

Summer 2010 Newsletter

The Ice vs Heat Debate

One of the most common questions we encounter as therapists is “when should I use ice on my injury and when should I use heat?”. This may seem like a simple question– but the proper use of heat or ice when injured can make a difference in the healing process of your injury.

The general rule of thumb is that ICE should be applied as soon as your injury has occurred and for the first 48-72 hours. Ice should be applied for 15-20 minutes (or until numbing of the area is achieved) each hour. Ice should also be applied when pain is felt in a joint after use or activity.

HEAT should be used to relax tight/sore muscles or warm up an area prior to stretching or exercising. It should be applied for 15-20 minutes. Applying heat on an injury that just happened can increase the swelling and inflammation in the area and delay the onset of the healing process.

If you are not sure if you should use heat or ice– come See your Athletic Therapist or Physiotherapist at Core Solutions

Congratulations on a job well done Brock & Carly!!



Brock Richardson competing in 2010 Boccia World Championships in Lisboa Portugal.

Brock works with our Athletic Therapist Julia, and is a member of the Canadian National Boccia team.



Carly Jordan, racing at the Whistler Cup this winter

was recently invited to join the Ontario Ski Team. Our therapy team at Core Solutions has been keeping her on her feet and on the ski hills since 2007.

New Addition to Core

We are pleased to announce that a new Physiotherapist is joining our therapy staff . Mark Vona will be here Tuesday & Thursdays from 5-8 starting on Tuesday July 13.

Pilates & Yoga

We will not be holding Pilates & Yoga classes during the summer. A new Schedule will be available in August for the sessions we will be offering in the Fall and Winter. Check our website then– or call to have your name added to our mailing lists for these classes.

Office hours:

*Monday 8-7
Tuesday 8-8
Wednesday 9-7
Thursday 8-8
Friday 9-5
Saturday 9-1*

How can you thank us for a job well done?

I, _____ REFER:

_____ to discover the
Core Solutions Physiotherapy
Experience

Have Questions? E-mail us: info@coresolutionsphysiotherapy.com or Find us on Facebook