



In Good Health
Promoting Health in Our Community

Halifax
OSTEOPATHIC
HEALTH CENTRE

6247 Jubilee Road, Halifax NS

902 423 1085

contact@halifaxosteopathy.ca

The focus of In Good Health this quarter is Chronic Pain. Last month I had the privilege of speaking to the HRM Chronic Pain Support Group. This is a wonderful support group of individuals coping with chronic pain that meets on a monthly basis. To learn more, check out their website at www.hrmchronicpain.com.



Dr. Colin Huska N.D sheds some light on chronic pain, with advice on dietary ways to help settle inflammation. As well Dr. Simon B. Sherry, Registered Psychologist, discusses the relationship between chronic pain and depression.

Check out the new look of our website www.halifaxosteopathy.ca and give us your feedback or feel free to share one of your success stories.

Jocelyn Glover D.O.(M.P.)
Osteopath and Clinic Owner

Constantly Stiff?

by Jocelyn Glover D.O.(M.P)

Second to pain, the most common clinical presentation is stiffness and restricted range of motion (ROM).

Following a strain injury to the muscle, the initial physiological response (repair process) is inflammation and oedema (swelling) to the tissues involved. Patients often complain of the sensation of stiffness following these types of injuries, however, this stiffness is a result of a build-up of inflammatory fluid and even blood. Patients mistakenly stretch such stiffness, turning a simple injury into a chronic painful condition because high tensile forces such as stretching can further damage the already damaged tissues.



During this repair process, patients are advised to reduce activities that increase the physical demands on the damaged tissue, to take it easy and rest for short periods of 20-30 minutes

July 2012

[read online](#)

Share & Subscribe

Please [share](#) with friends! If you received this from a friend, [click here](#) to sign up. Read past issues in [the archive](#).



[click here for map](#)

Our Staff

[Osteopaths](#)

Jocelyn Glover
Brendan Girones
Zuzka Janakova
Julie Sainsbury

[Physiotherapist](#)

Ken Long

[Acupuncturist](#)

Matthew Cassidy

[Massage Therapists](#)

Judith Forget
Laura Newton

during the day, avoid prolonged static activities such as sitting and standing but, most importantly, to stay active without stretching the injured area. This can be in the form of short walks or gentle low-stress exercises.

Research has also shown that, if during the repair process the tissue was deprived of normal mechanical stimulation, it will result in poor quality repair. In turn this results in shortening, stiffening, and adhesions in the tissue. These consequences can result in chronic pain conditions.

Generally speaking, chronic conditions result in loss of flexibility and ROM. It is with these conditions osteopaths want to re-elongate the shortened tissue and reduce the scarring and or adhesions.

I often refer patients to one of our physiotherapists for an appropriate stretching and strengthening regime, as it is essential to incorporate the correct amount of stretching to overcome the resistance in the tissue and improve the overall health of the tissue.

Inflammation and Food – a brief synopsis

by Dr. Colin Huska N.D, Doctor of Naturopathic Medicine

From a naturopathic medical perspective, inflammation is a bit of a double-edged sword. In an acute situation, inflammation is quite beneficial in supporting the healing of damaged tissues. However, when inflammation becomes chronic it is a precursor to many other difficulties. As such, advice usually revolves around controlling or limiting chronic inflammation. As with any good plan it is important to start with a solid dietary foundation.



There are many different perspectives on what constitutes a good anti-inflammatory diet. We will highlight only a few here:

- Avoid or eliminate sugar.
- Avoid or eliminate red meats: beef (in particular) and pork.
- Emphasize foods that will alkalize the body: dark green leafy vegetables (kale, collards, beet greens, dandelion, chard, etc.).
- Omega 3 fatty acids – The component of fish oil that we are particularly interested in is the eicosapentaenoic acid (EPA), which promotes the formation of anti-inflammatory molecules in the body. To get into therapeutic dose range, supplementation is often required.
- Turmeric (Curcumin) works directly on inhibiting the inflammatory pathways of the body. To acquire adequate amounts, supplementation is often required.
- Ginger is also a great anti-inflammatory food. Incorporate it into stir-fries, sauces and salads, or have a fresh ginger tea.

[Dr. Colin Huska N.D.](#) is a fantastic Doctor of Naturopathic Medicine who treats a wide variety of concerns, particularly digestive health, hormonal issues, men's and women's health and pain management to name a few. To read more from Dr. Colin Huska N.D on inflammation and food visit our blog at www.halifaxosteopathy.ca.



Chronic Pain and Depression

by Dr. Simon B. Sherry, Registered Psychologist

Chronic pain and depression go hand in hand. Individuals with chronic pain are 3 to 5 times more likely to experience depression than individuals without chronic pain, and roughly 65% of individuals with depression experience chronic pain.

Chronic pain and depression are linked because of several reasons. They share biological

contributors. Chronic pain and depression involve some of the same neurotransmitters (brain chemicals) and some of the same nerve pathways. They also share psychological and social contributors.

The negative effects of chronic pain on an individual's life can contribute to depression. For example, the loss of work, reduction in social activity, and strained relationships caused by chronic pain can increase depression. Depression can also make chronic pain worse by discouraging active coping skills and encouraging negative thoughts and inactivity.

Fortunately, there are effective psychological treatments for chronic pain and depression. Gradually increasing pleasurable activities, learning not to catastrophize pain symptoms, and activity pacing are just some of the skills that are taught in cognitive behavioural therapy for chronic pain and depression. Research consistently shows that individuals can have significant improvements in both chronic pain and depression when they undergo cognitive behavioural therapy. A registered clinical psychologist can provide treatment that will help alleviate both chronic pain and depression.



Dr. Simon B. Sherry, Registered Psychologist, is an Associate Professor in the Departments of Psychology and Psychiatry at Dalhousie University. He is a specialist in treating depression, chronic pain, anxiety, and perfectionism. He also treats individuals for a variety of other mental health difficulties at [Genest MacGillivray Psychologists](#). For more information on his research program and his clinical services, see www.personality.psychology.dal.ca.

Clinic News

You will be happy to hear that Osteopath Julie Sainsbury will be returning back to Halifax in September 2012 after spending some much needed time with friends and family in England. Her schedule times are yet to be determined so if you are interested in booking an appointment, please call the clinic at 423-1085.

I am also pleased to announce that, due to the increasing demand in Osteopathy, both Zuzka Janakova and Brendan Girones, who are British and European trained osteopaths, will be continuing to take new patients and growing their osteopathic clinical practice here at the Halifax Osteopathic Health Centre.



www.halifaxosteopathy.ca