



PHYSICAL THERAPY
& sports performance centres

We're dedicated to your recovery



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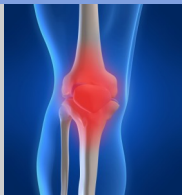
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Services offered: MVA, WCB, CRP, Massage Therapy, Manipulative Therapy, Acupuncture, IMS, Injury Prevention, Craniosacral Therapy, ART and more!

www.thesportsperformancecentres.com

Growing Pains or Overuse Injury?



The growing body undergoes a series of developmental changes during childhood and adolescence that can result in a wide variety of symptoms. These can range from night pains that don't always follow a particularly strenuous day, severe heel 'bruising' after sport or the child trips frequently. Whilst some children will simply grow out of their pains, others can endure long periods away from their favourite activities. To provide the right physiotherapy for an active child, contact either Belmead or Heritage Valley Physical Therapy. Our knowledgeable team can help.

Summer 2009 Newsletter

To Stretch or Not to Stretch

Stretching is beneficial in that it increases the flexibility of muscles and tendons and helps to improve the range of motion at a given joint. Stretching lengthens and loosens muscles and increases their elasticity, which helps to prevent muscle and tendon injuries. Bone and joint problems can also be prevented with proper stretching. Gentle stretching of muscle injuries can even help to reduce pain and spasms and can help to speed recovery.

Many of the researchers who are questioning the benefits of stretching have now begun to claim that stretching alone

will not prevent injuries. To some degree, this argument has merit. Stretching a cold muscle is like trying to bend a piece of uncooked spaghetti without having it break. Before a muscle is stretched it should be warm. A proper warm-up should consist of 5-10 minutes of light activity such as walking, jogging, cycling, or any other type of light activity that causes a mild increase in heart rate and increases circulation to the muscles to be used. Following the warm-up, stretching should be used to further loosen and lengthen the muscles in order to prepare them for the most strenuous part of one's workout. After a workout is an excellent time to stretch

because muscles are warm and stretching is a great way to cool down. However, if you are unable to participate in such activities, a warm bath or shower can also help to loosen muscles and prepare them for stretching.

So, should you still continue to stretch? The answer is YES!! Whether you are an Olympic athlete or simply a weekend warrior, stretching is very important in keeping you healthy



Tendinitis

Overuse and repetitive strain injuries can result in the tendon becoming inflamed (tendinitis) or the surface of a bone near the point of tendon attachment becoming inflamed (periosteitis). Most cases of tendinitis/periosteitis result from too-rapid increases in an athlete's training load. It's very important for athletes to remember that an ability to handle a particular training

load does not ensure that a HIGHER training load can also be handled without injury. The way to minimize the risk that larger training loads will cause tendon injury is to increase one's training extremely cautiously and to engage in a strength (resistance) training program as well as a stretching program in order to minimize as many muscular imbalance issues as possible.

The Stretch Corner

Name: Calf Stretch

Purpose: To increase and maintain range of motion in the calf muscles.

Directions: Position yourself standing facing the wall. Prop your foot up against the wall and shift your weight forward. Do with both a bent and straight knee. Hold the stretch for 10-30 seconds. **Repeat 3 times.**

