



**PHYSICAL THERAPY**  
& sports performance centres



*We're dedicated to your recovery*

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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](http://www.thesportsperformancecentres.com)

**Stick with Your New Year's Resolution to Start Exercising**

Now that we are well into the month of January, it may be time to revisit your New Year's Resolution if you are like many of the people who made a resolution to start exercising this year.

**Here are some tips to stay on track:**

- Be realistic about how much time you have in your schedule and how much you are actually willing to participate in.
- Find a work-out partner. You will be more likely to stick to your program if you have committed to it with someone else.
- Don't give up if you skip a day of working out. Use your slip up as ammo to do better the next day.
- Keeping a resolution requires a lot of hard work, so reward yourself on a weekly basis. If you can look forward to a payoff, chances are you'll be more successful in reaching your goals.

# Winter 2010 Newsletter

## Whiplash – a real pain in the neck!



Whiplash is an injury to the neck that occurs from a sudden back and forth movement of the head and neck. It is the most common injury sustained after a motor vehicle accident. This may result in injuries to the bones of the neck but most commonly affects the soft tissues. Symptoms include pain, headaches, reduced neck motions and occasionally numbness, tingling, pins and/or needles into the arms and hands.

Although painful, most whiplash injuries resolve in a few weeks to a few months.

Once it has been determined that there has not been a serious injury, the best way to begin the recovery process is to resume normal activities as tolerated. Research shows that patients who participate in early active treatment, such as physiotherapy, have less pain, more movement and return to work and regular activities faster than those who rest their neck in a soft collar. Maintaining proper posture is also a key to a speedy recovery. By aligning the spine properly, from neck to low back, stress on the surrounding muscles will decrease.

Our highly skilled therapists can assist patients with recovery from a whiplash injury with a wide range of treatments. We provide comprehensive treatment programs that include manual therapy, individualized exercise programs, postural education, acupuncture, intramuscular stimulation, active release techniques, massage therapy and various pain relieving modalities.



## Tips for Snow Shovelling

**Here are some things to remember when shovelling:**

- If you are inactive and have a history of heart trouble, talk to your doctor before shovelling snow.
- Avoid caffeine or nicotine before beginning. Drink plenty of water. Dehydration is just as big an issue in cold winter months as in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shovelling, Stretch the muscles in

your arms and legs. Warm muscles will work more efficiently and be less likely to be injured.

• Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.

• Begin shovelling slowly. Pace yourself and take breaks as needed.

• Protect your back from injury by lifting correctly. Pushing snow is better than lifting

• Stand with your feet about hip

width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements.

• Most importantly — listen to your body. Stop if you feel pain!

