

# WORDS OF WELLNESS

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## *Kinesio­logists and Preventative Healthcare: When an Ounce of Prevention is Worth the Effort*

Do you want to become or stay healthier by exercising? Surprisingly, many people do want to exercise, but are held back by various barriers. Maybe you have a painful joint such as a knee, hip or low back and you don't know what is safe to do. Maybe you have had an injury, and need rehabilitation. You may have tried other treatments such as medication, massage, rest, stretching, and the injury is still not resolving. Maybe you were not athletic when you were younger, so you never really learned what you can do to exercise. Maybe you feel too self-conscious to be attending a group fitness class, or you feel you couldn't keep up. Maybe you have tried and not enjoyed your attempts. Maybe you have a hard time staying regular at exercising. Of course we have been told that walking every day can be enough for most people, but in reality it isn't. There are other muscle groups that don't get exercised that much when walking, so eventually those parts of the body start to deteriorate. How can we learn or know what to do, to get our bodies into better working condition?

My name is Betty Ann Schnurr and I am the Kinesio­logist at the Goldsworthy Clinic. I assess people for their functional abilities after a car accident, or work injury. I help people with injuries to return to work by using specific exercise programs geared to the individual's needs, and conduct ergonomic assessments at various job sites. Kinesio­logists specialize in everything to do with human movement, and are now becoming a regulated health profession, just as chiropractors and physiotherapists are regulated. In my experience, the people who have the most difficulty returning to work after an accident are the people who were not participating regularly in a physical exercise program prior to their injury. With the exception of people who develop repetitive strain injuries from work or

sport activities, or sport injuries. I have found that the people who have a low body awareness of how their body moves and works become the most fearful when they feel pain. They subsequently decrease their activities further because of their fear of pain after an injury. Their doctor will tell them they need to become more active and exercise, but they do not know where to start. The result is they don't exercise and become more dependent on family members to do everything for them (eg. housework, groceries, childcare, etc.).

The benefits of regular physical exercise are huge. If our bodies are not moving well, we may be travelling down the downward spiral of losing our health and our independence at an earlier age. These days lack of exercise is well known to be one of the highest risk factors for every known degenerative or major health condition, such as Type 2 diabetes, stroke, heart disease, cancer, arthritis, stress, autoimmune diseases, etc. Exercise is also one of the recommended treatments for most health conditions, because it helps us to keep moving and maintain our physical abilities.

As a Kinesio­logist, I am knowledgeable and experienced at developing exercise programs for individuals who have no experience with previous exercise. Those who have sustained injuries or have a health condition and have certain limitations to their abilities are also helped by my expertise. Every breathing person who is able to move has enough ability to do *something* to help improve their health through specialized exercise geared to their needs. If you would like any guidance whatsoever in how to exercise safely and most appropriately for your individual needs, you should consult a Kinesio­logist. We are much more qualified than a personal trainer (4 years university vs. a 30 hour weekend course), and surprisingly, the cost to you would likely be similar. In addition to my Kinesio­logist degree, I am also a certified personal trainer, so I understand what is involved with both professions.

There are many exercises that people are doing that they may have learned a few years ago, that are inappropriate for their needs. Even some physiotherapy clinics have shown my clients exercises that have been proven, through research done at University of Waterloo in the Kinesiology Faculty, to be dangerous to the spine. For example back extensions while lying prone put a huge amount of force into your spine that can cause a compression injury to your vertebrae. Forward crunches done on a machine, in sitting position, while pushing a load against your chest, is still a common exercise in fitness clubs and has been shown to be a back-wrecking exercise. It can cause a herniated disc with

the repeated forward flexion against a load. Our spine was not designed for this type of repetitive force or flexion and extension.

The present focus on 'core stability' has people doing exercises that are starting at a level too advanced for their abilities (such as some ball exercises). Even certain stretches to muscles that are tight because they are already long and stretched are not going to help you. My point is that if you want to exercise safely, do not resort to the old exercises you used to do, or what you see in a magazine article. Instead, arrange to meet with a Kinesio­logist, even just once, for a personal consultation and assistance in setting up an appropriate, individualized exercise routine that works for you. A Kinesio­logist can help people who are healthy, and people with disabilities, physical limitations, or other health conditions to exercise safely and keep their bodies moving longer and more efficiently. This also helps people to develop increased body awareness so they don't have to be afraid with every ache and pain they might experience as they age.

Another form of preventative healthcare is ergonomics. Kinesio­logists are well-positioned with their knowledge of body mechanics, body tolerances, and psychological factors in movement to determine how to tailor a job to the worker. If you are an employer who wants to be proactive and prevent the risks and costs of worker injuries, then you would benefit from an ergonomic consultation in your workplace by a Kinesio­logist.

An ounce of prevention is worth a pound of cure when it comes to your health, so take a proactive approach yourself, and see a Kinesio­logist.

Betty Ann Schnurr, Hon.BSc. Kin, *Certified Kinesio­logist, Certified Personal Trainer, Registered Rehabilitation Professional*

### **Public Speaking Presentations**

If you would like any of our practitioners to give a presentation at your workplace, school or group, please contact them through our front office at:

**519-886-4814**

### **New Patients Welcome!**

The clinic continues to accept new patients. If you know of anyone who could benefit from one of our many services, do them a favour and refer them to our office.

**519-886-4814**

## WELLNESS CENTRE NEWS

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please make the front desk aware and we will provide you with a **courtesy** reminder call the day before. **Missed appointments are subject to a missed visit fee.**

**Saturday October 18<sup>th</sup>** is the date of our semi annual **Kids Clinic**. Let your friends, family and neighbours know that on this date Dr. Jeff and Dr. Ryan will be doing **free spinal health checks**. To reserve your spot between 9am and noon on October 18th, please call the office at 519-886-4814. When their spines are in line, they will feel, play and grow fine.

While getting your kids ready for the new school year, consider sending them off with the safest water container on the market, Klean Kanteen. **The clinic now sells Klean Kanteens** in the 18 oz size for \$17.75 (no tax). They are available with the sport lid or twist off cap.

## MONTHLY FEATURES

**September is National Arthritis month.** Visit our office to get helpful information on how to control the symptoms of the disease for you or a family member. Also, put your name into our draw to win a combo pack of natural arthritis relief products. We will also have the products in the combo pack on sale in our office.

**October** is a busy time at our clinic. Enter your name into our **turkey draw** to win a **\$25.00 gift certificate** from Zehrs from September 29th to October 10th. October 18th is our semi annual Kids Clinic. See Wellness Centre News above for details. October 20th to the 24th is national **Kinesiology Week**. Come into our office to learn how a Kinesiologist can help you in your everyday life. We will also be running a **favourite cookie recipe email exchange** for the month of October. **Submit your recipe** and sign up to be on our BCC recipe exchange email list. We are **now accepting your submissions** by email or in person.

**November is Sleep Comfort month.** Talk to your practitioner to learn how to have a better sleep and enter your name into our draw. We are also running our **new and used winter clothing drive** again this year for the month of November. All donations will go to local organizations to be given out to individuals in need during the cold weather season.

## THANKS FOR THE REFERRALS!

Mark Ryan  
Perry Baker  
Iain Thomson  
Stephen Mann  
Hilary Lehman  
Jeff Collis  
Connie Kyrlyluk  
Jamie Pipe  
Linda Thomson  
Sharon Moorehouse  
Brian Miller  
Donna Cloes  
Gilian Hartleib  
Wendy Dejonge  
Johnny Forte  
Darlene McMurdie  
Kinga Cormier

Ruth Frei  
Gun Lubczynski  
Sady Kropf  
Jeff Klink  
Diana Larson  
Carolyn Musgrove  
Kaitie Phelan  
Jim Curtis  
Alyson Spike  
Cheryl Bedford  
Angela Hartman  
Justine Gaskell  
Ann Eby  
Maggie Birch  
Katy McEwen  
Natalie Gadbois  
Jane Pullin

## Congratulations to:

Kathy Simpson, who won the body friendly sunscreen, Burt's Bees bug repellent and Burt's Bees after bite. She entered her name into our draw during the June campaign to educate our patients about family friendly and natural chemical free alternatives of sunscreen and bug repellents.

Richard Burrows, on winning the free half hour massage with Kyle Devitt, RMT. He entered his name in the draw during our massage therapy month in July.

## The Stork Has Landed!

Congratulations to:

Jenn and Saul Peralta on the arrival of Diego Luca. Diego arrived on July 9th weighing 7lbs 9ozs. Grandma, Brenda Reed and Great Grandma, Ruth Reed are thrilled about his arrival.

Nadine and Matt Iley on the arrival of Noah on July 25th.

Michelle and David Dienesch on the arrival of Joshua on July 24th weighing 9lbs 3ozs.

Ruth Frei on the arrival of her little girl, Sophie Elizabeth on August 11th. Sophie weighed 6lbs 5oz.

## ASK A PRACTITIONER

**Q:** In the last 3 years, I have developed several skin tags. They really embarrass me, what causes them?

**A:** Skin tags, or acrochordons as they are medically known are small growths of the skin that develop on the face, neck, armpit and groin. Skin tags are a benign condition that results when a bit of skin protrudes from the surrounding skin. They vary in appearance, and may be smooth or irregular, flesh coloured or pigmented and be raised from the skin or actually hang from a "stalk" of skin.

Skin tags usually begin to appear in middle aged people, and seem to be more common in women. They are treated by freezing them with liquid nitrogen, tying off the tag with a suture to cut off the blood supply, or snipping the tag with surgical scissors. They are a benign condition meaning that they are not pre-cancerous, however they may signify an underlying imbalance.

Several studies have been done to reveal that skin tags may be associated with poor blood sugar regulation such as diabetes and/or cardiovascular disease. A study published in the Journal of Dermatology in 2005 revealed that while more research needs to be conducted, there appears to be a connection between skin tags and insulin resistance (pre-diabetic condition), obesity, and impaired carbohydrate and lipid metabolism.

So, what does this mean?

Skin tags might be a useful clinical sign that could alert clinicians to screen individuals for abnormal lipids, type 2 diabetes mellitus, and cardiovascular disease. Therefore, if you are developing skin tags, and have other risk factors for cardiovascular disease (visit the heart and stroke website if you are unclear) then it is advisable to get screened for both heart disease and diabetes.

Robin Walsh BASC, ND  
www.robinwalshnd.com

## WELLNESS NOTES

My daughter hurt her ankle playing basketball. We went to a Sports Medicine Clinic and the doctor told us that she had a bad sprain. They put her in an air cast and told her that she would need to be in this for 2 weeks and need about 3 months of physiotherapy. Dr. Jeff had done a talk to one of my daughter's sports teams so we decided to go for a second opinion. Dr. Jeff examined her and explained what had happened. He said that when my daughter rolled over on her ankle, a bone in her foot slipped out preventing the ligaments from tearing. He adjusted my daughter's foot. The cracking noise freaked her out and shocked her more than she expected. He advised us to use the cast as little as possible because joint injuries heal the fastest with movement. Immediately after the treatment my daughter felt much better. She never put the cast back on. Dr. Jeff treated her 3 more times that week. Amazingly, she was back on the basketball floor by the next week-end. I now tell all her fellow basketball and soccer parents the amazing story and advise them to see Dr. Jeff about any injury. Thanks Dr. Jeff

### CENTRE PRACTITIONERS

#### Chiropractor

Dr. Jeff Goldsworthy, HBSc. D.C.  
Dr. Ryan Larson, BSc. D.C.

#### Massage Therapy

Kyle Devitt, R.M.T.  
Pam Gingrich, R.M.T.

#### Shiatsu Therapist and Acupuncture

Tara Blain, CST, Ac.

#### Naturopathic Doctor

Robin Walsh,  
BASC. (Nutrition) N.D.

#### Kinesiologist

Betty Ann Schnurr, C.K., RRP

#### Ion Cleanse

Christa Hanes