

February Newsletter

Feel better...faster.

February 2009

In This Issue

[Quick Back Stretch](#)

[Snow Shoveling & Back Pain](#)

[Low Calorie Chocolate Mousse Recipe](#)

Quick Links

[Our Website](#)

[Our Services](#)

[More About Us](#)

Receive 15% off your next massage...see our coupon at the bottom of this newsletter.

Quick Tip

Do you do alot of sitting, bending or lifting?

Too much sitting, lifting and bending puts a great deal of strain on your spine and can lead to a disc herniation or a "slipped disc".

To help prevent this painful condition try this simple stretch: Stand with your hands on your hips. Gently and slowly bend backwards at your waist (keep your knees straight but not locked). Go back as far as you can without discomfort or difficulty.

Hold for 1-2 seconds and repeat 5 - 10 times. This simple movement helps to reverse damaging effects on the discs that result from the daily, reptetive strains of sitting, lifting and bending. Do this movement once per hour during periods of sitting, and more frequently during any lifting or bending activities. If you currently suffer from back pain or discomfort please consult with a physiotherapist prior to attempting this exercise as it can irritate certain types of back injuries and problems.

Tell others about our practice!

We always welcome new patients and

This winter has been a snowy one... and you can be sure there's more on its way. All of the shoveling we do over the course of our long winters can put strain on even the healthiest of backs. Use the following tips to help reduce your chance of injury so you can keep moving and enjoy all that winter has to offer. Stay warm and take care!

Snow Shoveling & Back Pain



One of the most common causes of back injury that we see in our clinic during the winter months is snow shoveling. The repetitive nature of shoveling, along with the movement of lifting and twisting put a large strain on your back and can cause pain and injury. These factors along with the cold temperatures, slippery surfaces, and general deconditioning of our bodies due to a sedentary lifestyle can lead to a muscle strains/spasms, back injuries, disc injuries, and falls. Here are some simple precautions you can take to help you avoid injury.

Warm Up Your Muscles

Get your blood flowing by going for a 10-minute walk before you shovel. Warm, loose muscles are less prone to injury.

Minimize the Load and Pace Yourself

Clearing smaller amounts of snow more frequently is less stressful on your back. In deep snow remove the snow a few inches at a time rather than the full depth at once. Take frequent breaks to let your muscles rest. Fatigued muscles are more likely to get injured.

Don't Twist Your Back

Twisting as you lift/lower the snow puts an even greater strain on your back. Move your feet and pivot your whole body to face the direction that you are moving the snow towards.

Use Proper Technique

Bend at your hips and knees, keep your back straight, push your chest out and lift with your legs. Tighten your abdominal muscles as you lift and keep the shovel close to your body.

Chose a Shovel That's Right for You

A smaller, plastic shovel is lighter and will prevent you from lifting a load that is too large. A shovel that can push snow helps minimize lifting. A shovel with a curved handle can reduce the amount of bending.

Avoid Shoveling Soon After Getting Out of Bed in the Morning or After Prolonged Periods of Sitting.

The discs in your back are more prone to injury if you shovel at these times.

Perhaps most importantly, don't forget to ask for help. Consider paying a teenager to shovel for you or asking family members for help. If you do feel pain or injure yourself, give us a call to book an appointment as soon as possible. Early intervention can prevent long term damage.

Healthy Recipe

Low Calorie Chocolate Mousse

your referrals are sincerely appreciated!
Thank You For Helping Others.

Conditions we treat:

Back & Neck Pain
Sports Injuries
Sciatica
Muscle & Joint Pain
Arthritis
Tendonitis
Repetitive Strain
Muscle Tension & Stress.
Auto & Work Injuries
...and more!

[Click here for more details.](#)

::

Healthy Recipe

Low Calorie Chocolate Mousse



With only 248 calories and 6 grams of fat per serving, as compared to 485 calories and 40 grams of fat in some traditional recipes, this chocolate mousse recipe doesn't require a warning from the Surgeon General. Happy Valentine's Day!

1 teaspoon unflavored gelatin
2 tablespoons coffee liqueur, rum or strong brewed coffee
3/4 cup low-fat milk
1 large egg
1 cup packed light brown sugar
2/3 cup unsweetened cocoa powder, preferably Dutch-process
2 ounces bittersweet (not unsweetened) chocolate, chopped
2 teaspoons vanilla extract
4 large egg whites
1/2 teaspoon cream of tartar
3 tablespoons water

1. Sprinkle gelatin over liqueur (or rum or coffee) in a small bowl; let stand until softened, about 1 minute.
2. Whisk together milk, whole egg, 1/4 cup of the brown sugar and cocoa in a medium saucepan until smooth. Cook over low heat, whisking constantly, until thickened, about 5 minutes. Remove from the heat and add the softened gelatin mixture, stirring until the gelatin has dissolved. Add chocolate and vanilla; stir until the chocolate has melted. Let cool to room temperature, about 30 minutes.
3. Bring 1-inch of water in a wide saucepan to a bare simmer. Combine egg whites, cream of tartar, water and the remaining 3/4 cup brown sugar in a heatproof bowl large enough to fit over the saucepan. Set the bowl over the barely simmering water and beat with an electric mixer at low speed, moving the beaters around constantly, until an instant-read thermometer registers 140°F. (This will take 3 to 5 minutes.)
4. Increase the mixer speed to high and continue beating over the heat for a full 3 1/2 minutes. Remove the bowl from the heat and beat the meringue until cool, 4 to 5 minutes longer.
5. Whisk one-fourth of the meringue into the chocolate mixture until smooth. Fold the chocolate mixture back into the remaining meringue with a rubber spatula until completely incorporated. Spoon the mousse into 6 dessert glasses, and chill until set, about 3 hours. Makes 6 servings

NUTRITION INFORMATION: Per serving: 248 calories; 6 g fat (3 g sat, 1 g mono); 38 mg cholesterol; 47 g carbohydrate; 7 g protein; 4 g fiber; 68 mg sodium; 238 mg potassium.

Our Services

Physiotherapy, Osteopathy, Massage Therapy, Sports Injury Rehab, Pilates, Custom Orthotics, Nutrition

To book and appointment or for more information
call **416.760.8280**

or **email: info@physioplushealth.com**

**Save
15%.**

**Remember how good you felt after your last
massage?**

Regular appointments can help prevent those small aches and pains from becoming serious. Present this coupon to receive 15% off a massage during the month of February. Call to book your appointment today.

Offer Expires: March 1, 2009