



## **Port Credit Physiotherapy**

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*Keeping the  
Community  
Healthy &  
Active*

### **Summer is Here and You are NOT the Camel You thought you were....**

Most of us were wondering if winter would ever end and summer would finally arrive.

Did you know that a camel can survive for up to two weeks without a drink in desert conditions? When they do have a chance to drink, they can devour as much as 200 liters of water a day and a third of their body weight inside 10 minutes! Unlike humans, though, camels don't pant, they perspire very little, and they can cope with a change in body temperature of up to 60 degrees Celsius.

As summer gets into full swing many of us will find ourselves engaged in physical activities that will test our physical conditioning. Here are a few key steps to consider to help keep your focus on hydration:

Step 1 – Make it a habit to always carry water or a sport drink with you.

Step 2 - Drink 7 to 10 ounces of water every 10 to 20 minutes or a carbohydrate sport drink if your exercise is intense or lasts more than 45 to 50 minutes.

Step 3 - Continue to drink water or a sport drink as you exercise. Water alone will suffice and save calories if your exercise is moderate or less than 45 to 50 minutes.

Step 4 - Monitor your urine during and after you exercise to make sure it is plentiful and pale. The paler the better!

#### **Investing In You**

Our team has been busy expanding both in terms of breadth and depth. Here are the recent highlights:

**Kathy Yardley**, Register Physiotherapist, has recently completed her Contemporary Medical Acupuncture training, with over 300 hours at McMaster University. She is also a member of the Canadian Contemporary Acupuncture Association (CCAA).

**Joanna Nelken**, Registered Physiotherapist, completed the Credentialing Certificate in the McKenzie Method of Mechanical Diagnosis & Therapy. The McKenzie Method is a treatment method focused on finding the root cause of injury and eliminating the symptoms. What may appear to be a shoulder problem, tennis elbow or carpal tunnel, for instance, may actually be a disc derangement in the neck, and pain in the hip, knee, ankle or even big toe may actually originate from the back! It is only when the true cause of symptoms is found and treated effectively using the McKenzie method that clients will get better faster, resulting in a quicker return to their normal lifestyle.

#### ***New Team Members:***

**Jane Wang**, HonBSc KIN ('07), MScPT ('09) Registered Physiotherapist has continued her education in the areas of acupuncture, manual therapy and therapeutic taping. She is also trained in Mulligan Concepts, and Acumed ETPS Therapy. In her spare time, Jane likes to bike, swim and play various sports like Ultimate Frisbee and volleyball.

**Heather D Johnston**, Dip. MT ('04) Registered Massage Therapist graduated from Sutherland-Chan School & Teaching Clinic. In 2009, Heather attended the Hawaii Ironman Sport Medicine Conference and volunteered in the Medical Tent for the Ironman World Championships. When not working Heather runs marathons and is on track to earn her Black Belt in karate in 2012.

***To book with Heather please call 647-888-4890***

Congratulations to all of our clients who reached their goals of completing spring races!

*Referrals are an important part of our business. The greatest compliment you can give is to recommend our services to a friend, family member or colleague.*

***Thank you!***