



Therapist  
 Profile  
**Andrea  
 Engelmann**  
 DPT, BSC, CSCS  
 Physiotherapist



Andrea earned her certified strength and conditioning designation and worked as a personal trainer for a diverse clientele ranging from youth soccer teams to Olympic snowboarders. She aims to help patients achieve their fitness and lifestyle goals.

Previous Issue

Community  
 Contribution  
 Award

We are honoured to be nominated along with three other North Vancouver organizations who have demonstrated outstanding commitment and leadership in a variety of activities which have made the North Shore a better place to live and work.

## Winter Conditioning

Refer a friend in January and both you and your friend can win a \$50 gift certificate for Zazou Salon and Spa!

Call 604 929 8444  
 for more information

Happy New Year from all of us North Shore Sports Medicine Clinic and Deep Cove Physiotherapy! Winter is a great time to enjoy the outdoors, and with the number of sports available to us in BC, just make sure you take time to condition your body, as the winter poses a high risk for "impact" injuries. The experienced physiotherapists at North Shore Sports Medicine Clinic recommend that you incorporate strength and stretching exercises for your thighs, hamstrings, buttock and abdominal muscles into your workout plan before hitting the slopes, the ice or the basketball court.

### The ABC's of winter conditioning:

**"A" is for Alignment** – Prolonged sitting or sitting in a twisted manner can lead to poor alignment of your spine, shoulders or hips. This may cause discomfort or pain and increase the risk of injury, besides limiting your ability to perform at your best during winter sports activities. When sitting at a desk, sit up straight, have your feet on the floor, and your arms relaxed and supported

**"B" is for Balance** – Crucial to almost every sport, your balance may need some training, especially if you live a sedentary lifestyle. Using a balance board, which most gyms have, or standing one legged on a pillow can help improve your balance. If you work at it enough, eventually you'll be able to balance one-legged with your eyes closed.

**"C" is for Core Training** - Your core acts as an "anchor" for your legs and needs to be strong to stabilize your trunk. Exercises that rotate around your torso or core, and exercises that involve bending forward or backward are best for strengthening your core. These include crunches or planks.

For further information on winter conditioning exercises or programs, please contact a physiotherapist 604-985-4135 local 273 or 604-990-7851 for an assessment. Looking forward to a fantastic 2010!

