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April, 2014

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www.citadelphysio.com

**1 Hour Underground
Validated Parking
Available**

Citadel Physio

**PROTECTING YOU AGAINST
PAIN AND INJURY**

Citadel Physiotherapy is a private physiotherapy clinic conveniently located in the Park Lane Mall. We provide experienced and caring physiotherapy and massage therapy services.

Spring into Action – Lets get Active

Spring has sprung slowly but surely and it is time to get active!! Whether you enjoy running, walking, gardening or golfing now is the time to get back at it.

Citadel Physiotherapy will be there to assist you in any return to exercise plans that you have as well as help deal with any nagging injuries or ones that creep up on us as we get active.

Let our highly qualified staff of physiotherapists and massage therapists help keep you moving!!

**May is National
Physiotherapy Month**

**Keep checking on Facebook
for updates on draws and
activities for May.**

Like us on Facebook
www.facebook.com/citadelphysio

Check out our new website at
www.citadelphysio.com



With over 40 combined years of clinical experience, our staff will provide quality physiotherapy and massage therapy services in a warm and friendly environment.

Staff

Daniela Rubinger, Physiotherapist, Clinic Director
Leigh Hepditch, Physiotherapist, Certified Manipulative Therapist
Véronique Trottier, Physiotherapist, Certified Manipulative Therapist
Cheryl Gibb, Registered Massage Therapist
Emily Keast, Registered Massage Therapist



Starting a Running Program – How to do it safely!

If you have already been exercising regularly like walking or riding stationary bicycle and would like to start running here are some tips to ensure that you do it safely and without injuries.

Start with Run/Walks – Start adding short bouts of running to your walking routine and gradually increase the amount of time that you spend running. Start by adding one minute of running for every four minutes of walking and gradually increase so that you are running twice as much as you are walking.

Too far too fast – You can stay injury free by not going too far too fast. General rule is not to increase the amount of time spent running greater than 10% each week.

Listen to your body – Some muscle soreness in the legs are to be expected. Do not, however, ignore any sharp pain that occurs while running, persists with walking and throughout the day. You may need to take a three day rest and if problem persists see your physiotherapist.

Get the Goods – Proper footwear is essential for running and staying injury free. Visit a reputable sporting goods store to get proper assistance in choosing the proper running shoe for you.



Citadel Physiotherapy is pleased to be a friend of TNT providing educational sessions, physiotherapy and massage therapy services to the runners as they train to participate in 5k, 10k, half marathons and full marathons to raise funds for Leukemia and Lymphoma Society of Canada.

Citadel Physiotherapy offers discounted massage therapy services to the team members as well as monetary donations.

To learn more visit:

www.teamintraining.ca

Prevention of Running Injuries

Running injuries are common but can be prevented with proper warm- up, stretches and listening to your body. In doing so you can prevent common injuries such as Iliotibial band friction syndrome, patella-femoral syndrome, shin splints and Achilles tendonitis.

A few easy steps in the prevention of Common Running Injuries:

1. Stretching
 - Warm up before stretching
 - Hold your stretches 10- 15 seconds
 - Don't bounce
 - Begin slowly – don't overstretch
2. Buy the right shoes
 - Buy from salespeople who know what they are talking about
 - Replace your shoes regularly, every 300 miles
3. Icing Injuries
 - Get ice on quickly
 - 15-20 minutes max
 - Elevate and compress if necessary



Direct Bill

Citadel Physiotherapy is now part of the Telus Health Network which allows us to bill directly for most insurance companies including Sunlife, Great West Life and Johnson Insurance. We are also able to direct bill Blue Cross, Crawford Adjustors, Dalhousie and SMU Student Health Plans. Citadel Physiotherapy will try to assist you in any way possible to make your payment for services as easy as possible. Please call our clinic at 442-5623 and speak to our front desk staff that can assist you with any billing inquiries.

Visit us at www.citadelphysio.com