



Winter Walking

The snow and ice have finally arrived and have you noticed that you walk a little differently? Our Canadian winters alter our gait (the way we walk) because of the uneven slippery terrain. As a result, our joints, ligaments and muscles in our feet are affected by this change. You may have noticed an occasional twinge in your feet already when you walk. To help with these temporary changes to your feet, stand on a tennis ball or yoga therapy ball for compression up to 20 seconds as well as rolling the ball around the bottom of your foot. Your massage therapist can also help mobilize the joints in your feet so make sure to let your therapist know at your next treatment that your feet need some TLC.

Yours in health,

Erin & Karen

The Therapeutic Effects Team