



THE NEIGHBOURHOOD CLINIC

NEWS

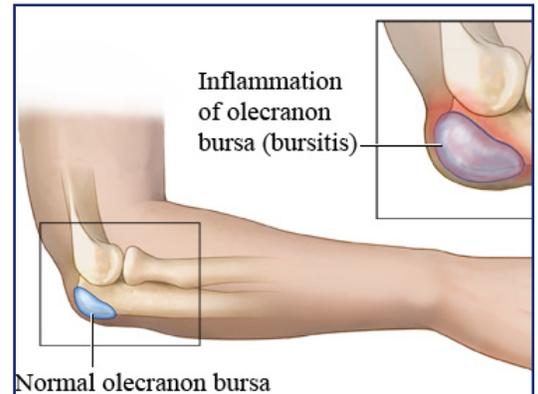
PAIN FREE LIVING

## Why does bursitis hurt so much?

A bursa is a sac made of thin, slippery tissue. Bursae occur in the body wherever skin, muscles, or tendons need to slide over bone. There are 160 bursae in the body. Bursae are lubricated with a small amount of fluid inside that helps reduce friction from the sliding parts. The major bursae are located in the shoulders, elbows (olecranon), hips and knees.

A direct blow or fall, infection, chronic irritation or an underlying rheumatic condition can damage the bursa. This usually causes bleeding into the bursa sac because the blood vessels in the tissues that make up the bursa are damaged and torn. In the skin this would simply form a bruise, but in a bursa blood may actually fill the bursa sac. This causes the bursa to swell up like a rubber balloon filled with water.

The blood in the bursa is thought to cause an inflammatory reaction. The walls of the bursa may thicken and remain thickened and tender even after the blood has been absorbed by the body.



This thickening and swelling of the bursa is referred to as bursitis.

**Low Intensity Laser Therapy** has been our most effective way to reduce inflammation and heal the tissues associated with bursitis. (See picture – Before and after 6 LILT treatments over a 2 week period.) **Acupuncture** is also a very successful way to address inflammation. Always ice and rest the joint!!



## TIPS

### Foods to Prevent Diabetes:

1. Whole Grains
2. Vegetables
3. Chicory
4. Oats
5. Onions
6. Soy products
7. Brown Rice
8. Nuts
9. Melon

## Prevent Knee Arthritis with Quadriceps Strengthening

If you have osteoarthritis of the knee, strength training, especially for your quadriceps, (front of the thighs) will help stabilize the knee cap and protect against cartilage loss. Exercise can reduce pain and improve mobility in people with arthritis of the knee, according to a review of 18 studies. People with knee arthritis typically have weak quadriceps. The muscles may weaken because arthritis pain discourages people from exercising, but research suggests that weak muscles around the knees may actually contribute

to arthritis. Let us know if you need any instruction regarding proper exercise form and function.



Wall Squat, 30 sec x2



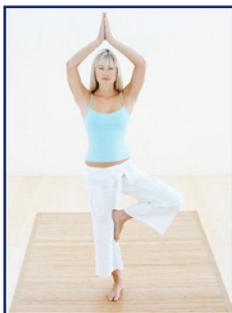
Stationary Lunge, 30 sec x2

## Reasons to test your balance

Balance training has been proven effective in the prevention of ankle sprains, and can be as simple as standing on one foot while waiting at the bus stop.

By taxing your body's ability to balance, you're improving your muscle's capability to react to unexpected forces as you walk, such as stepping on an uneven surface. Try these simple exercises:

1. Close your eyes and stand on one foot
2. Bounce a ball against the wall or play catch with a friend while on one foot
3. Move your arms as though you are sprinting while preserving your balance on one foot with your eyes closed



## The Benefits of Osteopathic Medicine



Pascale Marchand D.O.M.P.  
Osteopath Manual Practice

Osteopathy is based on a precise sense of palpation (touch) which frees restrictions in our body's tissues to restore normal function. Osteopaths determine the cause of pain and dysfunction rather than concentrate solely on the symptoms. The osteopathic practitioner is required to finish five years of study which includes a thesis study to be defended to a panel of officials.

1. Removes the underlying cause of pain
  - o reduces pain and stiffness in muscles and joints.
  - o increases range of motion in the joints
  - o treats spinal problems resulting from poor posture or spinal disc injuries
2. Relieves chronic pain through non-invasive treatment
  - o decreases stress on the joints
  - o reduces tension in the body
  - o relieves tension headaches and migraine headaches
3. Helps the body adapt to hormonal and structural changes during pregnancy
4. Reduces scars and adhesions
5. Treats trauma resulting from accidents
  - o sports injuries
  - o motor vehicle injuries
6. Encourages the body to heal itself
  - o increases circulation



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

### Chocolate is good for you!

Did you know that Dark Chocolate is good for your overall health?

Although not all chocolate is created equal, all chocolate begins with the cocoa bean. The cocoa bean is extremely rich in flavanols, which are powerful antioxidants; compounds that can help prevent damage to cells.

Dark chocolate has the highest antioxidant capacity (and tends to be lower in sugar), followed by milk chocolate and then white, which has very little. Remember... Everything in moderation!

*We would like to welcome Michelle P. to the clinic. She has been a great addition to the team!*

*Thanks for the well wishes for Michelle F. as she makes the big move to Nunavut with her husband. She will be missed!*

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