

Physio News

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Physiotherapists Concerned with Effects of Inactivity in Youth and Adults
 Canadian physiotherapists are concerned about the damaging effects of physical inactivity among our youth and adult populations, and are ready to take action, offer leadership and provide assistance. During **National Physiotherapy Month – April 22-May 19** – the Canadian Physiotherapy Association (CPA) will be actively highlighting common mobility problems that are impeding health and preventing Canadians from participating fully in physical pursuits and leisure activities.

Physiotherapists recognize inactivity as a growing and reversible problem
 One-third of youth and adults in Canada have one or more chronic health conditions such as arthritis, diabetes, cancer and heart disease. Obesity is also noteworthy in this context. Some 23% of Canadian adults are clinically obese and 59% overweight. Among youth, obesity rates are rising at an even more alarming rate. Inactivity is a factor in each of these conditions and physiotherapists are determined to help. "Level of physical activity is, by and large, a modifiable risk factor that can directly improve chronic health outcomes and create a healthier society," says Dr. Michel Landry, President of the Canadian Physiotherapy Association. "Physiotherapists are primary health professionals that are ready, willing and able to address physical inactivity with prescribed therapeutic exercise regimens for people across the health care continuum."

CPA encourages all Canadians to take a personal inventory
 The first step toward better health is recognizing the problem. Examples of common problems that can contribute to physical inactivity include:
 - Pain following injury or as the result of a chronic health condition
 - Restricted mobility or range of motion resulting from an injury or a chronic health condition
 - Muscle weakness or decreased endurance limiting daily activities or sport
 - Overall deteriorating functional capacity

If any one of these examples describes your physical state, one of our physiotherapists can help. With their applied knowledge and understanding of the human body in action, our physiotherapists can work with you to increase your mobility, relieve pain, build strength, improve balance and increase cardiovascular function. Physiotherapists will also help you prevent the onset of pain or injury, allowing you to maintain your desired level of active living.

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'Fed-up' residents promised road repairs

LISA TALLYN
 Staff Writer

Although they are not getting their streets reconstructed this year as they had expected, the Town will be doing some work to repair Queen St. several area residents learned at a meeting with two of their councillors last Thursday evening.

About 25 residents from the Queen St./Murdock St. area came out to the meeting held in neighbour Allen Stiehl's driveway.

Queen St. resident Stiehl, who organized the meeting, said the residents in the area are "fed up" with the state of both Queen and Murdock Streets and believed they were to be reconstructed this year.

"We're all disappointed it keeps getting postponed. Can we have some sort of guarantee it's going to be done soon?" asked Stiehl of Councillors Dave Kentner and Jane Fogal at the meeting.

"I'm disappointed as well," said Kentner, but he stressed he couldn't "guarantee a single thing."

He explained budget committee made the decision to delay the \$1 million road reconstruction project for the two streets and that he is only one voice on that committee. The project is now slated for 2010.

But Kentner said within three weeks the Town will pave a six-foot strip down both sides of Queen St. where the potholes are—a major issue for the residents.

"We have moved some other repairs back to get it some attention," said Fogal.

The condition of Queen St., which is lined on both sides with potholes and the poor drainage on that street were two key issues raised.

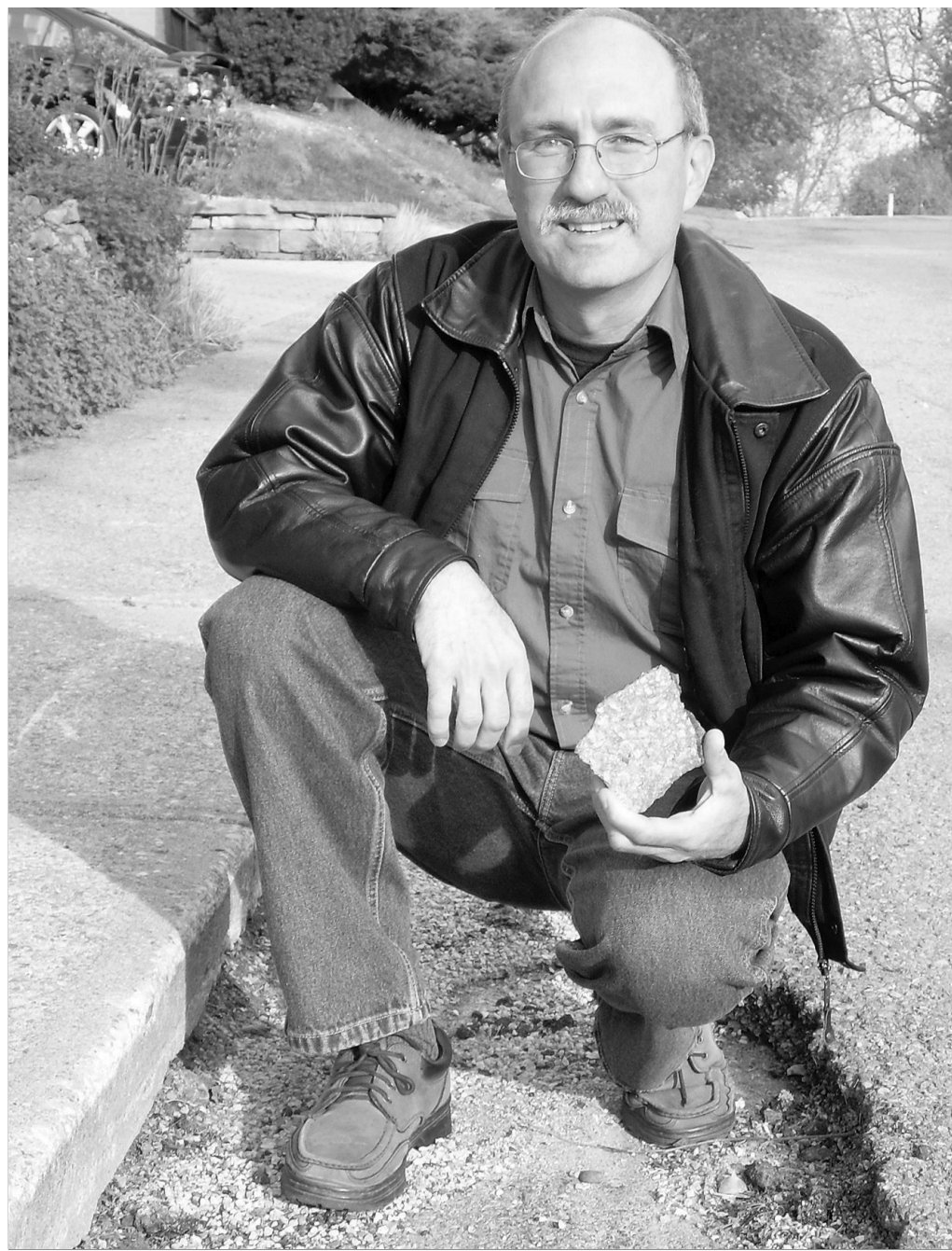
Stiehl said after the Town cold patches the potholes in the winter on both Queen and Murdock St. chunks of asphalt are knocked out by passing cars and GO buses with them ending up on the sidewalks, the boulevards or residents' lawns.

"The Town doesn't care about this at all. They're leaving it up to us," said Stiehl.

Queen St. resident Karen Denuzzo called the condition of the road "terrible" and "dangerous."

"The patch job they did, the asphalt just ended up on the lawns," said Denuzzo, adding it took hours to clean up.

"In the six years I've been here, the roads are getting worse and worse," said Bob



Queen Street resident Allen Stiehl holds a piece of asphalt while kneeling in one of the many potholes in the Queen/Murdock Street area in Georgetown. The Town has promised some repair work to alleviate residents' concerns, with major work slated for 2010.
 Photo by Lisa Tallyn

Campbell, another area resident, at the meeting.

Blayne Hillock, another area resident, said drainage and potholes were the main problems with Queen St., "a main artery to the GO station."

Stiehl said the problem is largely due to the drainage on the roads, which is undermining the road's structure. He said the water flows right past the catch basins onto the sidewalk, onto people's driveways and their lawns.

He and other residents have been postponing paving their driveways in anticipation of the road being fixed this year.

At the meeting the councillors were asked how many projects were above the Queen St./Murdock St. work in the "pecking order."

Fogal said she didn't think there were any.

She explained the project was delayed due to a decline in funding coming into the Town as a result of slower housing starts because of a current lack of water for growth.

On Friday, Kentner said the Town would also immediately check out a "sink hole" forming in front of one home on the street. On Monday he said the hole had been filled with topsoil. A retaining wall that a resident said was crumbling would also be inspected by the Town, Kentner said.

Kentner also said after the reconstruction of Queen and Murdock is done (expected in 2010) there are to be fewer GO buses on Queen.

Stiehl said Tuesday he was "cautiously optimistic" that Queen St. will be rebuilt in 2010.

"I am happy that something will be done in the next few weeks to solve some of the current problems."

He called the meeting a success and said, "now all the people that live on Queen and Murdock are on the same page and our councillors and mayor know we will keep on top of this capital works project."

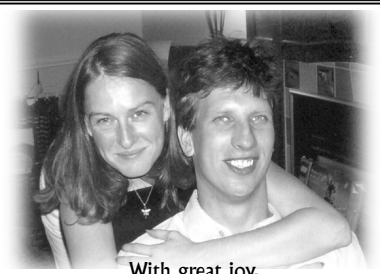
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 to
PATRICK LEO MADIGAN
 son of Denis & Carmel Madigan of Toronto
 Wedding to take place August 2, 2008 in Cobden, Ontario.



Jenny & Gerry Tuffin
 25th Wedding Anniversary

Please join us as we celebrate the 25th anniversary of our marriage
Open House
St. George's Anglican Church
 60 Guelph St., Georgetown
Sunday, May 25th, 2008
 1:30 - 4:00 pm
 Best wishes only, please.