



Bowden Physiotherapy and Gym

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Phone: (403) 224-3929

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

Carol Welch

Nordic Walking

Nordic pole walking has been becoming more popular and recognized as a beneficial way of getting exercise. Nordic walking strengthens the upper body and core, decreasing stress on the hips and knees, increasing your heart rate and burns 20% more calories. It's easy to do with some technique and proper equipment; you can do it at any time or place. With a long list of benefits to all kinds of patients or people who want to try a different routine of exercise, Nordic walking may be something that gains your interest. With increased potential in rehabilitation modality for conditions such as Parkinson's disease, type 2 diabetes, chronic obstructive pulmonary post-acute coronary syndrome or congestive heart failure. It's great for any cardio-pulmonary patients, as it works in increasing your heart rate and requiring more respiratory captivity to keep you going and getting a better work out. Nordic walking also has the ability to release the pain caused by arthritis and help keeping stability. With all the benefits and easy to learn technique, you got nothing to lose but not giving it a try. Start off by having the proper equipment for Nordic walking. Nordic walking poles have a spiked tip with a rubber cover for both indoor and outdoor usage. Some poles have a thick handle, while others have a thin handle with a wrist strap. To get the right technique, start walking and swinging your arms. The arms should move like long pendulums from the shoulders, not elbows. Keep the poles angled backwards so the boot tips are behind you at all times. Lift the rib cage high, relax the shoulders and look straight ahead. Relax your hands; there is no need to grip tightly. Press down on the base of the handle or the strap to engage the core and upper back muscles and to propel you forward. By following these steps you can build your technique and be well on your way to perfecting it and giving yourself a chance to achieve all the benefits of Nordic walking to your health and physical strength.

How Nordic walking measures up

A 2009 study found that the functional status of cardiac rehabilitation patients with moderate to severe heart failure was 14% greater in those assigned to Nordic walking than in those treated with usual cardiac rehabilitation care. The 12 week study measured distance travelled in the six minute walk test.

Nordic walking changed her life...

Letty Kurucz always loved to walk, cycle and dance. When the pain of arthritis began to rapidly creep to her knees, making any kind of activity extremely painful. One day witnessing other Nordic walkers, she gave it a try. Today she is a devotee. "Every time I push off with the poles, it releases pressure from my knees," she says. With finding that Nordic walking was the right choice of exercise for her as well as many others, her pain is lowered and also she has lost 40 pounds just by Nordic walking.

(From Nordic pole walking: fit or fad? Physiotherapy

RECIPE OF THE MONTH

Chickpea Quesadillas

Per wedge:

77 calories, 3g protein, 3g total fat, 11g carbohydrates, 1g fibre, 151mg sodium

Ingredients

- 19-ounce can chickpeas, drained and rinsed
- 2 tablespoons extra-virgin olive oil
- ½ cup diced sweet red peppers
- 2 green onions, chopped
- 3 tablespoons chopped fresh cilantro or parsley
- 1 teaspoon lemon juice
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon hot pepper sauce
- 6 7-inch flour tortillas

Instructions

1. In food processor, combine chickpeas with oil until chunky paste forms; transfer to bowl.
2. Add red pepper, onions, cilantro, lemon juice, oregano, salt and hot pepper sauce; stir until combined. (Can be covered and refrigerated up to 8 hours.) Spoon over bottom half of each tortilla. Fold over.
3. Place on baking sheet. Bake in 400F oven, turning halfway through cooking time, for about 8 minutes or until piping hot.
4. Let stand for 5 minutes before cutting each into 3 wedges. Makes 18 wedges.

Three ways Physiotherapists are using Nordic Walking

1. Patients that want to improve their general health and fitness.

Compared to standard walking, Nordic walking burns more calories, improve posture and strengthens the core and upper extremities. A great activity for people that want to lose weight and become generally more active.

2. Patients with chronic conditions.

Pole walking provides a larger base of support for individuals who have deficits in their balance or coordination skills. People with early stage Parkinson's disease or multiple sclerosis or those who have experienced a brain injury may be considered. The fluid, rhythmical motor pattern can assist in improving coordination and restoring patterns of movement.

3. Patients who are post surgery and/or are in pain.

Using Nordic walking poles offloads weight from the hips, knees and lower spine and into the upper body, making it ideal for some clients who have arthritis or lower back pain, or who are easing back into activity after surgery.

