



PHYSIO FOCUS

PHYSIO FOCUS is a monthly publication geared towards providing practical physiotherapy and health information.

INSIDE THIS ISSUE:

Cancer and Benefits of Physiotherapy.....	1
NOI Fitness Class Information	1
Lateral Epicondylalgia.....	2
Cancer Prevention Basics	2
Health Corner: Kinesiology Taping.	2
Contact Info	2

NOI Fitness Classes

July Class Schedule

Please sign up at front desk!

Pilates Mat Level 1

Mondays at 5:30 pm

A floor based exercise program that uses your own body or small props to build core strength and retrain proper muscle patterns while increasing your mind-body awareness.

Hatha Yoga Level 1

Tuesdays at 7:00 pm

Sequence of standing, seated and kneeling postures linked with your breath which will open the entire body and allow energy to flow more freely.

Mat Pilates Level 2

Wednesdays at 5:30 pm

We will build on the principles in Level 1; exercise at a quicker pace to create a dynamic core workout. The focus will be on exercises to increase strength and endurance.

Hatha Yoga Level 2

Wednesdays at 6:45 pm

A natural progression from Hatha Level 1; you will be guided into intermediate postures helping to increase your strength, flexibility & stamina.

**“MAKE YOUR OWN RECOVERY THE FIRST PRIORITY IN YOUR LIFE”
– ROBIN NORWOOD**

Benefits of Physiotherapy in Individuals with Cancer

Current evidence exists to support the benefits of Physiotherapy services in improving overall quality of life in individuals living with cancer as well as cancer survivors¹⁻⁴. Individuals affected by cancer commonly experience decreases in physical function and activity tolerance, and increases in whole body fatigue. These effects may result directly from the cancer, or from associated treatments (i.e. chemotherapy, radiation). The decline in physical capacity and increase in fatigue contribute significantly to one's perceived quality of life^{1,3,4} and are important considerations in providing holistic patient-centred care. Physiotherapy intervention has demonstrated effectiveness in improving physicality and fatigue, thus leading to positive outcomes in overall physical and emotional health in individuals affected by cancer¹⁻⁴.

Niagara Orthopaedic Institute (NOI) offers advanced and innovative services, delivered by a multidisciplinary team of health care professionals, striving to achieve health and wellness through a patient-centred approach. Some of our services that are applicable to individuals affected by cancer include manual therapy and individualized exercise prescription. Cheryl DePodesta, Registered Kinesiologist, is a CancerSmart Exercise Certified Practitioner and co-ordinates the cancer-based rehabilitation guidelines utilized at NOI.

Current literature outlines exercise guidelines for individuals affected by cancer, which includes a combination of aerobic, resistance, and flexibility training⁵. This combined approach to exercise has consistently demonstrated its value in improving quality of life in individuals affected by cancer¹⁻⁵. At NOI, combined efforts from the clinic's registered physiotherapists and registered kinesiologists aim to provide individuals affected by cancer the opportunity to partake in tailored exercise programs specific to their particular limitations and physical needs.

1. Schmitz KH, Courneya KS, Matthews C, Demark-Wahnefried W, Galvao DA, Pinto BM, et al. American college of sports medicine roundtable on exercise guidelines for cancer survivors. *Med Sci Sports Exer.* 2010; 1409- 1426.

2. Pekmezi D, Martin MY, Kvale E, Meneses K, Demark-Wahnefried W. Making a difference: enhancing exercise adherence for breast cancer survivors. *ACSM's Health Fit J.* 2012;16(4):8-13.

3. Galvão DA, Newton RU. Review of exercise intervention studies in cancer patients. *J Clin Oncol.* 2005;23(4):899-909.

4. Haas BK, Kimmel G. Model for a community-based exercise program for cancer survivors: taking patient care to the next level. *J Oncol Pract.* 2011; 7(4): 252-6.

5. Wolin KY, Schwartz AL, Matthews CE, Courneya KS, Schmitz KH. Implementing the exercise guidelines for cancer survivors. *J Support Oncol.* 2012; 10(5): 171-177.

Cancer Prevention Basics by Jennifer Mulligan, RD



It has been shown that the overall pattern of living is important in lowering the risk of cancer. It appears about 1/3 of cancers can be prevented by eating well, being active and maintaining a healthy body weight.

A healthy diet includes lots of fruits and vegetables, which are naturally low in fat and calories and a good source of fibre and other essential vitamins and minerals. Head to the grocery store or a local food market to stock up on these nutrition powerhouses.

Remember if they are easily accessible you are more likely to consume them. Simple ideas also include:

- Choose whole fruit for snacks instead of granola bars or store-bought muffins
- Cut up raw veggies like celery, carrot, pepper and cucumber and store them in the refrigerator for the week for quick after work or school snacks
- Using left over veggies in breakfast omelets
- Eat a salad daily
- Trying a green-smoothie
 - Blend 2 cups of fresh spinach to 2 cups of water. Then add 1 cup of pineapple, 1 cup of mango, 2 bananas and 1 tbsp ground flaxseed and blend again. Makes 2 servings.
 - Or simply add a handful of spinach or kale to your favourite smoothie. You likely won't even taste the difference!



Health Corner

Lateral Epicondylalgia: midlife crisis of a tendon

“Tennis elbow” is often a diagnosis given quite frequently in the rehabilitation and medical communities since it was introduced by Rungue in 1873. While this diagnosis refers to local tendon pathology of the lateral elbow, it is not only seen in tennis players. This “extra-articular tendinous injury is characterized by excessive vascular granulation and angiofibroblastic hyperplasia, impaired healing response in the tendon”⁷. Current research indicates incidence rates between 35-50% of adult tennis players and 1-3% of the general population. The typical duration of symptoms is between 6-24 months; up to 90% of those injured report recovery within 1 year.

Recently, Luk and colleagues 2014 provided a review of treatment options for sufferers of lateral epicondylalgia and their findings outline a framework for evidence-based treatment for this condition:

- NSAIDS: non-steroidal anti-inflammatory drugs have been shown to help with pain in the short term but do not promote healing long term
- Taping and bracing: although controversial, they do provide short term pain reduction but have limited long term effects
- Exercise therapy: stretching and strengthening exercises has been shown to assist in tissue remodeling and pain relief
- Manual therapy: Mulligan manual mobilizations and deep friction massage show improvements in pain and strength both short term and long term
- Laser therapy and ultrasound: both modalities show improvements in pain and healing when combined with other forms of physiotherapy
- Acupuncture: benefits in short term pain relief and promoting healing
- Shockwave therapy: lasting analgesic effect and stimulation of natural healing properties has been well established in literature
- Corticosteroid injection: cortisone injections are effective for short-term relief but do not facilitate healing. It is reported that 72% of patients treated with cortisone experience a flare-up within 12 months (compared to 9% who did not)
- Platelet-rich plasma injections: the utilization of own blood (growth factors in platelets) is drawn and injected into the injured tissue has shown very promising results as a new age form of treatment
- Surgery: it is estimated that 4-11% of patients undergo surgery with conflicting results on the outcome

6. Luk J, Tsang R, Leung HB. Lateral epicondylalgia: midlife crisis of a tendon. *Hong Kong Med J* 2014;20(2):145-151.

7. Ellenbecker TS, Nirschl R., Per Renstrom. Current Concepts in examination and treatment of elbow injury. *Orthopaedic Surgery* 2012;Mar/Apr: 186-194.

Is Kinesiology Taping Right for You?



Rock tape is a specialized tape known as kinesiology tape that is used for a wide variety of problems. Kinesiology taping creates an activation of neurological and circulatory systems, adding support and stability to joints and muscles without affecting circulation or range of motion. Muscles control the circulation of venous and lymph flow and body temperature, therefore failure of muscles to function properly include multiple symptoms, rock tape can help with these symptoms. Symptoms such as pain, inflammation, and relax tired and overused muscles. Rock tape stretches in one direction, creating a biomechanical property that lifts the skin away from the soft tissue underneath, allowing more blood flow into an injured area. This increase in blood flow accelerates healing and recovery.

Rock tape is effective for the treatment of carpal tunnel, shoulder pathologies, tennis elbow, plantar fasciitis, patellar tracking, ACL/PCL pathology, edema, ankle injuries, pain associated with pregnancy, postural correction and more. Rock tape is made with cotton and nylon and the adhesive is hypo-allergenic acrylic based and contains no latex. Book an appointment with an NOI therapist to see if taping can help in your recovery!

3770 Montrose Rd. Units 2-4
Niagara Falls, ON L2H 3K3
905-371-1939 www.niagaraortho.ca
Check us out on Facebook!

