



# February & March 08 Newsletter

## ARTHRITIS

Every year millions of Canadians are diagnosed with one of the many forms of arthritis. Many Canadians use this term to describe an ache or pain on a bone or joint without really knowing what arthritis is or what to do about it.

### **What is Arthritis?**

There are over 100 different types of arthritis, all with varying signs and symptoms. Osteoarthritis is one of the most common types of this condition and occurs when there is a breakdown of the cartilage that lines the surface of a joint. As a result, there is less cushioning between the bony surfaces of that joint. There may also be sites in and around the joint where extra bone starts to form as a result of repetitive movements or excessive forces on the joint itself.

### **What are the Signs and Symptoms of Osteoarthritis?**

Depending on its severity, individuals with osteoarthritis may be asymptomatic or may experience varying degrees of the following symptoms:

- 1 Pain and swelling in the affected joint that may be aggravated by activities that place a large amount of force on the joint (e.g. ascending or descending stairs)
- 2 Stiffness in the morning and after a period of inactivity
- 3 Loss of range of motion and strength around the affected joint

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### **How can physiotherapy help control your symptoms?**

A physiotherapist can help ease your symptoms by:

- 1 Designing an exercise program to increase muscle strength and joint range of motion which may result in improved joint alignment, decreased pain, and improved physical functioning
- 2 Using pain relief modalities such as ice, heat, TENS or acupuncture to decrease pain and inflammation around the affected joint
- 3 Educating you regarding pain relief techniques that can be used at home and activities to avoid that may aggravate symptoms

## Dehydration and Exercise

Most people lose as much as 1 L to 2 L of fluid during 1 hour of exercise. Your muscles get tired quickly, and you may have leg cramps while walking or running, when you are not drinking enough water. Athletes can lose as much as 3 L of fluids per hour during an intense workout and it can quickly lead to heat exhaustion. Symptoms of dehydration include decreased body temperature, nausea, vomiting, diarrhea, dizziness, headache, muscle cramps, and an inability to drink fluids.

To prevent dehydration

- 1 Drink 8 to 10 glasses of water a day
- 2 Drink extra water before, during and after exercise
- 3 Take Gatorade or Powerade and try to drink every 15 to 20 minutes
- 4 Use sports drink when exercising for longer than 1 hour
- 5 Avoid caffeinated drinks which increases urine output and dehydrate faster
- 6 Do not take salt tablets



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## Zumba is Coming to Rehab Plus

10 Week Program Starts April 1st  
Runs Every Tuesday from 7:30-8:30pm  
Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.



ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

## What is Cardiac Rehabilitation?

Cardiac rehabilitation also called cardiac rehab is a customized program of exercise and education. Cardiac rehabilitation programs significantly increase your chances of survival. The goals of cardiac rehab are to help you regain strength, to prevent your condition from worsening and to reduce your risk of future heart problems. These goals can add up to a better quality of life.

Please talk to Karin Lucas for more information

## Weight Loss & Exercise

There are two parts to any good exercise program, aerobic conditioning and weight training. Aerobic conditioning does burn calories, but once you are done with your workout your metabolism gradually slows down. You burn calories only during the time you are exercising. That doesn't mean you shouldn't do aerobic exercise because strong cardiovascular health is very important in this day and age. But if you are truly looking for the ultimate in metabolism boosting fat burning exercises then you need to weight train. And here's why. Weight training forces your body to build muscle. This muscle building process does not happen while you are lifting weights, it occurs after your workout is over. Lifting weights actually breaks down muscle fibers, which react by getting stronger during the time after your workout is over when you are resting. It takes energy/calories to rebuild these muscles.

A good combination of Cardiovascular Activity, Weight Training and especially Healthy Eating is the ultimate solution to any weight loss program.

