



Bowden Physiotherapy and Gym

NOVEMBER NEWSLETTER

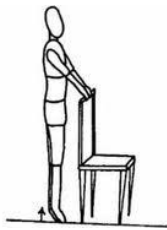
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"I had no shoes and complained, until I met a man who had no feet." - Indian Proverb

EXERCISE OF THE MONTH

HEEL RAISES



1. Place feet hip distance apart and ensure they are parallel to one another.
2. Using a chair or countertop for balance, raise your heels off the ground, balancing on your toes.
3. Keep your upper body tall and straight, making sure you don't lean forward. Look straight ahead.
4. Slowly lower to start position and repeat.

DID YOU KNOW?

Plantar fasciitis is the most common cause of pain on the bottom of the heel, and approximately two million patients are treated for plantar fasciitis each year.

More than 80 percent of patients with plantar fasciitis will improve within 10 months of starting simple treatment methods.

(see this month's Physio Tip of the Month for more information on Plantar Fasciitis)

WHAT'S HAPPENING AT THE GYM

GYM MEMBERSHIP DEAL

You and a Friend Deal

Sign up for a one month gym membership before December 15, 2010 and a friend can sign up for 10% off the original price. Talk to our staff for more details.

CLASSES

We continue to offer educational classes on Tuesday nights at 7:30 pm. Our next session starting November 9th will be our Back Class.

This class is taught by our Physiotherapist, Sian Richards, who will teach you how to exercise safely with a sore back and learn more about the mechanics of your back and how to maintain it.

CONGRATULATIONS TO
TONI-RAE ERICKSON
for winning the October Incentive

RECIPE OF THE MONTH

QUICK AND EASY BREAKFAST IDEAS

Oatmeal, flaxseed, blueberries & almonds. Steel-cut oatmeal is probably the healthier choice, but if you are in a hurry, the instant kind will do fine (it doesn't have as much fiber, but the other ingredients make up for that). After microwaving the oatmeal, add ground flaxseed, frozen blueberries, sliced almonds. You can add a little cinnamon and honey (not a lot) if you're using the non-instant oatmeal. That's four power foods, full of fiber and nutrients and protein and good fats, with only a couple of minutes of prep time.

Scrambled tofu. Healthier than scrambled eggs. Add some onions, green peppers or other veggies, some light soy sauce or tamari, maybe some garlic powder, and black pepper, stir-fry with a little olive oil. Eat with whole-grain toast. Fast and delicious.

Fresh berries, yogurt, granola. Get low-fat yogurt (not non-fat, as it often has too much sugar) or soy yogurt, cut up some berries or other fruits, add some healthy cereal. Such as Granola or Kashi Golean Crunch.

Grapefruit with whole-wheat toast & almond butter. Add a little sugar on top of the grapefruit. The almond butter is healthier than peanut-butter, with lots of good protein to fill you up.

Fresh fruit salad. Cut up some apples, melons, berries, oranges, pears, bananas, grapes ... any or all or whatever your favorite fruits are. Add a little bit of lime or lemon juice.

Eggs with peppers. Egg whites are healthier than whole eggs. Scramble with a little olive oil, red and green bell peppers, maybe broccoli, onions, black pepper. Goes well with whole-wheat toast.

Cottage cheese and fruit. Get low-fat cottage cheese. Add any kind of fruit. Apples, citrus, berries.

PHYSIO TIP OF THE MONTH

What is Plantar Fasciitis?

Plantar Fasciitis is a painful condition of the foot caused by overuse of the plantar fascia or arch tendon of the foot. The Plantar Fascia is a broad, thick band of tissue that runs from under the heel to the front of the foot.



What are the Signs and Symptoms?

Heel pain, under the heel and usually on the inside, at the origin of the attachment of the fascia.

Pain when pressing on the inside of the heel and sometimes along the arch. Pain is usually worse first thing in the morning as the fascia tightens up overnight. After a few minutes it eases as the foot gets warmed up. As the condition becomes more severe the pain can get worse throughout the day if activity continues.

Stretching the plantar fascia may be painful. Sometimes there may also be pain along the outside border of the heel. This may occur due to the offloading the painful side of the heel by walking on the outside border of the foot. It may also be associated with the high impact of landing on the outside of the heel if you have high arched feet.

Treatment

By walking on the painful foot you are continually aggravating the injury and increasing inflammation. A plantar fasciitis night splint or Strasburg Sock is an excellent product which is worn overnight and gently stretches the calf muscles and plantar fascia preventing it from tightening up overnight. If you have these symptoms please contact our office.