



## **Port Credit Physiotherapy**

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*Keeping the  
Community  
Healthy &  
Active*

### **More than just a bump on the head**

With the news of Sidney Crosby not being near game ready, although he did receive a green light for contact, and the start of the winter sports season, we should all be thinking about the safety of our head! Concussions are very individual, as is being discovered with in depth testing on Crosby, and in many cases are undetected and unreported. A 2006 study by neurologist Dr. Kevin Gordon at Dalhousie University in Halifax estimated that there are 110 concussions per 100,000 Canadians annually (which likely is a low estimate). That means there are roughly 37,600 concussions in Canada today, and 7,500 won't disappear within two weeks. Put another way, this would be like all of the players in the NHL, NFL, CFL and MLB having a persistent concussion—times two. In children and adolescents, this incidence rises to 200 per 100,000, is often more difficult to detect and symptoms tend to be more severe and take longer to subside. Until about the age of 19 – 20 we are still gaining neural connections and this type of injury can have a long-term effect on our cognitive ability. Therefore, *prevention* is of utmost importance. These are a few guidelines for contact sports - proper fitting helmet, fasten straps properly, wear a custom fitted mouth guard, respect other players, no hits to the head and no hits from behind (the first 2 also apply to non-contact sports). For parents, coaches and trainers, never underestimate the impact that a hit may have had on a child, adolescent or adult – Always involve a physician in the care of a head injury!

### ***Glow in the dark***

Running is still a favorite winter sport at Port Credit Physiotherapy and in the community. As the weather makes its annual change to cooler temperatures and days become shorter, there are a few wardrobe tips to consider: use reflector lights, vests and bands for early morning and evening runs, layer on both top and bottom (you can add these as the temperatures begin to drop), and wear light to heavy gloves to protect your hands/fingers. Hydration is still very important, even in cold temperatures...so wear your hydration belt or plan your route accordingly.

### ***Poking around***

Acupuncture at Port Credit Physiotherapy has become a complement to treatment plan for patients who are open to Complementary Medical approaches. In addition to the traditional use of needles, we are using ETPS NeuroStimulator, a non-invasive modality to stimulate the release of endorphins through the use of low frequency DC electrical stimulation. Patients seek both treatment techniques as a powerful tool to address a multitude of ailments including headaches, arthritis, sports injuries and general well-being. If you have any questions or would like to book an appointment please call the clinic and speak to one of our Registered Physiotherapists.

### ***You could benefit from a massage***

Individuals habitually do not use their massage benefits throughout the year. Why? Well this one is easy - we are just too busy! From Mom's bus to keeping time at the hockey rink there is never enough time to treat your body to a well needed massage. The benefits are well documented and beyond the scope of this communication but suffice it to say most professional sports engage in massage to keep their athletes in top form and to aid in muscle recovery. Contact Heather Johnston at 647-888-4890 to make an appointment.

### ***Fast Runners and Long Runners***

Congratulations to all of our clients that achieved their goals at the recent marathons and road races such as Toronto, Chicago, etc. Keep at it and enjoy the journey!

*Thank you to those who have referred their patients, clients, colleagues and family members to us.*

***All the best for a safe fall season!***