

**S.I.M GYM
September/October 2019**

Lunch and Learn



Bring your lunch and learn!

Talk takes place in the auditorium of the Villa from 11:30-1pm.

Thursday Sept 19th—Krisen Parise

Pelvic Floor Physiotherpaist from

BlueBerry Therapy talks about pelvic floor health this talk is for men and women.

Thursday October 3rd—Sheila Harrison-Derrick from Hello Cannabis talks about the benefits/uses of medical cannabis.

Closures

The S.I.M GYM will be closed on Monday September 2nd and Monday October 14th.

If you were a paying monthly/class pass client in June please get your voucher for the inconvenience of the air conditioner not working. It must be used by December 2019.

**Questions, comments,
concerns?**

**Please contact Tamara
Johnson at 905-627-3541 ext
2291 or tjohnson@sjv.on.ca**

New Tai Chi session will start the
week of September 9th, 2019

Classes are Mondays at 12:30 and
Fridays at 9:30am

Tai Chi is good for the mind,
balance and flexibility.

You can join in anytime in the first
3 weeks.

*Volunteer at St. Joseph's Villa for only four hours per month and your
S.I.M GYM membership is only \$30 a month! Contact
Deb Fernandez at 905-627-3541 ext 2240*



What is the Piriformis?

The piriformis is a muscle located deep in the hip that runs in close proximity to the sciatic nerve. When the piriformis muscle becomes tight and/or inflamed, it can cause irritation of the sciatic nerve. This irritation leads to sciatica-like pain, tingling and numbness that run from the lower back, to the rear and sometimes down the leg and into the foot. A common symptom of piriformis syndrome is pain along the sciatic nerve, so it is often thought that piriformis syndrome causes sciatica. However, piriformis syndrome does not involve a radiculopathy - a disc extending beyond its usual location in the vertebral column that impinges or irritates the nerve root - so it is technically not sciatica. Instead, with piriformis syndrome, it is the piriformis muscle itself that irritates the sciatic nerve and causes sciatic pain. Stretching the piriformis muscle is almost always necessary to relieve the pain along the sciatic nerve and can be done in several different positions. Hold each stretch for at least 30 seconds.

Several of the stretching exercises commonly prescribed to treat sciatica symptoms from piriformis muscle problems include:



Lie on the back with the legs flat. Pull the affected leg up toward the chest, holding the knee with the hand on the same side of the body and grasping the ankle with the other hand. Trying to lead with the ankle, pull the knee towards the opposite ankle until stretch is felt. Do not force ankle or knee beyond stretch.

Lie on the floor with the legs flat. Raise the affected leg and place that foot on the floor outside the opposite knee. Pull the knee of the bent leg directly across the midline of the body using the opposite hand or a towel, if needed, until stretch is felt. Do not force knee beyond stretch or to the floor.



Lie on the floor with the affected leg crossed over the other leg at the knees and both legs bent. Gently pull the lower knee up towards the shoulder on the same side of the body until stretch is felt.

Begin on all fours. Place the affected foot across and underneath the trunk of the body so that the affected knee is outside the trunk. Extend the non-affected leg straight back behind the trunk and keep the pelvis straight. Keeping the affected leg in place, scoot the hips backwards towards the floor and lean forward on the forearms until deep stretch is felt. Do not force body to floor.

