



# NOI NEWS

**NOI NEWS is a monthly publication geared towards providing practical physiotherapy and health information.**

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**NOI Fitness Classes**

**January/February Schedule**

7 week session beginning January 13<sup>th</sup>  
 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.

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“THE FIRST WEALTH IS HEALTH” – RALPH EMERSON

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**MUSCULOSKELETAL PAIN AND PHYSIOTHERAPY**

Musculoskeletal (MSK) pain disorders are major cause of health care morbidity worldwide and a significant negative influence on an individual’s overall quality of life. Billions of dollars yearly are spent on research and treatment of chronic MSK pain disorders and a recent research study has provided evidence as to an effective and safe treatment of such disorders!

Cuesta-Vargas et al. 2013 conducted a cohort analysis of a large population sample and assessed whether a multimodal physical therapy program (MPTP) was effective in enhancing a chronic pain individuals overall quality of life. *This physiotherapy program included guided therapeutic exercise and health education.*

The results overwhelmingly showed that following an 8-week MPTP program patients with chronic pain disorders had a generally enhanced health state (p=.001) both physically and mentally! These results indicated not only quality of life improvements (pain related), but cognitive improvements as well. The physical and cognitive benefit of therapeutic exercise is well established in numerous other research studies (Haskell et al. 2007, Michalsen et al. 2012)

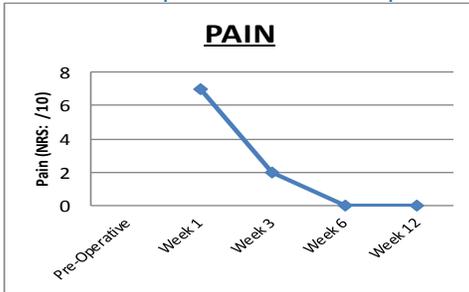
These results, coupled with the recommendations of the American College of Sports Medicine (ACSM), support the effectiveness of therapeutic exercise and health education for patients dealing with chronic MSK pain! This includes chronic neck and back pain and osteoarthritis.

As such, Registered Physiotherapists and Kinesiologists are the highest trained professionals in exercise prescription and advice making them essential members of the pain management team!

1.Cuesta-Vargas A, Gonzalez-Sanchez M, Casuso-Holdago MJ: **Effect on health-related quality of life of a multimodal physiotherapy program in patients with chronic musculoskeletal disorders.** *Health and quality of life Outcomes* 2013, 11(19).

## NOI Outcomes Update

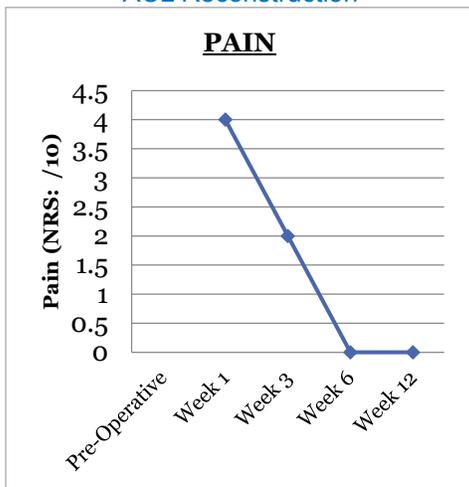
### Arthroscopic Rotator Cuff Repair



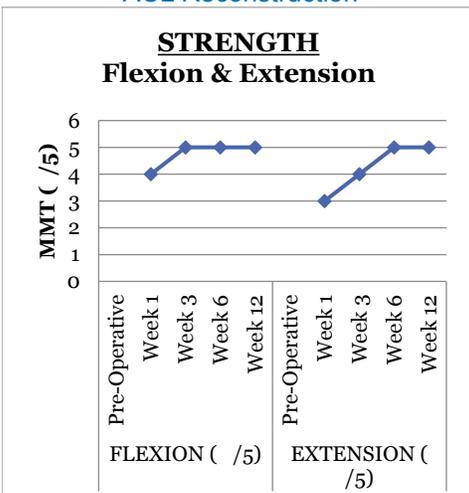
### Arthroscopic Rotator Cuff Repair



### ACL Reconstruction



### ACL Reconstruction



## WHY YOUR SNOW SHOVEL MATTERS!

It is no surprise that low back pain has such a high prevalence (over 80 percent!) in Canada when you examined our various seasons. The winter months specifically cause unwanted loads to be placed upon our backs specifically with snow shovelling! Interestingly enough a recent research study has provided insight into reducing the excessive loads placed upon our spine. Lewinson et al. 2014 compared bent-shaft and straight-shaft snow shovels and their related angular impulses (load) in the lower lumbar spine. They utilized 3D imaging during task simulation in a biomechanical laboratory.

**Their results indicated that the bent-shaft shovel reduced lower back loading during snow shovelling and therefore can play an important role in spinal injury prevention!**

Therefore, when educating the public on preventing low back pain it is advised to address the type of snow shovel they are using. The recommendation of appropriate shovel design coupled with a preventative core exercise program and advice on technique is essential in winter spinal management!

1. Lewinson R, Rouhi G, Robertson DG: Influence of snow shovel shaft configuration on lumbosacral biomechanics during a load-lifting task. *Applied Ergonomics* 2014; 45 (2).



## Health Corner

With the winter season upon us health management becomes more important! Here are some tips to avoid catching that ever so common cold or flu...

1. Wash your hands often.
2. Ensure adequate sleep every night.
  - Infants: 12-18 hrs./night
  - Toddlers: 10-14 hrs./night
  - Adolescents: 8.5-9.5 hrs./night
  - Adults: 7-9 hrs./night

\*National Sleep Foundation
3. Aerobic Exercise: regular aerobic exercise has been found to increase your body's natural virus-killers.
4. Increase phytochemical food intake: dark green, red or yellow vegetables/fruits.
5. Reduce alcohol consumption.
6. Relax! Relaxation can increase your immune system. Consider a meditation or yoga class at NOI!
7. Natural remedies, such as Flutone or Throat Spray can naturally assist in relieving symptoms of cold or flu. Ask us about the Energetix Natural Remedy Line here at NOI...



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

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