
St. Marys Community Rehabilitation Newsletter

268 Maiden Lane, Suite 209, P.O. Box 219 St. Marys, Ontario N4X 1B1
Tel: 519-284-0904 • Fax: 519-284-0870 • E-Mail: info@stmarysphysio.com • www.stmarysphysio.com

Winter 2009



Foot Care

Dropped Metatarsal Head

Your metatarsals are the bones in your foot that connect to your toes. They are numbered 1 to 5 starting at the big toe side of your foot. A dropped metatarsal head is a common condition where one of the metatarsal bones (usually the second metatarsal) is lower than the others at the base of your toes. It bears more weight than it was designed to do and eventually becomes inflamed and painful. It feels like you are walking on a stone. Usually a callus develops under the head of the dropped metatarsal in the area people commonly refer to as the 'ball' of the foot.

This condition is very common and can be caused by pronation, an injury, wearing high heels or may be hereditary. Pronation is a rolling of the foot towards the big toe side as you walk. It can be due to a weak or low arch. Pronation can contribute to a dropped metatarsal head as too much weight is being put on it.

Orthotics should be used to redistribute the pressure and offload the dropped metatarsal head. A metatarsal pad should be added just proximal to dropped metatarsal to off-weight it and alleviate the pain.

Stroke Resources

We encourage stroke survivors and family members as well as health professionals to check out the following links about stroke:

www.swostroke.ca

The Southwestern Ontario Stroke Strategy website provides information for health care professionals and stroke patients and their families.

www.strokeassociation.org

The American Stroke Association publishes the Stroke Connection digital magazine that features inspiring stories from survivors in addition to practical articles for both survivors and families. Look for the link on the website for the magazine. We have posted a direct link to the magazine on our website under 'Links'.

Staffing Updates



Laura Smuck joined our staff in September as our newest Physiotherapist. Laura had a University of Western Ontario placement here last summer. As a recent graduate, we are happy to welcome her back with her Master of Physical Therapy degree. She provides physiotherapy services

as well as acupuncture in the clinic and at Kingsway Nursing Lodge. She brings enthusiasm and new perspectives to the St. Marys Community Rehabilitation team.

Ongoing Education

In order to provide current treatment, our staff has attended the following courses in the past couple months:

Julia Armstrong attended the Acquired Brain Injury Conference on "Harnessing the Power After Brain Injury" in Niagara in October. Julia and **Tawnya Jackson** attended the "Congratulations, You're an Expert!" workshop hosted by the Brain Injury Association of London and Region to learn about writing expert reports and testifying in court.



Parkinson's Disease

Parkinson's Disease, Fall Risk and Rehabilitation

By Laura Smuck

Those living with Parkinson's disease (PD) have an increased risk of falling secondary to balance and mobility impairments associated with the disease. It is estimated that individuals with PD are two times as likely to be recurrent fallers than other older adults, and have lower levels of confidence in their ability to maintain balance and avoid a fall during activities of daily living (ADLs). Common features of PD such as postural instability resulting in reduced balance, impaired attention, freezing and reduced strength are associated with increased risk of falls. Current research is investigating the effects of attentional focus strategies, cueing and Wii Nintendo video gaming on symptoms, balance and daily functioning in those with PD which could be implemented into a fall prevention program.

Auditory, visual and somatosensory cues have been shown to increase turning time and walking parameters in those with PD. Attentional focus strategies have shown improvements in postural instability during standing tasks in those with PD but it is unclear whether an internal (i.e., focusing on your own body movements during task) or an external (i.e., looking at a target relevant to task) focus is more beneficial. Previous PT student, Laura Smuck, along with 2 fellow students at the University of Western Ontario, compared the effects of varying attentional focus instructions on the performance of individuals with PD using tasks that simulate common causes of falls in individuals with PD. While no significant change was noted, it proves to be an intriguing and promising area for further research. This research won the Ontario Physiotherapy Association Literary Book Award for the London region.

Research continues to show promising results in the rehabilitation of those with PD, providing those with PD new and effective strategies to improve mobility, decrease symptoms and achieve a better quality of living.

Your Healthcare Providers

Julia Armstrong, Physiotherapist, BHSc, PT

Paula Wilcox, Physiotherapist, BSc, PT

Laura Smuck, Physiotherapist, MPT

Marloes Aitcheson, Kinesiologist, BAH KIN

Tawnya Jackson, Kinesiologist, BAH KIN

Chris Rekker, Registered Massage Therapist

Sherry La Framboise, Physiotherapy Assistant

Available Programs

Our staff of Physiotherapists, Kinesiologists, Physiotherapy Assistant and Massage Therapist are able to provide treatment in the following areas:

- **Motor Vehicle Accident Rehabilitation**
Available in the home, clinic, school, or gym.
- **Pain Management Programs**
- **Work Place Related Injuries**
 - Work Conditioning Programs
 - Return to Work Programs
 - WSIB-Traumatic Brain Injury Program of Care
 - WSIB- Upper Extremity Program of Care
 - WSIB- Lower Extremity Program of Care
 - WSIB- Low Back Program of Care
 - Physical Demands Analysis for the Work Place
 - Work Site Ergonomic Assessments
 - Occupational Therapy Assessments
 - On-site Physiotherapy
 - Functional Capacity Evaluations
- **Orthopedic Rehabilitation**
Includes: Sports Injuries, Arthritis, Soft Tissue Injuries, Hip and Joint Replacements, Back Injuries
- **Neuro Rehabilitation**
For neurological problems including Strokes, Acquired Brain Injuries (ABI), and Spinal Cord Injuries, Multiple Sclerosis, Parkinson's Disease
- **ADP Assessment**
Walkers, Wheelchairs, Electric Wheelchairs, and Scooters
- **Additional Services**
 - Certified Acupuncture
 - Prescription Orthotics
 - Registered Massage Therapist

Enjoy the winter wonderland!



Office Hours

Monday - Friday **8:00am – 4:00pm**

Except Thursday **8:00am – 7:00pm**

Please visit our website at www.stmarysphysio.com for additional information on our services, useful links, and for FAQ regarding treatment.

