

Revelstoke Mountaineer

Modalities: Athletic Therapist Kerri Dunsmore

Our Modalities series explores the broad variety of healing options available in Revelstoke.

By **Revelstoke Mountaineer staff**

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Revelstoke Athletic Therapist Kerri Dunsmore. Photo: Matthew Timmins

This is the first installment of our ongoing Modalities series, which will explore the broad variety of healing options available in Revelstoke. Whether you're recovering from injury, or just looking to get the most out of your mountain lifestyle experience, we'll introduce you to health practitioners who can help you get after it.

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Athletic Therapist Kerri Dunsmore

What kind of clients do Athletic Therapists serve?

If you move, I can treat you. ATs help active people with the rehabilitation of both chronic and acute musculoskeletal conditions. I bring balance back to your body to reduce and prevent the chances of injury or re-injury. Chronic injuries come from muscle imbalances/compensations or posture — you look like what you do. For example: skiers. In season, their quads and hip flexors get tight because those are the two main muscles you

use skiing, and you end up walking around town hunched over from your hips – you're walking like your ski! Acute injuries such as ligament sprains and muscle tears can be a by-product of a chronic injury you have or it can be traumatic (like a big fall on the mountain). Having a full understanding of your injury and a guided hands-on and exercise based treatment can really help you get back to your sport faster and pain free.



Revelstoke Athletic Therapist Kerri Dunsmore. Photo: Matthew Timmins

What's the profile of a typical client in a mountain town client?

Revelstoke is a typical mountain town most people are super active, even if they think they are not – we are a different breed! A typical client is anyone who gets pain, discomfort or injured when they go walking outside, playing with the kids, skiing, playing hockey, soccer, bike, backcountry adventuring, etc. Athletic Therapy is not only limited to sports and recreational athletes. Industrial athletes are eligible for Athletic Therapy too: mill or forestry workers, firefighters, police, and teachers to name a few. There are also the sedentary worker, which is becoming a huge problem in society lately with everything being on the computer and smart phone. If you get pain, Athletic Therapy can help you.

Revelstoke is a young town and has lots of new families. "Mommy posture" is a common posture dysfunction that gives a lot of new moms discomfort from nurturing their new child or children.

What are some of the hands-on treatments you provide?

I provide a very hands-on assessment and treatment! My assessments include muscle testing and feeling for the neural connections and strength of muscles. I also feel for muscle and fascial tensions, scar tissue/adhesions, ligament and joint capsule integrity and joint

mobility. My hands-on assessment helps me guide the type of treatment I provide. Some of the hands-on treatment techniques you may experience in a treatment include: soft tissue release (STR), active STR, joint mobilizations, fascial release, joint traction, trigger point release and some massage techniques. I also provide full CranioSacral treatments, but I tend to take pieces of the technique and apply it into my treatment. Craniosacral is great for post concussion and stress relief! There are a few tools that I use to help me with some techniques: the Heski's myofascial scraping tool, therapeutic and myofascial cupping (silicon and pump cups), mobility band, k-taping, athletic taping, joint bracing and a traction belt.

What are some common health complaints that Athletic Therapists are effective at treating?

- Acute injuries from sports, activity, work, slips and falls that include: ligament sprains, muscle strains, pains, torn ligaments (ACL, MCL), dislocations, etc.
- Pre or Post operation rehabilitation for any ligament, tendon or fracture repair
- Chronic and overuse injuries and conditions that include: wrist or Achilles tendonitis, shoulder impingements, carpal tunnel, low back pain, sciatica, shin splints, tech-neck, etc.
- Concussion assessment, management and rehabilitation
- Posture, movement, mobility and biomechanical screening
- Muscle imbalances and fascial restrictions
- Over all well-being, body tune-ups and preventative treatments (from old injuries reoccurring)

For more, find Kerri Dunsmore Athletic Therapy at www.kdathletictherapy.ca

<https://www.revelstokemountaineer.com/modalities-athletic-therapist-kerri-dunsmore/>