



PHYSIO FOCUS

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

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NOI Fitness Classes

February Schedule

Please sign up at front desk!

Pilates Mat...

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.

Meditation for Healing...

Mondays at 6:35 pm

Learn to use your breath and awareness to connect to the healing power that lies within you.

Hatha Yoga Level 1...

Tuesdays at 6:45pm

Sequence of standing, seated and kneeling postures linked with your breath which will open the entire body and allow energy to flow more freely.

Hatha Yoga Level 2...

Wednesdays at 6:45pm

A natural progression from Hatha Level 1; you will be guided into intermediate postures helping to increase your strength, flexibility and stamina.

“OUR HEALTH ALWAYS SEEMS MUCH MORE VALUABLE AFTER WE LOSE IT”
 - UNKNOWN

FIBROMYALGIA BENEFITS FROM PHYSIOTHERAPY!

In Canada it is estimated that over *1 million* Canadians are living with fibromyalgia at the present time. Fibromyalgia is a disease process characterized by widespread pain, abnormal pain processing, psychological distress, chronic fatigue, and sleep disturbances.

In a recent randomized control trial, Sanudo and colleagues’ aim was to determine if an 8-week exercise program supplemented by whole-body vibration therapy was effective in improving functional balance outcomes and strength in women diagnosed with fibromyalgia. Participants were assigned to: (i) an exercise training with whole body-vibration therapy group (ii) an exercise only group (iii) a usual care control group.

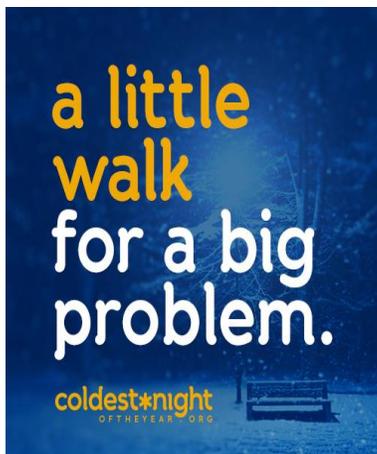
The results of their research indicated statistically significant improvements in the exercise training group with whole-body vibration in medio-lateral stability and medio-lateral deflection. **Therefore, whole-body vibration combined with exercise prescription improved balance!!**

The benefits of exercise therapy has been previously reported to be essential in assisting fibromyalgia patients in improving overall function and quality of life (Latorre et al 2013). The current study furthers accepted guidelines in that exercise prescription guided by a physiotherapist combined with whole-body vibration will also improve dynamic balance, therefore reducing the RISK OF FALLING!!

Falls prevention in the general aging population of the Niagara region is an important initiative undertaken by the Regional government and LHIN. With the significant negative implications of falls in not only the elderly but the chronic pain population, guided exercise therapy and whole-body vibration can play a key role in minimizing these occurrences!

The Niagara Orthopaedic Institute utilizes Whole-Body vibration platform technology in conjunction with an extensive rehabilitative exercise team!

1. Sanudo B, Carrasco L, de Hoyo M, Oliva-Pascual-Vaca A, Rodriguez-Blanco C: Changes in body balance and functional performance following whole-body vibration training in patients with fibromyalgia syndrome. *J Rehabil Med* 2013; 45: 678-684.



NOI is participating in the **Coldest Night of the Year Walk** on February 22nd helping the homeless and hungry... If you would like to support our team by making a contribution for this wonderful cause there is a donation sheet at the front desk or donate online at brrrrr.org Please help us warm the hearts and hands of those in need. Much thanks from the NOI Team!!!



Health Corner What Is Quinoa?

Quinoa (pronounced KEEN-wah) is often classified as a grain; when it's actually the seed of a plant. Considered a complete protein (as it contains eight essential amino acids) it has more protein per serving than other grains. Quinoa is also gluten-free which makes it ideal for those who have celiac disease or gluten-intolerance. In addition, it's a good source of both soluble and insoluble fibre, which is important for digestion and overall disease prevention.

To prepare...

- Rinse 1 cup of quinoa under running water for 3 mins then drain well and combine with 2 cups of water. Bring quinoa and water to boil in saucepan then cover.
- Reduce to medium-low heat and cook for 10 to 15 mins or until all liquid is absorbed.
- Fluff quinoa gently with a fork and serve immediately or store in an airtight container in the refrigerator for 3-5 days.

Serve it at breakfast as a hot cereal!

½ cup cooked quinoa with fresh apple slices, 2tbsp chopped walnuts, cinnamon and a drop of your favourite milk.

Or salad for lunch!

½ cup of cooked quinoa with a handful spinach, sliced tomatoes, cucumbers, celery, and broccoli with 2oz cooked chicken mixed with light drizzle olive oil, fresh herbs such as basil, and balsamic vinegar. It can even be used as a side dish in place of rice, couscous or pasta.

Add quinoa to your next grocery list and try it today!



KNEE OSTEOARTHRITIS AND X-RAY LIMITATIONS?

Osteoarthritis that affects the knee is estimated to occur in 13 percent of the female and 10 percent of the male population according to the CDC! Osteoarthritis (OA) is characterized by progressive and focal loss of the hyaline cartilage in the joint as well as underlying changes to the bony structure. This predominantly (80%) occurs in the inside or medial compartment of the knee.

An intriguing research study by Bedson and Croft has shed some important insight in the usefulness of x-rays in determining pain and dysfunction associated with knee osteoarthritis. The authors conducted a systematic literature to identify the relationship between x-ray findings and knee pain and the results may shock you!

They found that the proportion of individuals with knee pain and x-ray changes in the knee was between 15-76%, and in those with x-ray confirmed knee OA the proportion with pain ranged from 15-81%.

The evidence shows that x-ray changes and pain do not correspond as up to 80% of the population with NO knee pain showed x-ray changes of OA in the knee.

What can we take from these findings? The authors' conclude that there is a role for x-ray imaging but they should not be used in isolation when assessing patients with knee pain. As such, X-ray is an *imprecise marker* and should be used in conjunction with a detailed physical examination.

1. Bedson J & Croft P: **The discordance between clinical and radiological knee osteoarthritis: a systematic search and summary of the literature.** *BMC Musculoskeletal Disorders* 2008; 49:116.

If you would like full text documents of the articles summarized in this issue or have any questions please contact us!

