



Therapist Profile

Ramsey Ezzat

Registered Physiotherapist
Certified Strength and
Conditioning Specialist
BScPT, BPHE, CSCS



Ramsey Ezzat brings exceptional educational and work experience to our clinic, something invaluable in working with clients. He provides physiotherapy for the Twist High Performance Summer Hockey Camps. He uses his academic and practical experience to understand how injuries occur in real time, how to treat and prevent them.

Previous Issue

Ankle Sprains

Ankle sprains are a common and painful injury that can happen at any time: on the sports field, the ski slopes or as the result of a slip walking across your living room. The ankle is made up of three bones: the tibia, fibula and talus. Ligaments, tendons and muscles work together to stabilize the joint when you move...

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. These extra activities mean that children are at a higher risk of injury.

Reduce Risk

If your child is going to start a new activity or sport, a sports medicine physiotherapist can perform a pre-participation examination to reduce the risk of injury. Our clinics offer such evaluations and recommend them, especially if your child has a history of injury. The examination identifies individual risk factors so that your physiotherapists can develop a warm-up program tailored to your child's specific needs.

To minimize the risk of injury, parents should encourage their children to improve their cardiovascular system, increase muscle strength and hone their balance. Dynamic stretching, such as body weight squats or lunges, before an activity and static stretching, such as hamstring or quadriceps stretches, after an activity helps prevent injury. Warming-up also reduces the risk of lower extremity injuries. Children should be encouraged to practice their skills and techniques such as landing a jump, pivoting and cutting specific to their sport or activity. Rest and recovery are a big part of injury prevention, so make sure to promote drinking water and eating right after vigorous activity.

Even the most well conditioned athletes sometimes suffer an injury and having one injury increases the chances of developing other injuries. When an injury occurs it's crucial that rehabilitation includes neuromuscular activities, such as balancing exercises, to prevent re-injury. A physiotherapist will help ensure that your child receives advice on which exercises will most effectively reduce the risk of re-injury or any further injuries.

Encourage your child to get into shape so they have the strength and flexibility to enjoy spring and summer activities and avoid injuries. Establishing healthy activity habits now will set them on a healthy path for the rest of their life.

For a pre-activity examination, please call our clinic at 604 985 4135 loc 273 at the North Shore Winter Club or 604 990 7851 at Capilano University.

Want To Build Smart Muscles?

From our website, click [Twist Conditioning](#), sports conditioning leaders.

