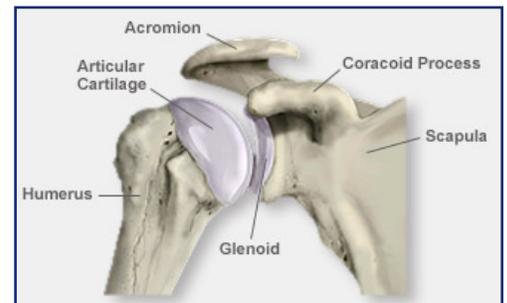


Anatomy of The Shoulder

The shoulder is comprised of the humerus (upper arm bone), the scapula (shld. blade) and the clavicle (collar bone). The acromion process of the scapula and the clavicle form the acromioclavicular joint. The coracoid process extends to the front of the scapula. The glenoid fossa of the scapula meets the head of the humerus to form the glenohumeral cavity which acts as a flexible ball and socket joint.

The shoulder is the most movable joint in the body (rotates and hinges) but because the head of the humerus is larger than the socket, the joint is also the most unstable in the body. The labrum is a ring of cartilage that surrounds the glenoid for stability. The shoulder is also anchored by muscles (biceps, rotator cuff), ligaments (connects the bones of the joint) and tendons (join the muscles to the bones of the shoulder). Bursae (cushioning sacs) permit smooth gliding between all structures.

These shoulder components, along with the muscles of the upper body, work



together to manage the stress the joints feel as you extend, flex, lift and throw. Due to the complexity of the shoulder it is a very common site for injury. Sprains, strains, dislocations, tendinitis, bursitis, arthritis, impingements and adhesive capsulitis (frozen shoulder) are seen in our clinic on a regular basis.

The most effective course of treatment for shoulder injuries can include: Physiotherapy, Acupuncture, Low Intensity Laser Therapy and Massage Therapy.

A combination of these modalities will lead to a successful resolution to those nagging shoulder pains.

Cardio Boosts

Sometimes it's tough to squeeze a full workout into your busy schedule.

A number of published studies show that you can stay in shape and burn enough calories to maintain or lose weight by doing mini-workouts throughout the day.

In fact, research has shown that short bouts of exercise—as few as three 10-minute sessions—are just as effective as longer sessions. Total cumulative workout time and intensity level should remain comparable, however.

Repeat any of the following exercises for one minute.

1. **Jumping jack:** Land with feet hip-width apart, then jump feet back together and lower arms.
2. **Stair running:** Run up a flight of stairs, pumping your arms, then walk down.
3. **Jumping rope:** Do a basic boxer's shuffle or two-footed jump. Stay on balls of feet.
4. **Squat jump:** Stand with feet hip-width apart, bend knees & lower hips into a squat, jump & land softly.
5. **Jog in place:** Jog in place, lifting knees up; swing arms naturally in opposition, landing softly.

See the original article in shape.com

TIPS

Decrease Pain with Lunges:

Lunges are a great exercise to strengthen the lower body, working the glutes and hamstrings on your front leg and, quads and calves on the back leg. Here are 5 tips to address the knee pain some people experience doing this exercise.

1. Try back lunges – puts more force on back leg
2. Watch Technique – weight on the heel, knee does not go beyond the toes
3. Stride Length – increase to maintain proper technique
4. Movement Direction – Focus on moving up and down, avoid moving forward and back
5. Look at Flexibility – Tight muscles puts increased pressure on the patella causing pain



Get some Sleep!

Seventy percent of Canadians frequently have trouble sleeping. This is usually due to poor habits which can be remedied by certain lifestyle changes. (Rule out any physiological reasons.)

Benefits of proper sleep include melatonin production, decreased cortisol & stress hormones, weight management, immunity boost, tissue repair, improved memory & emotional balance. Poor sleep can result in hypertension, irritability, diabetes & other diseases as well as poor decision making.

To Improve Sleep:

1. Manage stress – primary cause of insomnia; meditate, yoga, breathing, hot bath.
2. Balance Blood Sugar – eat a small protein snack at night; tuna, pumpkin seeds, cottage cheese.
3. Sleep Routine - allow 30-60 minutes to unwind; electronics free, dim light, read, music.
4. Atmosphere – dark room, blackout curtains, temperature regulated, eye mask.
5. External Factors – avoid caffeine, smoking and exercise within 3 hours of bedtime.
6. Naturopathic Medicine – herbal medicines, coping strategies, nutritional guidance.

What is Kinesiotaping?

KinesioTape is a specialized cotton fibre tape, stretchable in only one direction applied directly to the skin for the relief of pain to increase mobility and improve posture & performance.

KinesioTaping gives support and stability to joints without restricting circulation or range of motion and creates an increase in interstitial space which allows for swelling to move out of an area. KinesioTape stimulates skin sensors to allow messages to travel faster to the brain thereby interrupting pain receptors. KinesioTape is applied directly to the skin and can stay on for 3-4 days. It is waterproof, breathable and contains no latex. It is usually combined with Low Intensity Laser Therapy (LILT) or myofascial release (MFR).

KinesioTaping is a specialized post-graduate course which requires 3 levels of certification. The therapist is required to complete an exam to be certified with the KinesioTaping Association.

Benefits of KinesioTaping

1. Decreases pain sensation
2. Decreases swelling & edema
3. Relaxation of overused and tired muscles
4. Supports joint integrity
5. Improves posture & performance



**Best Massage
in Town**
2008, 2009,
2010, 2011

Food Drive Success!

Thank you to everyone who donated again this past Holiday season. Second Harvest was very grateful for all we were able to collect and donate to their Food Share Program. In total our donation was able to provide 220 meals to our fellow Torontonians.



Best in Town!

For the fourth year in a row you voted The Neighbourhood Clinic a Gold award winner in The Town Crier's Best in Town Poll.

Thank you for your continued trust in us. We will do our best to keep it up!

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