

Physio News

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Re-leaf from raking pain

At this time of year many homeowners will be getting their exercise by raking leaves. Raking is a physical activity that can help individuals stay active, but raking is often accompanied by the strains and pain associated with repetitive motions. Fortunately, raking injuries can be prevented by following a few guidelines. I would recommend that individuals pace themselves, use good posture and body mechanics, and adopt a good technique.

The following recommendations from the Canadian Physiotherapy Association will help minimize the risk of strains and sore muscles:

Before Raking:

- Be proactive about your health by staying fit and engaging in regular exercise so that household activities, like raking, won't take as much of a toll.
- If you have back pain, ask for help from family members or neighbours, or hire someone to do it for you.
- Consult a health professional if you have any pre-existing health concerns such as heart or cardiovascular disease.
- It's helpful to do warm-up exercises for the larger muscle groups such as the shoulders, back and legs before all yard work.

Raking:

- Pace yourself by completing the work in 20 to 30 minute segments. Take frequent breaks and/or change to a different activity.
- Hold the rake handle close to your body to help maintain good posture while raking. Keep one hand near the top for better leverage and use your arms and legs more than your spine. Ergonomic rakes often have padded handles to reduce strain on the hands and wrists, and have special handles that encourage good posture by ensuring that the elbows are bent slightly.
- Change sides frequently and avoid twisting from the waist. When raking, the tendency is to plant the feet in a fixed position and rake in several directions from that position. Instead, place one foot ahead of the other which allows you to shift forward and backward easily as you rake.

Bagging:

- When bagging leaves, lift manageable loads. Keep your lower back slightly arched inward and use your legs to do the lifting. If you have to stoop, face the pile of leaves and don't twist as you lift.
- Don't try to overreach to get those last few leaves.
- When lifting the bag of leaves, tense your stomach muscles to give your back additional support and keep the bag close to the body. Keep your lower back slightly arched inward while lifting with the legs.
- Don't pile too many leaves into one bag, especially if they're wet - it will be heavy and awkward to lift.

When finished for the day, take a few moments to cool down by doing the same exercises performed prior to raking. If you are experiencing pain, consult a physiotherapist. Physiotherapists are primary health care professionals who help people of all ages and lifestyles gain and maintain their physical mobility. With their applied knowledge and understanding of the human body in action, 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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Saturday, Nov. 3

Christmas bazaar: St. George's Anglican Church, 60 Guelph St., Georgetown hosts its annual Christmas bazaar, 10 a.m. to 2 p.m. Get a head start on your Christmas shopping!

Knox bazaar: Knox Presbyterian Church (Main and Church Sts.), Georgetown hosts its annual bazaar, 10 a.m. to 1 p.m. Café style lunch in Holly Café. Fancy cookie trays, baking, knitting, sewing, crafts, guest vendors. Table of surprise gift bags, silent auction. Handcrafted quilt draw at 12:30 p.m.

Kittens: Upper Credit Humane Society kitten foster program will have their 4-5 month old kittens at Pet Valu Georgetown (beside Food Basics), 11 a.m. to 4 p.m. Only these kittens will be available for adoption to approved homes for \$80 per kitten. The fee includes spay/neuter, first shots, microchip, tattoo and parasite control. Info: Cyrie Parker, 416-904-2811 or online, www.angelfire.com/blog/kittens.

Parent-to-Parent Sale: 8 a.m. till noon. at the Ontario Early Years Centre, 96 Guelph St. Georgetown. Over 25 vendors selling toys, clothing, child-related items and baked goods. A \$2 admission fee will gain you entrance to this worthwhile event. See you there.

Hungry Man's Breakfast: Georgetown Legion hosts a Hungry Man's Breakfast, 8-11 a.m. at the branch upstairs (elevator available). Cost is \$5 per person (children under 12, \$2.50) Takeout available.

Family Storytime: will be held 11 a.m. in the Georgetown Branch. This free drop-in program is 30 minutes in length, and includes stories, music and lots of fun! Info: Acton branch, 519-853-0301 or the Georgetown branch, 905-873-2681 ext. 2520.

Second City: John Elliott Theatre presents *The Best of The Second City*, 8 p.m. Comedians perform the best of Second City's comedy from the past 50 years, plus new improv scenes. Tickets: \$35. Box Office: 905-877-3700 or www.haltonhills.ca/theatre.

Eucre: is held every Saturday night at the Hornby Co-operative Nursery School on Steeles Ave. at 7:30 p.m. All are welcome.



Sunday, Nov. 4

Niagara Dioceses Bishop speaks: St. Paul's Anglican Church, Norval is pleased to welcome neighbours and friends to hear the newly-elect Niagara Dioceses Bishop the Rt. Rev. Michael Bird speak on "The Feast of All Saints." service begins at 10:30 a.m. Lunch to be served following the service. All welcome!

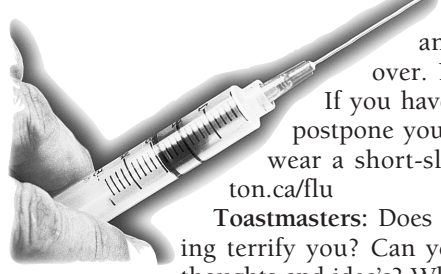
Carbon Neutral fundraiser: Eden Mills Big Book Sale plus DVDs, CDs, records, and more).

Community Calendar

11 a.m. until 4 p.m. at the Eden Mills Community Hall. Profits go to the Eden Mills Community Hall and the Eden Mills Mill Pond Conservation Association, specifically the Carbon Neutral Project. Info: Brian Skerrett, 519-856-0128 or Kit Bresnahan, 519-856-1188.

Monday, Nov. 5

Flu shot clinic: Halton Region Health Department holds a flu shot clinic, 3:30-8 p.m. at Christ



the King High School, for anyone six months of age or over. No appointments necessary.

If you have a fever or do not feel well, postpone your visit to a later date. Please wear a short-sleeved shirt. Info: www.halton.ca/flu

Toastmasters: Does the thought of public speaking terrify you? Can you confidently express your thoughts and ideas? Whether you are speaking to an audience of one or one thousand, Halton Hills Toastmasters can help. Please join us 7:30-9:30 p.m. at St. Albans Parish hall, 537 Main St. in Glen Williams. Info: Judi, 519-853-1856 (evenings/weekends) or www.haltonhillstm.org. Guests are welcome!

Bridge anyone?: Georgetown Bridge Club offers afternoon and evening games for players of all levels, beginner, intermediate and advanced. Info: Tom, 905-877-7486.

TOPS-Acton: meets Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m. Info: Ena, 519-853-1526.

Celebrate Recovery: Have you lost hope? Are compulsive habits ruining your life? Many have experienced freedom from their addictions through this internationally recognized 12-step recovery program at Georgetown Alliance Church, Mondays, 7 p.m. Info: Doug, 905-873-0249 or cr@agrowingfamily.org or www.celebraterecovery.com

Alcoholics Anonymous: If you live in the Halton /Erin area and would like help to STOP drinking. Meetings held throughout the week. Call Alcoholics Anonymous at 1-866-715-0005.

Al-Anon Family Group meetings: for families and friends of alcoholics on Mondays, 1:30 p.m. (One Day at a Time Group, St. Joseph's Catholic Church, 64 Church St., Acton), and Wednesdays, 8 p.m. (Acton Al-Anon Family Group, Trinity United Church, 70 Mill St., Acton). Info: 1-888-425-2666.

Georgetown Fireflies Camping Club: monthly meeting will be 8 p.m. at the Halton Regional Police Station, 217 Guelph St. Georgetown. Any interested campers are welcome to attend. Info: 905-451-6998.

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