

HUMAN PERFORMANCE CENTRE

How does the cold weather affect my injury? We Can Help!

Due to the extreme fluctuation in temperature I was reminded of the affect that weather and temperature change could have on surgical implants and soft tissue injuries.

Now that we are into the winter months it is even more important to dress appropriately if you have a metal implant or suffer from a spine injury.

Why is this important?

The affected area can be sensitive to sudden temperature change, for example moving from a warm space (*home, office building or automobile*) to a cold space (*out of doors in winter or skating rink*). The cold temperature can cause the muscle tissue to tense and irritate the damaged or sensitized nerve(s).

How to keep warm and dry during our winter season?

- 1) Select a base layer that has moisture wicking properties
- 2) A fleece layer (avoid cotton when active in winter)
- 3) A weatherproof outer shell.

A turtleneck or scarf is a must for those with neck injuries. If you suffer from frostbite or Raynaud's disease a wind proof insulated mitten is the best choice rather than gloves.

How to improve circulation during the winter?

Regular cardiovascular exercise helps with the affects of feeling cold in the winter by increasing blood flow. At the **Human**

Performance Centre Fitness Centre

you can enjoy indoor activities including walking/running on a treadmill, elliptical machine, row machine, exercise bike or cross country ski machine.

Massage therapy can also help by reducing the over stimulated muscle tissue and nerves of the affected area(s).



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Martin is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.



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