

MAY 2014

PARK LANE MALL

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**1 HOUR FREE
PARKING AVAILABLE**

CITADEL PHYSIO

PROTECTING YOU AGAINST PAIN AND INJURY

Citadel Physiotherapy is a private Physiotherapy clinic conveniently located in the Park Lane Mall, downtown Halifax. We provide experienced and caring Physiotherapy & Massage Therapy services.

Learn About: Running Injuries & Prevention

May is **National Physiotherapy Month**, so to celebrate Citadel Physiotherapy is hosting a talk on Common Running Injuries & Prevention.

WHEN: Wednesday May 28, 2014
TIME: 6:30 PM
WHERE: Citadel Physiotherapy Clinic – 1554 Dresden Row, Suite 3070
M3 in the Park Lane Mall – just inside the Dresden Row entrance
WHO: Daniela Rubinger, PT & Clinic Director
Leigh Hepditch, PT
Luke MacDonald, Owner of Aerobics First

Come out to join in on the interactive discussions and for your chance to **WIN** the multiple door prizes being drawn for!

Please RSVP to Citadel Physio at 902.442.5623 – For more details please contact the clinic!

CHECK OUT OUR **NEW WEBSITE:**
www.citadelphysio.com

FIND & LIKE US ON FACEBOOK
www.facebook.com/citadelphysio



ABOUT OUR PROFESSIONALS

With over 40 combined years of clinical experience, the staff at Citadel Physiotherapy provides quality Physiotherapy and Massage Therapy services in a warm and friendly environment!

STAFF:

DANIELA RUBINGER – PT, Clinic Director
LEIGH HEPDITCH – PT, Certified Manipulative Therapist
VÉRONIQUE TROTTIER – PT, Certified Manipulative Therapist
CHERYL GIBB – Registered Massage Therapist
EMILY KEAST – Registered Massage Therapist



RUNNING INJURIES & PREVENTION

DO NOT OVERDO IT

- Remember to ease into a new running program, a change in footwear, or a change in running surface as your body needs time to adapt to new stress applied to the muscles and joints
- No more than a 10% distance increase a week
- Use training programs designed by professionals

BUY THE RIGHT SHOES

- Buy from a knowledgeable salesperson – benefit if they are a runner themselves
- Replace your footwear regularly – around every 300 miles

MAINTAIN A WELL-ROUNDED CONDITIONING PROGRAM

- Run a least 4 times a week using an appropriate train program, trying to achieve a running cadence of 180 steps per minute
- Use firm, irregular surfaces so muscles of the feet can adept
- Slowly include a few minutes per day for forefoot jumping (ex: skipping, jump rope, etc.)
- Include strength (especially core and gluteal) and flexibility training on days you are not running

LISTEN TO YOUR BODY

- Rest when you need to rest
- Seek care at onset of symptoms. This does not always mean you have to stop running, you may just need to modify



Citadel Physiotherapy is pleased to be a friend on **Team In Training Halifax (TNT)** providing educational sessions, physiotherapy, and massage therapy services to the runners as they train to participate in 5K, 10K, Half, and Full marathons. Team In Training works to raise funds for the Leukemia and Lymphoma Society of Canada.

Citadel Physiotherapy offers discounted Massage Therapy services to Team In Training members, as well as monetary donations.

To learn more please visit their website: www.teamintraining.ca



TESTIMONIAL:

"I would like to thank Citadel staff for the professional and encouraging way you all treated me (...). It takes a special group of people to remain so upbeat and pleasant under such a heavy workload, and it certainly was noticed, admired, and appreciated by this patient!"

- BARRIE C.

DIRECT BILLING

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, Standard Life, and Chambers of Commerce.

Citadel Physiotherapy also continues to direct bill Medavie Blue Cross, Crawford Adjustors, Dalhousie & SMU Student Health Plans, Greenshield, and other insurance companies.

We are dedicated to our patients and will help in any way possible to make sure your experience with us is a memorable one.

Please contact the clinic at 902.442.5623 and speak to our administrative staff for more details and coverage information.