

Bare Bones

www.drthompsonchiropractic.ca

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Accepting New Patients!

Osgoode-Schlatter:

Osgoode-Schlatter's is one of the most common causes of knee pain in adolescents. While frequently termed a "disease", it is actually an inflammation of the bony growth centre at the patella tendon attachment and is self limiting.

Anterior knee pain is the most prevalent symptoms, (worse with running and jumping), however, an enlargement of the tibial-tuberosity (bump below the kneecap more easily felt with the knee bent) is common as well.

This condition is most common in boys between 10 and 15 years old and girls between 8 and 13. Although this condition usually subsides on its own, difficult cases left untreated can cause higher levels of disability as adults.

Treatment for adolescents involves restricted activity, Cryotherapy (ice), Vitamin C as a natural anti-inflammatory, as well as lower limb stretching and strengthening. A strap or brace may be needed during athletic activity. This treatment is effective for adults as well but an orthotic for added support may be needed.

As with many non serious conditions, Osgoode-Schlatter's responds best with early treatment. If this condition is causing you problems, a visit to the Chiropractor or physiotherapist is highly recommended.

And the winner is...

(drum roll please)

Frank Wheelihan

Thompson Chiropractic would like to congratulate our most recent winner of the Complimentary Dinner Gift Certificate.

Refer a friend or family member to our practice and get your name entered into our contest. Learn more about the contest on page two of this newsletter.

*The doctor of the future will give
no medicine but will interest his
patients in the care of the human
frame, in diet and in the cause
and prevention of disease.*

Thomas Edison

“Caring for people, not just spines.”

Pesto Pasta Salad

Full of colour and flavour, this pasta salad will dress up your meal or add pizzazz to your picnic.

Ingredients:

4 cups Fusilli (or other spiral) pasta
16 cups boiling water
2 tsp. salt
2 cups cooked broccoli florets, chilled (see Note)
2 cups cooked cauliflower florets, chilled
1 ½ cups cooked trimmed snow peas, chilled
1 cup sliced fresh white mushrooms

PESTO DRESSING:

¾ cup Basil pesto
2/3 cup Olive (or cooking) oil
½ cup Grated parmesan cheese
1/3 cup white vinegar
1 tsp. salt

Cook pasta in boiling water and salt in large uncovered pot or Dutch oven for 8 – 10 minutes, stirring occasionally, until tender and firm. Drain. Rinse with cold water. Drain well. Transfer to large bowl.

Add next 5 ingredients.

Pesto Dressing: Combine all 5 ingredients in small bowl. Makes about 2 cups. Drizzle over salad. Serves 8.

Note: Cook all vegetables just until tender-crisp for best results.



WIN A DINNER ON US!

Our contest continues.

The staff has decided that we should show appreciation to those who refer new patients to our office. A thank you card was just not enough to show our true gratitude for their confidence and enthusiasm in us.

So, we came up with what we feel is the perfect way of thanking you. Approximately every 4 months we will have a draw. We will be drawing for a gift certificate at a local restaurant.

Contest Rules:

1. When you visit the office, you will be given a referral card (or cards) with your name on it.
2. Give this card to a friend or family member who you believe would benefit from chiropractic care or radial shockwave therapy.
3. Tell your friend or family member to bring in the referral card when they come in so it can be entered into our draw.

Remember...the more cards you give out, the greater chance you have of winning!



Have you tried a recipe from one of our newsletters? Do you have a healthy recipe that you'd like to share? If so, please forward it to drthompson@drthompsonchiropractic.ca or bring it in at your next appointment.

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