

**kw health connection**  
chiropractor • naturopath • massage

**FASCIAL FRUSTRATIONS**

PETER has been cross country skiing all his life, but over the past few months his left knee and hip have started aching occasionally.

While skiing uphill on the trails behind his house, he felt a burning pain in his hip and knee. He let the leg recover for a few weeks before returning to the trails. The pain came back just as painful as before. At 45, Peter thought that old age had caught up to him and it was time to hang up his skis.

Have you ever heard this kind of conversation before? Health Professionals hear countless variations of the story that involves an athlete avoiding their favourite sport because of inexplicable pain.

With the excitement in Canada growing with the impending Vancouver/Whistler Olympics, I thought it was prudent to discuss the different types of injury that

can happen to your musculoskeletal system. And why injuries such as Peter's, which seem unconnected to a particular event, do not have to spark feelings of doom.

Most people are familiar with one kind of pain – an acute injury due to a sudden overload on a tissue. These injuries result from a noticeable event and are evidenced by immediate swelling, redness, pain and heat radiating from the damaged tissue.

While acute injury is the most obvious cause of pain, it is only one of three mechanisms of injury that can generate musculoskeletal discomfort. The other 2 mechanisms are defined as "repetitive strain" or "prolonged static contractions".

Repetitive strain injuries are caused by repeated microtrauma

to a tissue. Initially these do not cause swelling, redness, heat or pain. These injuries are most common with sports, work or hobbies where some part of the body is put through a repetitive motion. Scar tissue builds up slowly and becomes tight and restricted, and pain slowly enters the picture.

Static contractions are the stationary version of the same injury, caused by holding the same position, or posture, for a prolonged period of time. Static contractions will partially restrict blood flow to the muscles involved in holding the posture, and fibrous connective tissue gets deposited in the area. This problem will occur with poor postural habits, whether they are chronic postural habits, improper athletic gait and posture, poor occupational postures, or even poor sleep postures.



**What does it mean to me?**

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- MASSAGE THERAPY
- REFLEXOLOGY
- COUNSELLING

While the source of repetitive strain injuries or prolonged static contraction injuries is not as obvious as acute injuries, the results are the same for all three. Scar tissue builds up around and within the soft tissue. Eventually the tissue becomes painful, weakened, tight, and nerves may become entrapped. If left alone, the tissue becomes more prone to acute injury – like when you inexplicably end up with hip and knee pain during an uneventful ski outing.

Whether you are trying to imitate the athletes in the upcoming Winter Games, or just trying to get through another day at work, here are a few risk factors that may contribute to injury:

- Poor diet
- Training errors
- Technique errors
- Environment
- Old injuries
- Muscle imbalances
- Improper equipment
- Poor ergonomics
- Psychological stress

The best guide for your journey towards happy and pain free activity is always a health professional that is licensed to render a diagnosis for musculoskeletal conditions, such as a chiropractor or medical doctor.

So, if you find yourself experiencing the same pain repeated with your favourite activity, don't just give it up. There is a team of health professionals here at the clinic waiting to help treat the source of your pain.

**KW HEALTH CONNECTION**

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## Your Connection to Living Well

Now that winter weather has finally come back to us, we all must remember not to hibernate!

While we settle down into our best couch-potato poses to help cheer on our Canadian Athletes this month, let's also try to keep our own fitness levels in mind.

February is a great month to start building a base for all the activity we plan to do this spring and

summer.

Jump on a treadmill, indoor bike trainer, or get back to the gym, but stay active at least 45-60 min five to six days a week.

Also, the Canadian Chiropractic Association has teamed up with CTV this year for the Olympics. Keep an eye open for the Chiropractic Corner on [www.ctvolympics.com](http://www.ctvolympics.com) for daily health tips starting February 12<sup>th</sup>!

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FOR CELIAC AWARENESS  
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## Your Health... Your Recipe! Buckwheat Pancakes



1cup buckwheat flour

2 eggs

1 cup milk or milk alternative

1 tsp baking powder

¼ tsp baking soda

Add cinnamon, nutmeg to taste

Dress with berries, bananas or apples

Top with Maple syrup or jam

Buckwheat is a gluten free product that can be substituted in direct proportion with wheat flour in every recipe

- Mix all ingredients together in a large bowl
- Spoon the desired amount of batter onto a hot griddle
- Flip when bubbles appear in the center of the pancake and cook the other side
- Double the batch and save the rest in the fridge or freezer
- Re heat in the toaster when desired

If you like this recipe visit [www.bmsresources.ca/detail/2612/Simply\\_Healthy\\_Cookbook/](http://www.bmsresources.ca/detail/2612/Simply_Healthy_Cookbook/)