

Healthy Lifestyles

FOCUSING ON HEALTHY LIVING

Health Products, Physical Fitness, Mental Wellness, Alternative Healing, Inner/Outer Beauty, Eco-friendly options and more.



When Exercise is Medicine

KNOWING THE APPROPRIATE DOSE!

By Anna DiMarco, Physiotherapist

When it comes to recovering from almost anything that ails you, exercise is medicine. In fact, clinical research has consistently demonstrated that a graded exercise program is the single best treatment strategy for tackling a multitude of physical ailments, including back pain, knee and joint pain as well as stroke, concussion and cancer recovery and so much more.

However, like any well-constructed plan, proper execution is key. When it comes to our health, treatment plans need to be tailored to account for diagnosis, physical stature, age, health history and so on. After all, prescribing exercise as a therapeutic strategy involves a bit more precision than a one-size-fits-all approach.

For example, there is no such thing as a universal exercise program guaranteed to benefit everyone suffering from low back pain. To broadly prescribe exercise such as yoga, Pilates, hip stretching or core strengthening without first conducting a thorough assessment would be well-intentioned, but potentially misguided. Each method of exercise involves a multitude of possible exercises, some of which may be contraindicated for the particular patient or that moment in his or her journey towards wellness.

Therapeutic exercise that correlates specifically to an individual's unique history, current

life circumstances (work related postures, hobbies, physical interests, etc.) and findings of a thorough clinical exam — which includes movement patterns and aggravating positions — is safer and dramatically more effective as a rehabilitation intervention than a generic recommendation.

This is where experts who are trained at assessing movement dysfunction and strength imbalances can provide knowledgeable guidance. Physiotherapists are and have been providing graded exercise prescriptions for patients with a multitude of diagnoses and clinical presentations since the profession was first introduced into the world of physical rehabilitation.

And the good news is that for those who are in pain or are not physically functioning optimally, but are still able to move a fair bit, there is a massive repertoire of possibilities in terms of exercises to choose from.

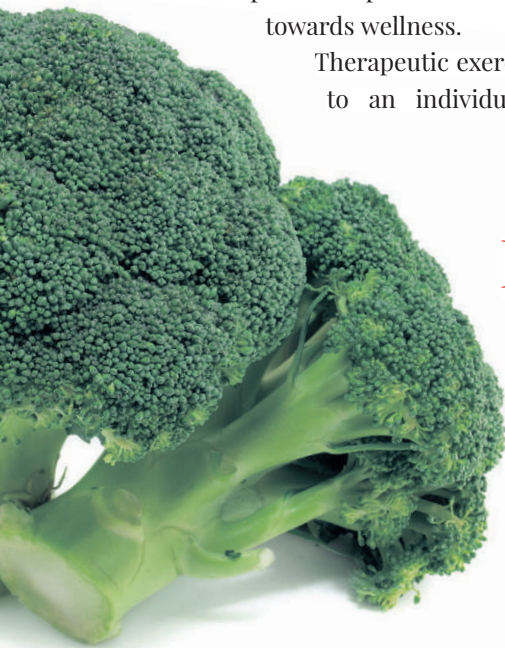
So, don't simply do what your friend or neighbour has done to treat a similar condition. While the obvious solution is to just keep moving, which type of exercise and how much is where advice from a physiotherapist will make all the difference when it comes to total recovery time. To find out how you can heal your mind and body, speak with one today. ▶

To find a physiotherapist visit mbphysio.org today.



Manitoba
Physiotherapy
Association

Association
manitobaine de
physiothérapie

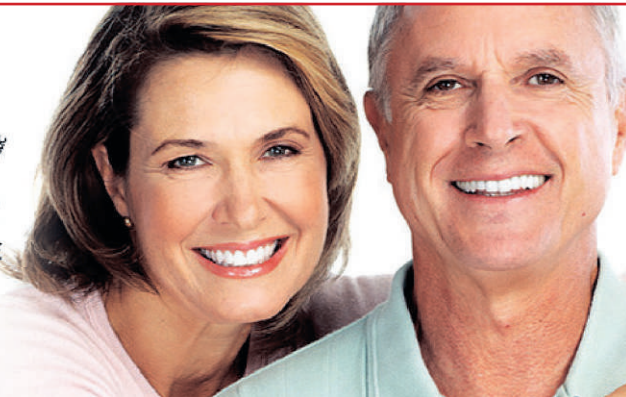


Did you know?

Broccoli contains twice the amount of Vitamin C as an orange...



Our team is experienced with giving our patients back their smiles.



CALL TODAY! 204-947-1807

Crack 'em open anytime!

Eggs are an excellent source of high-quality protein, which will give you lasting energy this long weekend. Eggs are versatile, nutritious and an excellent source of vitamin B12; eggs can be eaten at any meal and for any occasion. This delicious tomato base with poached eggs presents a stunning dish for a family meal, while taking little time to prepare.



Turkish Menemen

INGREDIENTS:

3 tbsp (45 mL)	olive oil
2	cloves garlic, minced
1	onion, sliced
1	green pepper, sliced
1/2	red chili pepper, sliced into rings (optional)
1 can (28 oz/796 mL)	diced tomatoes
2 tbsp (30 mL)	tomato paste
1 tsp (5 mL)	each dried oregano and hot or sweet paprika
1/2 tsp (2.5 mL)	salt, divided
1/4 tsp (1.25 mL)	freshly ground pepper
6	eggs
1/4 cup (60 mL)	chopped parsley
Whole wheat toast (optional)	

YOGURT SAUCE:

1/2 cup (125 mL)	plain yogurt
1	small clove garlic, minced
Pinch each	salt, freshly ground pepper and hot pepper flakes

INSTRUCTIONS:

Yogurt Sauce: Stir yogurt with garlic, salt, pepper and hot pepper flakes. Refrigerate until ready to use. Vegetable mixture: Heat oil in a 10-inch (25 cm) skillet set over medium heat. Add garlic, onion, green pepper and chili pepper rings. Cook, stirring until softened, 3 or 4 minutes. Stir in tomatoes, tomato paste, oregano, paprika, half the salt and pepper. Cook, stirring occasionally until thickened, 18 to 20 minutes. Preheat broiler to high, position the rack 6 inches from the heat source. Make 6 divots in the sauce mixture; crack an egg into each divot. Sprinkle with remaining salt. Cook until egg whites start to set, 3 to 5 minutes. Broil until eggs are soft cooked or cooked until desired doneness is achieved, 1 to 2 minutes. Sprinkle with parsley. Serve with Yogurt Sauce and toast, if desired.

Makes 6 servings

For more egg recipes and nutrient analysis visit eggs.mb.ca