

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



Tina Doney
Connie Franco
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

Q: Last week I was playing soccer and dislocated my shoulder when I fell. My doctor told me to wear a sling and rest it. Is there anything else that I can do?

A: Dislocations or subluxations (partial dislocations) occur when there is enough force put through the shoulder joint to "pop" the upper arm bone, or humerus, out of joint. Often this happens during a sporting event when you are hit close to the shoulder while your hand is fixed on something, like the ground. While your lower arm remains where it is, your upper arm is forced forwards, backwards, or down, causing the shoulder to pop out of its socket. This can also happen when you fall. Often, the shoulder may pop back in right away, but in extreme cases, you have to go to the hospital to have a physician put it back in place. When the shoulder pops out, it causes damage to all of the soft tissue around the joint, including your rotator cuff muscles, ligaments, and the thick capsule of the shoulder joint that usually holds the joint together.

It is very important to rest your shoulder in a sling for up to the first three weeks of an injury like this. This is how long it takes torn or stretched tissue to start to repair itself. If you start moving your shoulder too much during the first few weeks, the tissue does not have a chance to heal because it is continually being stressed. Having said that, you do want to move your shoulder a little bit, to prevent it from becoming stiff. Gently cupping your elbow with your arms crossed like you are holding a baby, and moving the arm around in circles with the help of your other arm will prevent the shoulder from becoming stiff. You need to perform this exercise 10-20 times every few hours.

After three weeks, it is important to start moving your arm through its full range, but still avoiding the position that caused the dislocation in the first place. It is important for this tissue to be nice and strong before you stress it. Strengthening your shoulder muscles is very important after this injury heals, as this will help to prevent another dislocation. There is a strong chance that a dislocation can occur again after the first one, but there is less of a chance if the shoulder muscles are strong. A physiotherapist will guide you through an exercise program, and progress your exercises as healing takes place.

If you have a shoulder that dislocates repeatedly, or a recent dislocation injury, consult a physiotherapist, who will help you to rehab your injury and prevent further dislocation.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 86 Main Street East, Milton 876-1515, for questions about physiotherapy.



Herbal Magic
Weight Management and Nutrition Centres

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Maxine Stanley

Q: I have read so many articles on weight loss recently... Some promise rapid weight loss while still being able to consume fairly high-fat foods, while others tell me I just need to chew my food more slowly! Can you please dispel fact from fiction for me concerning weight loss?

A: There is no "quick fix" when it comes to weight loss! Anyone promising such "rapid weight loss" usually incorporates methods that are not only unhealthy, but also definitely dangerous to the body long term (without any lasting weight loss results!).

MYTH: You can eat cake and lose weight at the same time.

FACT: Eating high-fat high-sugar cake does nothing to promote weight loss, only weight gain! Cake consists of flour, sugar and large amounts of fat... these are things that should be reduced in the diet, not increased, when pursuing weight loss.

MYTH: Chewing your food slowly will rid you of your potbelly.

FACT: Chewing your food slowly is great for the digestion, but it does nothing towards shedding a potbelly! You can chew as slowly as you want, but if the food you are chewing is deep-fried, high in fat/sugar/carbohydrates, then it will increase your weight regardless! What is important is the food that you do decide to eat, making sure to eat the right foods at the right times.

MYTH: Drinking iced liquids prevents digestive enzymes from functioning.

FACT: According to Dr. Donald S. Robertson, MD, quote "Water should preferably be cold... it's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold liquids can actually help burn calories." Digestive enzymes function regardless of temperature, and cold beverages can actually help with metabolic rate! So go ahead and enjoy your iced beverages!

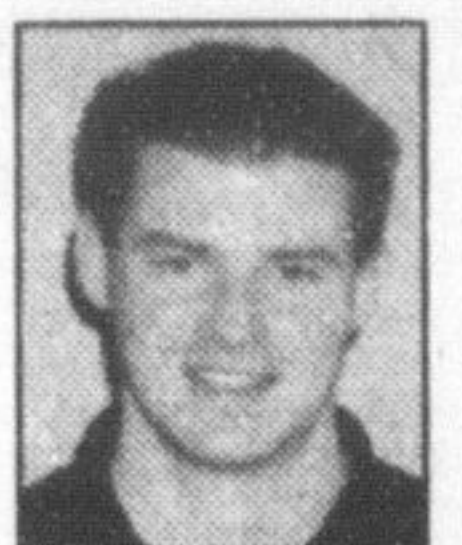
Maxine Stanley has a B.A. in Sociology and an S.S.W. in Social Work. She has worked with the Herbal Magic program for over six years, and is a trained nutritional counsellor.



Jillian Guard
(Hons.) B. Sc., RMT

**Milton Therapeutic
Massage Clinic**
75 Main St., Ste. 10
(across from Zak's Pharmacy)
878-0800

**Registered
Massage Therapy**



Ryan Weaver
B.Sc., RMT

Q: What is pseudo-sciatica?

A: **Pseudo-Sciatica** or **Piriformis Syndrome** is a compression syndrome of the sciatic nerve, producing symptoms commonly referred to as sciatica. The sciatic nerve is the largest nerve in the body and is the main branch of the sciatic plexus. It descends from the lumbar spine anterior to the pelvis and exits, passing between the piriformis muscle and the lower pelvis. The nerve then travels to the posterior surface of the thigh and down the leg. In some people, the sciatic nerve actually penetrates and passes through the piriformis muscle belly. This is an unusual variant typically requiring corrective surgery.

If tight, the piriformis can squeeze the sciatic nerve against the pelvis causing parathesia and pain in the buttocks and radiating pain down the leg into the thigh and calf. The pain is usually intermittent with varying intensities. Presentation is usually in one leg only and neurological deficits are uncommon. Only if the syndrome is of long duration will the sciatic nerve irritation develop into the true inflammation of sciatica.

Common causes of piriformis syndrome are occupational and postural factors (prolonged sitting) which can shorten and increase tone in the muscle. Injuries to the sacroiliac joint, gluteals, or lateral rotator muscles with subsequent inflammation, haematoma, and scarring can irritate the muscle.

Treatment of piriformis syndrome involves deep tissue work to the lateral rotators of the hip, trigger point therapy, and passive stretching. Education with respect to postural corrections and a reduction in causative factors will follow.

For any questions concerning massage therapy, or to book an appointment, please call Ryan Weaver or Jillian Guard at Milton Therapeutic Massage Clinic, 878-0800.



Geraldine
Hesketh

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A

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*And everything in between.

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