

Physio News

by Robin Collins

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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!

Eramosa physiotherapy Associates of Georgetown and Acton has registered physiotherapists available to help you with your back pain. With their applied knowledge and understanding of the human body in action, physiotherapists work with clients to increase mobility, relieve pain, build strength, and improve balance and cardiovascular function. They not only treat injury, but they also explain how to prevent injury and the onset of pain that may limit activity.

ERAMOS A



PHYSIOTHERAPY ASSOCIATES

- Offering Excellence in Physiotherapy -

NO PHYSICIAN REFERRAL REQUIRED

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519-853-9292

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ENTERTAINMENT

Budding authors can enter Eden Mills Writers Festival contests

Clear off your keyboards and get those manuscripts ready for the 2008 Eden Mills Writers' Festival contests. There are three from which aspiring or modestly published writers can choose:

2008 Eden Mills Writers' Festival Literary Contest
Internationally open to new, aspiring and modestly published writers over the age of 16. You may submit a short story, poetry or play postmarked by June

30, 2008 (no electronic submissions, please). First prize is \$500, second is \$300, third is \$200, as well as honourable mention certificates. Submission fee is \$10 per entry and payable by cheque. Finalists will be notified prior to the festival and winners will be announced on September 7. For further information on manuscript preparation please e-mail deluxe2@sympatico.ca or call 519-856-9450.

8th Annual Ishar Singh Poetry Contest

The theme for the Ishar Singh Poetry Contest this year is "Wandering and Wondering in the Natural World," with prizes presented by the Eden Mills Writers' Festival and The Bookshelf, Guelph. There will be five grand prize winners of \$100, and five runners-up of \$50, one from each level of Primary (Gr. 1-3), Junior (Gr. 4-6), Intermediate (Gr. 7-8), Jr. High (Gr. 9-10), and Sr. High (Gr. 11-12). Prizes are donated in memory of Ishar Singh.

Entries must be received by July 4, 2008 and prize winners will be announced at the 20th Annual Eden Mills Writers' Festival on Sunday, September 7. For further details relating to the contest, contact us by phone at 519-822-8236 or by e-mail at sratcliffe@sentex.ca

Call for submissions to read at The Fringe

The Fringe is a location open to writers previously unpublished in book format who may submit prose or poetry for consideration for reading at the Eden Mills Writers' Festival. Deadline for entries is postmarked by July 30, 2008, and all entries are subject to a \$10 reading fee. Selected readers will be notified by mid-August and will also be invited to schmooze with the Festival authors at the pre-festival party.

For more information e-mail edenmillsfringe@yahoo.ca.



The Regional Municipality of Halton
www.halton.ca

GreenCart Summer Tips

At the Curb

- Put your GreenCart out at the curb every week, even if it is only partially full.
- Do not place your Kitchen Catcher or compostable bags at the curb; the Kitchen Catcher is more likely to blow away in the wind and compostable bags may leak or break apart, they are only meant as liners. Only put your GreenCart at the curb.

Avoid Odours and Pests

- Avoid insects and other pests by sprinkling a handful of salt, garden lime or powdered ginger in the GreenCart or Kitchen Catcher.
- Wrap food waste in newspaper or soiled paper towels or place in a cardboard box like a cracker or cereal box.
- Wrap meat and bones in paper and add additional layers of paper to the GreenCart each time you empty your Kitchen Catcher.
- To reduce odours, clean out your fridge the day before GreenCart collection.
- If space permits, store meat scraps in the freezer until collection day.
- Store your GreenCart where you store your regular garbage container (in the garage or at the side of your home). Keep it out of direct sunlight.
- Empty the contents of your Kitchen Catcher into your GreenCart daily.

Keep it Clean

- Wash your GreenCart and Kitchen Catcher with mild detergent as required. The Kitchen Catcher is dishwasher safe.
- To reduce odour and minimize mess, you can line your Kitchen Catcher and GreenCart with newspaper, cardboard, paper towels, a paper bag or a certified compostable bag.

More Blue and Green for a Better Planet

Remember to Share the Road

In Halton Region, we are fortunate to have a beautiful natural environment with the Niagara Escarpment, Lake Ontario and an abundance of creeks, rolling hills, open spaces and trails. Many people like to get outside and enjoy nature by hiking or cycling.

I would like to remind everyone to share the road while traveling throughout Halton. Be safe, be aware and be courteous. Leave enough room on your right to pass cyclists safely and watch for pedestrians crossing the road.

To learn more about cycling in Halton Region or to obtain a copy of our cycling map visit our website, www.halton.ca/cycling. Thank you for sharing the road. Have a safe and enjoyable summer.



Gary Carr - Regional Chair

Halton Regional Meeting Schedule

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| July 8 Health & Social Services 9:30 a.m. | July 9 Admin. & Finance Committee 1:30 p.m. |
| July 9 Planning & Public Works Committee 9:30 a.m. | July 16 Regional Council 9:30 a.m. |

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Stag & Doe



Matt Boycott & Courtney Norman

Fri. July 4, 8 pm
Acton Legion

\$10 at the door

birthday on a farm

- wagon rides
- hay barn
- barbecue
- old-fashioned games
- animals
- vintage tractors

laura 905.459.5933
carl laidlaw orchards