



Bowden Physiotherapy and Gym

May NEWSLETTER

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Phone: (403) 224-3929

"You may be walking on the solution to many of your health problems." Dwight Byers

Bowden Physiotherapy and Gym would like to introduce **Cindy McAllister, Registered Massage Therapist** to our team. Cindy has been involved with massage since 2000, receiving her education from Mount Royal College in Calgary. She has training in therapeutic, relaxation, craniosacral therapy, reflexology, reiki, pre and post natal massage and infant massage. Cindy is a member of the Natural Health Practitioners of Canada Association (NHPC). Belonging to a massage association means that she participates in continuing education courses in massage techniques, anatomy and physiology, ethics and the knowledge of when massage is indicated or contraindicated for treatment. Members of a massage association are mandatory to maintain their continued competency credits in the field of practice to ensure membership renewal each year. This also demonstrates the professionalism of a Registered Massage Therapist and best serves the interests of the public. One of the biggest advantages of booking an appointment with Cindy, a registered massage therapist is that the membership number of a massage association is an important piece of information necessary for reimbursement by a third party health insurance provider. Contact your extended health benefits provider to see if your coverage includes massage therapy.

Massage is beneficial in the treatment of many conditions including headaches, back pain, shoulder pain, elbow pain (including golfers and tennis elbow), repetitive strain injuries and to decrease stress.

If you have been in a motor vehicle accident, have a work or sports injury, or just want to experience the benefits of a massage therapy treatment contact our office at **403-224-3929** to book an appointment with Cindy McAllister, Registered Massage Therapist.

Book now for your Massage!

Our massage therapist Cindy is trained in...

- **Therapeutic**
- **Relaxation**
- **Craniosacral therapy**
- **Reflexology**
- **Reiki**
- **Pre and post natal message**
- **Infant massage**

Strong hips improve leg and foot pain,
try this...

RECIPE OF THE MONTH

Meatless Chili

Cook: 45 minutes

Ingredients

Makes 4 servings

- 1/4 cup onion, diced
- 2 cloves garlic, minced
- 1 tsp fresh ginger, minced
- 1 small can tomato paste
- 1 tsp black pepper
- 2 Tbsp cumin
- 1 Tbsp paprika
- 1 Tbsp dry mustard
- 1 tsp oregano
- 1/4 cup sweet peppers, diced into small pieces
- 1 jalapeno, finely chopped
- 1 fresh tomato, finely chopped
- 1 large can tomato sauce
- 2 lbs ground tofu
- 3 cups organic kidney beans, cooked
- 1 1/2 cups boiling water
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Instructions

Sauté the onion in olive oil until sweet, add the garlic and ginger and sauté for a few minutes. Add the tomato paste and the dried herbs and spices. Cook slowly to caramelize. Add the sweet and jalapeno peppers, sweat for a few minutes, and then add the fresh tomato, tomato sauce, tofu, beans and water. Simmer for 45 minutes. Season to taste. Serve hot.

Get out and walk as the weather
improves!

SHIN PAIN (SHIN SPLINTS)

What is shin pain?

Shin pain is pain located on the front of your lower leg below the knee and above the ankle. It can hurt directly over your shin bone or over the inner or outer side muscles. Shin pain is commonly also called shin splint.

How does it occur?

It generally occurs due to overuse. This problem can come from irritation of the muscles or other tissues in the lower leg or from stress fracture. This injury is most common in runners who increase their mileage or the intensity of their running, or who change the surface on which they are running.

When you walk or run your foot normally flattens out a small amount when it strikes the ground. If your foot flattens out more than normal it is called over-pronation. Over-pronation can contribute to shin pain.

Some specific conditions that cause shin pain include:

- **Stress fracture:** This is a hairline crack in one of the lower leg bones, the tibia or fibula
- **Medial stress syndrome:** This is when the muscles that attach to the inner side of your tibia are inflamed
- **Compartment syndrome:** Your anterior compartment is an area in your leg that contains the muscles that point your foot and toes toward your body. Your lateral compartment contains muscles that move your body. Your posterior compartment contains the calf muscles which point your foot downwards. When a compartment is overused the muscles will become painful.

