  
905-873-3103

www.eramosaphysio.com



## Montessori students hop to it

As part of the Brampton-Georgetown Montessori School's recent Hop for Muscular Dystrophy, students like Audrey Vieyra, 5, (above) Dominic Srebernjaic, 4, (right) and Evan Reid, 2, (far right) had their little bunny rest before taking part in the hop, during the event at the school at 8 James Street. The school raised \$2,182 through the activity.



Photos by Ted Brown



## Local restaurants taking part in UNICEF Tap Project

During the next week (March 22 to 29) customers at Swiss Chalet, Kelsey's and Harvey's in Georgetown will be able to make a difference for children around the world by donating a minimum of \$1 for a glass of tap water.

The three restaurants, part of the Car chain, are taking part in Tap Project during

World Water Week. The campaign celebrates the clean and accessible tap water available as an everyday privilege to millions, while helping UNICEF provide safe drinking water to children around the world.

Beginning this Saturday (March 22) through the following Saturday (March 29)

customers will be invited to donate \$1 or more for the tap water they would normally get for free. For every dollar raised, a child will have clean drinking water for 40 days. By 2015, UNICEF's goal is to reduce the number of people without safe water and basic sanitation by 50 per cent.

# PUBLIC AUTO AUCTION

- Finance Repossessions
- Dealer Trade-Ins
- Lease Terminations
- Many Unreserved!

SATURDAY MARCH 22<sup>ND</sup> AT 1PM SHARP (Viewing starts at 10am)

Partial Listing of Vehicles to be auctioned

1998 FORD TAURUS SE	2003 POLARIS SPORTSMAN 400 ALL TERRAIN
1997 BUICK LESABRE	2003 FORD FOCUS ZX5 Hatchback 4D
2000 JEEP CHEROKEE CLASSIC	2004 CHRYSLER PT CRUISER Sport Wagon 4D
2001 CHEVROLET CAVALIER	2004 BOMBARDIER Outlander XT -
2000 CHRYSLER INTREPID	1994 NISSAN PICKUP Long Bed
2004 CHEVROLET CAVALIER Sedan 4D	2000 PONTIAC GRAND AM SE Sedan 4D
1996 PONTIAC SUNFIRE SE Convertible 2D	2000 DODGE CARAVAN Minivan
2001 FORD F-150 Super Cab Long Bed 4D	1996 PONTIAC SUNFIRE SE Sedan 4D
2002 FORD EXPLORER Utility 2D	1999 FORD F-150 Super Cab Long Bed
2003 PONTIAC MONTANA Ext. Minivan 4D	2004 FORD EXPLORER SPORT TRAC Utility Pickup 4D
2003 PONTIAC GRAND PRIX GT Sedan 4D	1992 LEXUS SC400 Sport Coupe 2D
1995 PONTIAC GRAND PRIX SE Sedan 4D	2005 FORD F-250 Harley Davidson Crew Cab Long Bed
2002 GMC SAFARI SL Cargo Minivan 3D	1997 PONTIAC SUNFIRE SE Sedan 4D
2003 FORD EXPLORER Eddie Bauer Sport Utility 4D	2004 JAGUAR X-TYPE 2.5L Sedan 4D
2000 BMW 528i 528i Sedan 4D	1999 CHEVROLET VENTURE Extended Minivan
1999 HONDA CIVIC Si Coupe 2D	1999 DODGE CARAVAN Minivan 4D
1995 MAZDA MX6 LS Coupe 2D	2003 INFINITI G35 Sedan 4D
2001 HONDA ACCORD LX Sedan 4D	2000 NISSAN MAXIMA GLE Sedan 4D
1999 TOYOTA TERCEL SEDAN 4 DOOR	2001 NISSAN MAXIMA GLE Sedan 4D
1999 FORD TAURUS SE Sedan 4D	1991 HONDA ACCORD EX Sedan 4D
2001 CHEVROLET VENTURE Minivan 4D	1998 HONDA CR-V EX Sport Utility 4D
1999 PONTIAC GRAND AM SE Coupe 2D	1997 CHEVROLET MALIBU LS Sedan 4D
2000 FORD F-150 Super Cab Long Bed 4D	1998 CHEVROLET VENTURE Extended Minivan
1999 FORD WINDSTAR SE Minivan	1995 FORD ESCORT LX Hatchback 2D

PREVIEW OF OVER 200 VEHICLES TODAY 10-5!

AUCTION DIRECT PUBLIC AUTO AUCTION

5500 Dixie Road, in the 401-Dixie Automall

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## PUBLIC AUCTION

3620B Laird Rd, Unit #6  
Mississauga, Ontario

HARDWOOD AND LAMINATE FLOORING  
OVER 50,000 SQ FT  
SATURDAY, MARCH 29TH, 11AM

Preview Friday March 28th from 10am - 4pm - Day of sale from 9am

UNRESERVED AUCTION, NO MINIMUM BIDS

This auction features a fantastic selection of top quality pre-finished 3/4" thick nail down Hardwood Flooring to include a variety of Oak, Maple, Birch, Black Walnut, Cherry, Pine, Antique hand scrapes, as well as Japanese Exotics, Natural Pecan, & Kempas to name a few. Quantities of wide plank, dark woods and chocolates as well as natural favorites.

Many in wide planks up to 5" Wide!

PLUS- An excellent selection of Click together Engineered Floating Flooring with a solid wood surface that can be refinished up to 5 times, and a wide selection of quality laminate flooring up to 13mm thick!

BRING YOUR TRUCK, TRAILER OR CAR AND LOAD AND GO, All items must be removed the day of the sale!

All flooring will be sold by the square foot to the highest bidder; BUY ONLY WHAT YOU NEED!

Standard 15% buyers premium For directions and details, visit us on the web at

WWW.FLOORAUCTION.CA 905-820-0555