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Our office be closed for Thanksgiving Day on Monday October 10th.
Dr. Frackson will be away on holiday for his 25th wedding anniversary from
October 14th – 28th

Fall Fitness: 3 Ways to Keep Going Strong

Despite unusually high temperatures in some parts of the country, October is right around the corner and the fall season is officially upon us. While the bitter chill of winter is still a few months away, fall brings shorter days, colder temperatures and rain / snow, depending on where you live; all factors that tend to keep many people indoors (and under the covers), rather than outdoors enjoying the fresh air and opportunity to exercise.

What can you do to keep fighting the fitness fight through fall and into winter, particularly if you're an outdoors enthusiast / runner who dreads the thought of becoming a gym rat for the next 4-6 months? Here are some simple strategies:

- 1. Weather Watch:** Staying on schedule is an important component of any successful exercise program, and as we all know, Mother Nature just doesn't care. The solution to this dilemma is to check the weather often, particularly at the start of each week, so you can plan your outdoor exercise sessions accordingly. Whether that means you bunch your workouts / runs at the beginning of the week, before that big storm sweeps in, or just prepare to fight through it with the proper clothing (see below), keeping an eye on the weather forecast online or via an app is the first step in ensuring you stay on course.
- 2. Bundling Basics:** Any runner will tell you that less is more when it comes to what you wear, but that advice changes a bit when you're faced with a driving rainstorm or 35-degree temperatures. Whether you're going for a quick jog, a long run, or participating in an outdoor boot camp, make sure you can handle the conditions. That means choosing clothing that will keep you dry if necessary, but is also breathable so you don't overheat; and dressing in layers you can progressively remove (for example, a light sweatshirt you can take off and tie around your waist) as the exercise intensity / duration builds.
- 3. Shoe Sensibility:** The right pair of shoes can make all the difference when it comes to your workout, and this is particularly true when faced with less-than-ideal outdoor conditions. Shoes that are overly worn in the top or sole / tread area are apt to take on water and/or cause a nasty slip during even a light rain or icy morning. And shoes that don't account for your specific foot characteristics and gait tendencies – for example, if you have wide feet, tend to roll your feet excessively inward (or not enough) when you run / walk (overpronation / underpronation), etc. – can cause pain that will sideline you for days, weeks or even longer. What's more, it's important to pick the shoe that best suits not only the type of exercise (e.g., running vs. jumping vs. playing a sport), but also individual preference (e.g., stability vs. motion control vs. shock absorption / cushioning). <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2297>

Stretch Out That Tight Pelvic Floor

Pregnancy, obesity, frequent straining and other factors can contribute to pelvic floor dysfunction, a constellation of disorders that affect millions of women, particularly with age.

Pelvic floor tightness is one of the most common consequences, leading to pelvic pain, urinary dysfunction and other issues. Fortunately, simple stretches can be a good first step to help loosen up the pelvic floor and entire pelvic region. Here are three great ones you can do in the comfort of your own home:

Piriformis Stretch: Lie on your back with both knees bent. Cross one leg over the other knee in a fixed position so the foot rests on the lower thigh, just above the kneecap. Hold the back of the uncrossed leg and pull it toward your chest until you feel a stretch in the opposite buttock (where the piriformis muscle is located). You also can do this stretch in a seated position: sit upright and lean forward with your chest to increase the stretch.

Kneeling Hip Flexor Stretch: In a half-kneeling position with the front leg bent 90 degrees (as if you're doing a lunge), squeeze the glute muscle of the back leg, relax and repeat. Keep a straight spine with head facing forward. If you're doing this properly, you should feel the stretch in the hip flexor muscle, down the front of your back leg where the thigh meets the hip. (To increase the stretch, progress to elevating the back foot up on a stable surface, such as a wall or short bench.

Quadruped Adductor Rocks: On your hands and knees, slide your knees out as far as you can tolerate, keeping the heels of your feet together. Then sit back slowly, as if you're attempting to touch your buttocks to your feet. Keep your spine straight throughout. Take a deep breath, sit up and repeat.

All three of these stretches can be performed for 30 seconds at a time and repeated during the day as needed. Of course, talk to your doctor first if you are experiencing signs and symptoms of pelvic floor dysfunction so they can evaluate you and determine the best course of action. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1868>

