



Therapist Profile

Erin Hvidston

Registered Physiotherapist
BHKIN, BED, MPT



Erin Hvidston is a registered physiotherapist available from 10am – 2pm on Saturdays at the North Shore Winter Club. She is an avid runner and enjoys white water kayaking, cross country skiing, snowboarding, road cycling and swimming. Erin won the UBC Physiotherapy Foundation of Canada Award for excellence in team research.

Previous Issue

For Children: Spring Into Activities, Not Injuries

With the coming of spring, it's time for hundreds of thousands of children to get outside and play everything from soccer, swimming and baseball to lacrosse, basketball and golf...

Summer Travel Tips

Wherever your summer vacation takes you, sitting for a long time in a car or on a plane can put stress on your muscles and joints. The stress can lead to stiffness, muscle cramps and fatigue, especially after a long journey. Such discomfort can ruin your vacation. The most effective way to prevent muscle and joint pain from sitting for long periods is to practice good posture.

Our expert physiotherapists recommend the following for good posture:

- Support the hollow of your low back with a lumbar roll or a rolled-up towel.
- Hips, knees and elbows should be at a 90-degree angle. In a car or plane, reposition your seat or the armrests to fit your body.
- Shift your weight frequently during a trip to relieve pressure points.
- Keep your headrest centered in the back of your head.
- Get up frequently to stretch and move.

To maintain good circulation and reduce stiffness during your journey, do an exercise for each area of your body including your head and neck, shoulders, torso, and feet and ankles. For your head and neck, try moving your ear towards your shoulder to stretch the opposite side of your neck. Gently stretching the muscle while taking a deep breath in and out will help to make the tension ease off. This can be followed by shoulder rolls moving the shoulders forward, downward, backward and upward making smooth circles. An excellent foot and ankle exercise is foot pumping. While sitting, pump each foot several times as if you are working the gas pedal of a car. This will increase circulation, relieve stress and avoid cramps. Remember to slowly stretch until you feel gentle tension, and take relaxed breaths while you are stretching.

For all seated exercises remember to sit tall with your ears, shoulders and hips in line with each other, and your legs apart at a comfortable distance from each other.

Next Steps

For further advice, please feel free to call one of our physiotherapists at the Winter Club (604-985-4135 local 273) or Capilano University (604-990-7851) to design an exercise program specifically for you and your travels. Our goal is to ensure that you travel safe and pain free so you arrive at your destination ready to enjoy every minute of your vacation.

Orthotics Available!

Feet, knees, hips or back hurt?

Orthotics are available at each of our clinics.
Come see our physiotherapists for
orthotics today!