



# PHYSIOFOCUS

**PHYSIO FOCUS is a bi-monthly publication geared towards providing practical physiotherapy and health information.**

## INSIDE THIS ISSUE:

Medial Epicondylitis.....	1
NOI Upcoming Events .....	1
Lumbar Pillows: Benefits.....	2
Exercise of the Month.....	2
Health Corner: TUMERIC .....	2
Rob Dionne Athlete of the Month...	2

## NOI Events – Spring Schedule

### **Pilates Mat with Jennifer Mulligan Mondays at 5:30 pm**

A floor based exercise program that uses your own body or small props to build core strength and retrain proper muscle patterns while increasing your mind-body awareness.

Please sign up at the front desk!

### **NOI Joins the Health Fair Circuit**

Please join us at the new Saint Catharines Hospital on Wednesday May 17<sup>th</sup> from 12:30-4:30 for a public health fair where information on various healthcare providers in the region may be obtained.



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**“Practice isn’t the thing you do once you’re good. It’s the thing that makes you good.” – Malcolm Gladwell**

## **Medial Epicondylitis: Maintenance and Treatment of Golfer’s Elbow**

As the cold weather breaks and spring begins to peak out from under the frost, dedicated golfers will begin to dust off their clubs and hit the course. With the commencement of golf season also comes the onset of medial epicondylitis (or golfers elbow) in many participants.

Medial epicondylitis is inflammation of the tendons on the inner elbow caused by repetitive twisting or bending of the wrist, in turn creating fatigue in the forearm muscles. Pain occurs while performing these movements and grip strength is also compromised. There are many methods of treatment, but research has shown the most effective to be low level laser therapy (LLLT) in combination with eccentric stretching.

Low level laser therapy (LLLT) involves application of near infrared light to reduce oxidative stress and increase cell metabolism. This increase in ATP assists in reducing pain, swelling, and inflammation while promoting tissue regeneration and healing of ligaments, tendons, nerves and muscles. Research has shown that the combination of continuous and pulse wave treatments of LLLT performed by trained individuals results in a decrease in pain and a return in grip strength in both acute and chronic patients. Under- or overuse of treatment may have null or adverse effects<sup>1</sup>.

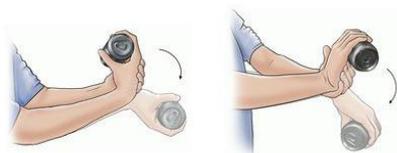
While treatment using LLLT is deemed to have positive effects, pairing this modality with eccentric stretching is proven to be even more effective. Eccentric stretching involves exercises that emphasize improvement in the lengthening phase of muscles, in comparison to the typical shortening contractions. Research has shown this type of regime to be more effective than conventional stretching in considerably reducing symptoms<sup>2</sup>.

If you suffer from medial or lateral epicondylitis from sports including golf, baseball and racquet games, or just request more information on these type of therapeutic modalities visit Niagara Orthopaedic Institute and speak to one of our staff.

1 Simunovic, Zlatko, Tatjana Trobonjaca, and Zlatko Trobonjaca. "Treatment of medial and lateral epicondylitis—tennis and golfer’s elbow—with low level laser therapy: a multicenter double blind, placebo-controlled clinical study on 324 patients." *Journal of clinical laser medicine & surgery* 16, no. 3 (1998): 145-151.

2 Svernlöv, Birgitta, and Lars Adolffson. "Non-operative treatment regime including eccentric training for lateral humeral epicondylalgia." *Scandinavian Journal of medicine and science in sports* 11, no. 6 (2001): 328-334.

## Exercise of the Month: Eccentric Wrist Flexion/Extension



Eccentric wrist flexion

Eccentric wrist extension

Eccentric stretching works through an assisted contraction phase followed by unassisted muscle lengthening phase with weight. Wrist flexion and extension are excellent stretches for those in club or racquet sports and may suffer from medial or lateral epicondylitis (see article above). Eccentric wrist flexion requires the hand of the injured arm to be in a supine position while holding a weight such as a soup can. The free arm will assist in lifting the wrist into a flexed position. Let go and slowly release the wrist back down to a resting position. Extension works in the same way but this time the hand of the injured arm will be prone. Attempt 3 sets of 15 while increasing the weight as desired.



## HEALTH CORNER

### **Turmeric: Not just a delicious spice**

Tumeric, or *curcuma longa*, is a perennial herb derived from the ginger family. Majority of this crop is cultivated and used in Asian countries but has recently boomed in the health care industry in North America. The active constituent curcumin may be ground into a powder or made into a topical agent. Both delicious in stir fry, and excellent as a natural anti-inflammatory, there doesn't seem to be an end to the benefits of this well-rounded spice.

Research into the medicinal benefits of turmeric has recently expanded and found this spice to be a great gastrointestinal aid, an anti-diabetic, and a detoxifying agent for the liver. As a topical agent it has assisted in healing sores for many years in the Asian culture and recently has been found to assist in allergic reactions resulting in breakouts.

So don't be intimidated by the herbs pungent yellow colour, add generous amounts to stir fry, on potatoes, in smoothies, or choose to take in capsule form or as a topical agent and see its wondrous effects.

## **Posture and the Work Place**

Much of the demand in any employment office entails improper ergonomics of the body. Sitting in office chairs, driving, or standing for 'x' amount of hours in a day greatly affects our posture and load on the spine. As a result hunched shoulders, an accentuated concave cervical curve, and lower lumber pain may occur.

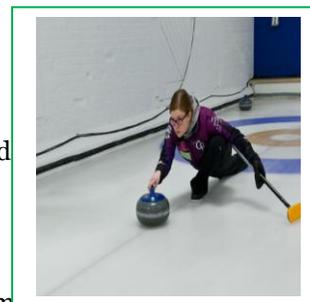
There are many preventative measures that may be implemented to prevent kyphosis and lordosis of the spine including the use of lumbar back pillows. Lumbar pillows aim to assist in maintaining posture in areas that tend to become over- or under arched from sitting or standing for long periods of time. The use of lumbar back pillows are proven to help prevent and accelerate healing of back and neck musculoskeletal problems. They are ideal for jobs or duties that require you to frequently lean forward or change position and are offered in a variety of densities and shapes to suit individual needs – from office chair to truck or car seat.

Come into Niagara Orthopaedic Institute and ask one of our professionals for more information and competitive pricing of these products.

### **Rob Dionne Feature Athlete of the Month**

The Rob Dionne Feature Athlete of the Month program is a dynamic community recognition program that is the first in the region to acknowledge both superior athletic performance, and outstanding individuals in the community.

NOI would like to extend our recognition to Mackenzie Kiemele a well decorated curling athlete and scholar. She is a three-time provincial champion, OFSAA silver medalist and has been a provincial finalist for the last four years. Off the ice her biggest passion is singing where she also competes in various competitions. Mackenzie will be graduating from A.N. Meyer Secondary School this Spring and will attend U of T as a National Scholar to study music and math this fall.



\*This program is named in loving memory of Rob Dionne (05-23-16) who had devoted his life to helping others and who epitomized the characteristics of this award while inspiring all that he had met.

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