

YES, YOU CAN DO THAT AGAIN!

Functional Abilities



CANADIAN KINESIOLOGY ALLIANCE
ALLIANCE CANADIENNE DE KINÉSIOLOGIE

Difficulties walking, lifting grocery bags, climbing stairs, cooking, bathing and getting into and out of a car, bed or chair can be caused by faulty movement patterns and posture; stress on muscles and joints; and reduced mobility, all of which can increase the risk for chronic pain and injuries. Kinesiologists can help by assessing and rehabilitating movements, preventing further injuries and improving current conditions to help you perform activities of daily living without pain and discomfort.

Chronic neck, low back or shoulder pain while working or sitting?

Poor posture?

Unable to walk or stand for more than 20 minutes without pain?

Noticed a loss of strength or balance, or increased falls?

Difficulty climbing stairs or getting into or out of a bed, car or chair?

Muscle stiffness or fatigue?

Joint pain or muscle pain?

As restrictions around COVID-19 are constantly changing, it is highly recommended to consult a Kinesiologist to prevent inactivity or avoid injury when resuming activities after a long time being sedentary. A Kinesiologist will set a safe physical activity plan and monitor your progression to reduce injuries and to motivate you, as this is a long-term challenge.

HOW A KINESIOLOGIST CAN HELP



Your Kinesiologist's training and education encompass physical, cognitive and mental health, leaving them uniquely placed to understand how these domains of health fit together to create the best, healthiest you.

Kinesiologists make it easier for everyone to move more and to move better using exercise rehabilitation; manual therapy; soft tissue release work and stretching; movement therapy; lifestyle changes; and education to understand the injury or condition.

Kinesiologists are human movement specialists who provide scientific advice and physical activity treatments that improve recovery, health and well-being, through all phases of life.

Working with a Kinesiologist gives you a better chance of completing treatment and resuming your normal life and training, while reducing your chances of injury.

ASSESSMENTS

- Health history
- Current level of activity
- Intensity of pain or discomfort
- Onset of symptoms

Your kinesiologist may do any or all of the following:

- Use a functional abilities scale to determine the difficulty level when you perform daily tasks;
- Evaluate your posture, movement, gait, joint range of motion, muscle strength and flexibility;
- Determine your physical limitations;
- Establish your current work potential and identify job demand mismatches;
- Measure your physical tolerances and work performance abilities;
- Measure your physical abilities before and after a rehab program and provide accurate information to guide modification of rehabilitation treatment.

TESTS AND REFERRALS

Depending on your condition or injury, further diagnostic tests (X-ray, MRI, blood work) may be required to determine the right course of treatment/rehabilitation. Kinesiologists can work in collaboration with other health care professionals to develop and provide the best possible treatment.

COURSE OF TREATMENT

After conducting a thorough assessment, Kinesiologists can develop a treatment and rehabilitation protocol personalized to your goals and condition. The protocol will include:

- An exercise program
- Possibly manual therapy
- Education
- Use of different modalities

These exercises equip you for the most important type of physical fitness, the kind that prepares you for activities of daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.

ADDITIONAL TREATMENT/ASSESSMENT

Chiropractors
(to align joints)

Physicians
(for prescriptions, diagnostic tests and referrals to specialists)

Physiotherapists
(to treat more complex injuries and conditions)

Massage therapists
(for muscle conditioning)

TREATMENT BY A KINESIOLOGIST

Depending on your injury or condition, your Kinesiologist will guide you through a series of treatments tailored to your personal capabilities that may include:

- Strength conditioning exercises
- Corrective exercises
- Functional exercises or movement training
- Manual muscle release/conditioning
- Stretching and joint mobilizations

To help with pain and healing:

- Ultrasound
- Electrotherapy
- Therapeutic taping
- Laser therapy

SELF-TREATMENT

You will be given a personalized program to follow as you continue your rehabilitation at home. Home programs can include:

- Performing exercises
- Correcting posture/movements during activities of daily living
- Documenting progress between visits with your Kinesiologist

PARALLEL TREATMENT

Improving work space ergonomics or making modifications at work, such as taking breaks or changing how a task is performed, will reduce your chances of getting injured, having pain and experiencing discomfort.

PROGRESSION

When you feel you are no longer working as hard, your Kinesiologist will adjust your program in intensity, volume and type of activity. The screening assessment should be re-administered periodically to determine progress, to review goals and to reset as needed. Your Kinesiologist will reassess your posture, movement, joint range of motion and muscle strength to re-evaluate the effectiveness of the treatment, rehabilitation and exercises. The exercise review and progression should be done as improvements are seen.

- Is the intensity right?
- Are you responding as expected?
- Any side effects, pain or concerns?
- Any adaptations required?
- What additional resources are available to modify your program

Your Kinesiologist will determine if risks have been removed or reduced and ensure no additional risks have been created as a result of the interventions.

KINESIOLOGY

Prevention | Performance | Rehabilitation

Kinesiologists are devoted to helping their clients improve their performance, health and quality of life. Being able to resume sports and activities safely can decrease the risk of chronic diseases, mental health issues and acute injuries while increasing performance and abilities.



Many insurance plans cover the cost of kinesiology services – ask your employer about including kinesiology in your health benefit plan.

CONCLUSION

Are you seeing improvements in your condition?

Are you able to perform your activities of daily living with ease and comfort?

Do you want to continue with your treatment?

Consult your Kinesiologist on a regular basis – progression is key to being motivated, and a personalized plan requires adjustments as you improve to help you reach your goals. As movement specialists, Kinesiologists are part of the post-COVID-19 solution for regaining a healthy, active lifestyle.

SAFETY MEASURES

It's important to pace yourself and get adequate rest. Exercise is often fatiguing. Further to getting approval from your physician, keep them informed about your progression. Tell your Kinesiologist of any discomfort while performing your physical activity program. If you feel pain or discomfort while performing exercises at home, stop immediately, check the exercise instructions and technique, and restart the exercise. If an exercise proves too challenging, ask your Kinesiologist to modify it appropriately to help you advance.

To find a kinesiologist near you: cka.ca