

# Physio News

by Robin Collins

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Students are back at school and will shortly begin participating in sports like football, basketball and volleyball. Knee injuries are very common in many sports and complete recovery is often a result of an accurate diagnosis, early intervention and rehabilitation. Physiotherapists can accurately assess an acute or old knee injury to determine the need for physician follow-up and the need for possible MRI or other diagnostic imaging. Most knee injuries will involve muscle imbalances around the knee cap that affect the way the kneecap moves or tracks. However, injuries involving a twisting or collision may lead to more serious injury to the ligaments or menisci of the knee.

The most serious ligament injury in the knee is the Anterior Cruciate Ligament (ACL). The ACL is often injured during court sports like soccer, volleyball, basketball, football, tennis and squash. Injury does not usually go unnoticed, as an ACL event usually occurs with a noise or a pop sound and immediate pain and swelling. While complete surgical re-contruction of the ACL is required in most cases, early intervention can help improve the overall prognosis. In the acute stage following injury, Physiotherapy helps to control swelling, regain movement and begin early muscle rehabilitation.

The most common mechanism of injury is a sudden turning movement on a planted foot or a hyper extended knee on a landing. Research has also highlighted that girls aged 16 to 20 are at higher risk. Follow up clinical trials have demonstrated that there are preventative programs that have been shown to reduce ACL injuries in elite female volleyball and soccer players.

Eramosa Physiotherapy Associates in Acton and Georgetown has been active in advancing knee rehabilitation through research study participation, reviewing scientific research, surgical observations and implementing preventative programs. If you are having knee pain that is stopping you from participating in the activities that mean the most to you visit one of our therapists today!



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**Tuesday, Oct. 16**

**Lydia Snow Branch:** of Retired Women Teachers of Ontario meets 9:30 a.m. in the gathering room of the Ascot Condominium, 26 Hall Rd., Georgetown. Speaker Fran Williams will offer strategies for eliminating clutter. All retired women teachers are welcome to attend.

**Family Storytime:** 2 p.m. at the Acton Community Centre. This free drop-in library program is 30 minutes in length, and includes stories, music and lots of fun.

**Palette and Pencil Guild:** an art group of Credit Valley Artisans meets every Tuesday, 7-9 p.m. inside Cedarvale Cottage (Main and Maple Streets in Cedarvale Park). All newcomers welcome. Info: Rita, 519-853-9226 or e-mail: rita-jan2006@yahoo.ca



**Calling all gardeners:** Learn all about hostas and daylilies and why they are so addictive! Jack Kent from the Potting Shed in Dunnville will be here to share his enthusiasm at the Acton Horticultural Society meeting, 7:30 p.m. at Knox Church, 44 Main St. N., Acton. All gardeners and aspiring green thumbs are welcome. Info: Ruth, 519-853-0009.

**Free swim:** Recreation & Parks Dept. hosts a free swim for the 55 and older age crowd. The first swim, 9-10 a.m. at the Acton Pool is sponsored by Ruth Bowes, Royal LePage Meadowtown Brokerage sales representative, while the second, 11 a.m. to 12 p.m. at the Gellert Pool is sponsored by Young's Pharmacy and Homecare.

**Wednesday, Oct. 17**

**Bruce Trail hike:** Level 1-5 km hike on local trail. Depart 9:30 a.m. from the parking lot between Zellers and the grey medical building. Bring lunch and snack. Stop after the hike at a local establishment. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca

**Fashion show:** St. Andrew's United Church hosts Shades of Autumn, a fashion show presented by Elizabeth's Fashions, 7:30 p.m. at the church, 89 Mountainview Rd. Desserts and door prizes. Admission \$12. Info: 905-877-4482.

## Community Calendar

**Kittens:** Upper Credit Humane Society will be at Wal-Mart Georgetown, 6-9 p.m. and again on Thursday, 11 a.m. to 2 p.m., with new kittens, ready for adoption to approved homes. The \$140 fee includes spaying/neutering, first set of shots, de-worming, micro-chipping and tattooing. Info: Cyrie Parker, 416-904-2811.

**Sleepytime Stories:** Wednesdays at 7 p.m. at the Georgetown branch library. Children are invited to wear their pajamas. This free drop-in program is 30 minutes in length, and includes stories, music and fun!

**Family Storytime:** 9:45 a.m. in the Georgetown branch library. This free drop-in program is 30 minutes in length, and includes stories, music and lots of fun!

**Evening Euchre:** Acton Seniors Centre hosts Evening Euchre at the centre located within the Acton Arena and Community Centre, 7:15 p.m. Prizes and light lunch. Everyone welcome.

**Essentials of Entrepreneurship:** hosted by Halton Hills Public Library and Halton Region Business Development Centre, starts 6:30-8:30 p.m. in the Georgetown branch library meeting room. Tonight's topic: Your business plan made easy. Cost: \$20. Register: 1-866-442-5866 with credit card. Info: [www.halton.ca/business](http://www.halton.ca/business)

**Special Needs Parent Support Group:** Do you have a child aged 0 to 6 years old with undiagnosed or recently diagnosed special needs? Join other parents to share the challenges, joys and fears of raising a child with special needs 7-9 p.m. at Ontario Early Years, Georgetown Satellite. Info: 905-873-2960.

**Parents without Partners (PWP):** is a non-profit, social support group for single parents and their children, which serves the Halton Hills area. We have information and orientation sessions each Wednesday. Please come out to see what we are all about. Info: 905-970-0160 or 905-846-4883 or [www.pwpbrampton.com](http://www.pwpbrampton.com).

**Fundraiser:** The Schizophrenia Society of Ontario Halton/Peel Region presents the movie *Canvas*. Full of hope and humor, this heartwarming and critically acclaimed film features a family coping with mental illness. All proceeds go to the SSO Halton/Peel Region. Suggested donation \$10. This film will be privately screened at Encore Oakville Mews Theatre (171 Speers Rd.), Oakville, at 7 p.m. RSVP Marina Sue-Ping at the

SSO Halton/Peel Office, 905-338-2112 or e-mail [msue-ping@schizophrenia.on.ca](mailto:msue-ping@schizophrenia.on.ca).

**Thursday, Oct. 18**

**Blood donor clinic:** Canadian Blood Services hosts a blood donor clinic at Acton Legion Hall, 15 Wright Ave., 4-8 p.m. Please call 1-888-2-DONATE to book an appointment.

**Shore supper:** Huttonville United Church hosts a Shore Supper (fish fry), 5:30-7:30 p.m. at Huttonville Community School. For tickets, adults \$15, children \$7, call 905-455-8258 or 905-453-7392.



**Castaways Comedy Productions:** presents *Doctor in the House*, Oct. 18-20 8 p.m. at the John Elliott Theatre. Tickets are \$22 adults and \$16 seniors. A farce based in the mythical medical college of St. Swithins. Box Office: 905-877-3700 or online: [www.halton-hills.ca/theatre](http://www.halton-hills.ca/theatre)

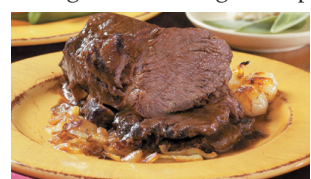
**Ballinafad euchre:** Ballinafad Hall Board hosts euchre at the Ballinafad Community Centre, 7:30 p.m. Cost: \$3 per player. Light lunch, coffee and tea served.

**Business consultant:** will be at the Georgetown library for a free one-hour one-on-one session. Consultants can help with starting a business, business planning, writing marketing plans, and understanding government regulations. Appointments must be booked in advance. Call 1-866-442-5866 or e-mail [busdev@halton.ca](mailto:busdev@halton.ca). A Halton Hills Public Library and Halton Region Business Development Centre program.

**Friday, Oct. 19**

**Gala Dinner Dance:** Strictly Dance Parent's Committee hosts a Gala Dinner Dance at Il Cavaliere Banquet Hall in Brampton. The committee is a non-profit organization, which raises funds to help fund competitions, costumes, recitals, scholarships, and needy families taking classes at Strictly Dance. Tickets are \$80. Info: Julia, Strictly Dance, 905-702-9728.

**Annual beef dinner:** hosted by Knox Church, Georgetown. Sittings at 5 p.m. and 6:15 p.m. Adults \$13, 12 and under \$6. Tickets at: 905-877-7585 or 905-873-6220, 905-877-4257.



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