

WELCOME TO THE ARBOUR HEALTH NEWS

Arbour Physiotherapy & Guelph Osteopathic Center is pleased to bring you the ARBOUR HEALTH NEWS, a bi-monthly newsletter designed to educate and entertain you through the aches and pains of life.

Each newsletter will contain some helpful advice about a variety of common injuries, updates about our Arbour Team of therapists and some just plain entertaining facts about life.

NEW ADDITION!!!

Arbour Physiotherapy and Guelph Osteopathic Centre would like to welcome our newest Physiotherapist Leah Vanos to our team.



Leah Vanos has been involved in competitive and recreational sports all her life and having personally overcome sports injuries, she naturally gravitated towards a career in physiotherapy. Leah completed her Bachelor of Kinesiology from McMaster University and a Masters of Physical Therapy from the University of Western Ontario. She is a member of the Ontario Physiotherapy Association (OPA) and the Canadian Physiotherapy Association (CPA). Leah is dedicated to evidence based practice and believes in a collaborative, multidisciplinary approach to care. She is looking forward to continuing her education with post-graduate courses in vestibular rehabilitation, acupuncture, and manual therapy.

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ARBOUR PHYSIOTHERAPY
AND GUELPH OSTEOPATHIC CENTRE
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ARTHRITIS

What is it, and what can be done about it?

Arthritis is a chronic disorder that affects 1 in 7 Canadians, half of whom are between 30 and 50 years of age. There are two primary types of arthritis: Osteoarthritis and Rheumatoid Arthritis.

Osteoarthritis (OA): is a degenerative condition commonly associated with 'wear and tear' to a specific joint such as the hip or knees. Its classic feature is pain, stiffness and restricted movement. OA occurs in both sexes, but in people under 45 years of age, it is more common in men.

Symptoms of OA:

- Stiffness on awakening or after prolonged rest
- Pain in a joint during or after use
- Discomfort in a joint before or during a change in the weather
- Bony lumps
- Swelling and loss of flexibility of a joint

Rheumatoid Arthritis (RA): is generally a systemic disease affecting not just joints but the whole body. It can produce severe pain, stiffness and often deformity. It affects 1 to 2 out of every 100 people, most commonly women.



What can an Osteopath do?

Osteopathic treatments can do a great deal to reduce pain, ease swelling and improve mobility and range of motion of a joint. Treatment is tailored at improving mobility and reducing inflammation through the application of gentle osteopathic techniques geared towards the affected joints, muscles and ligaments. Patients will also be given a home exercise program to improve your abilities to perform daily activities to help maintain your independence.

There is currently no cure for arthritis, but with the appropriate care, your pain can be reduced and your function improved, allowing you to continue to enjoy life.

For more information on Arthritis visit The Arthritis Society at www.arthritis.ca or talk to your rehabilitation team at Arbour Physiotherapy and Guelph Osteopathic Centre.