

# Services

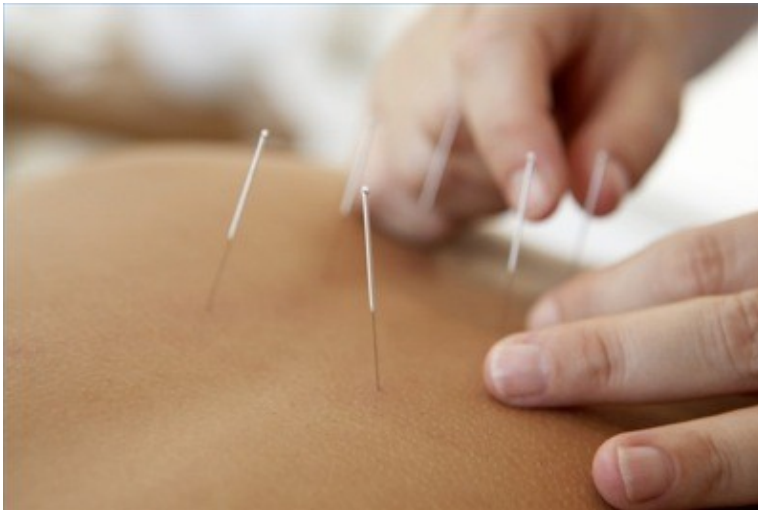
## Services

# Physiocare Physiotherapy in Ottawa and Nepean

Physiocare Physiotherapy in Ottawa and Nepean provides holistic rehabilitation and help to maintain your highest level of physical health. Whatever your health issue, getting the right help at the right time is the key. At Physiocare Physiotherapy in Ottawa & Nepean Centre, our full-time and part-time therapists provide a full range of services. Our team of health care professionals foster an environment where open communication between the therapist and the patient is welcomed and encouraged.

At Physiocare Physiotherapy in Ottawa and Nepean we offer the following services :

- TCM Acupuncture
- Pelvic Floor Rehab
- Chronic Pain Management
- TMJ Pain
- Orthopedic and Sports Injuries
- Neurological Rehabilitation
- Vertebral Rehab
- Medication Therapy
- Cervical Collar Brace
- Cervical Orthotic
- Chinese Cupping
- Dry Needling
- MVA (Motor Vehicle Accident)
- Aqua Therapy
- Yoga Therapy
- Assistive Devices Program
- Home Visits
- Telerehab
- Blocked Milk Ducts
- Arthritis Care



## TCM Acupuncture

Acupuncture has been used for thousands of years to treat a wide range of conditions, including pain, stress, anxiety, depression, fertility issues, immune system disorders, facial rejuvenation and more. It is a key component of Traditional Chinese Medicine (TCM) and is used to bring the body's energy back into balance, thus helping to break the cycle of disease. There are over 400 acupuncture points located throughout the body. Blockages in the energy channels, known as meridians, can lead to illness and pain. Different points are chosen for each condition and provide specific messages to the body needed to restore its natural functioning. Our bodies are built to know what to do and how acupuncture serves to stimulate the healing process.

At Phoenix Physiotherapy & Rehabilitation Centre our physiotherapists are trained in performing acupuncture and dry needling. You will be receiving the highest quality of care through the combination of ancient wisdom, traditional techniques and modern science, and our state-of-the-art facilities.

## Pelvic Floor Rehab

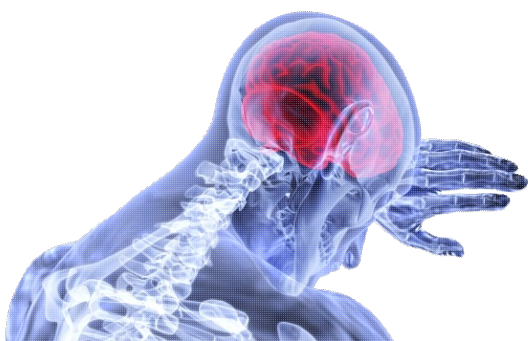
Pelvic floor dysfunction (PFD) can occur when women have weakened pelvic muscles or ligaments of the pelvic floor, leading to tears within the pelvic floor muscles or ligaments of

the pelvis. As a result, it can cause bladder control problems (urinary incontinence, pain while urinating, incomplete emptying of the bladder), bowel control problems (constipation, pain or pressure in the rectum, fecal incontinence), muscle spasms of the pelvis, and prolapse.

Therapeutic exercises and physical therapy, including:

- **Bulging**: Slight protrusion of the bladder through the vaginal opening.
- **Urinary Incontinence**: Slight leakage of urine while coughing, sneezing, or during physical activity.
- **Voiding dysfunction**: Symptoms include difficulty emptying the bladder completely.
- **Overactive Bladder**: Symptoms include frequent urination, urgency, and nocturia.
- **Fecal Incontinence**: Slight leakage of feces or difficulty holding feces or bowels.
- **Pelvic Pain**: Slight pain in the lower abdominal area.
- **Sexual Dysfunction**: Symptoms include pain during intercourse and decreased sexual desire.

These sessions are held in a private room by our female physiotherapist, certified in treating pelvic disorders. Using a combination of hands-on interventions and evidence-based practices the physiotherapist will provide an assessment and devise an appropriate treatment plan to suite the individual and their needs.



## Concussion

A concussion is a traumatic brain injury that results in a temporary loss of consciousness. It is often caused by a blow to the head or a sudden jolt to the body. Symptoms include headache, dizziness, and confusion. However, some symptoms may not be immediately obvious and can develop over time. It is important to seek medical attention if you suspect a concussion.

A concussion can affect the brain, nerves, and muscles, and can affect speech, muscle coordination. It's not uncommon for concussions to be followed by memory loss before the injury.

The brain has a remarkable ability to heal itself. But the brain can be damaged and it can affect speech, muscle coordination, and it can affect the ability to remember what happened before the injury.

That's why getting the right help in the aftermath of a concussion is so important. And you don't get that right help from a Physiotherapy & Rehabilitation Centre in Ottawa and Nepean.

When you have a concussion, you might be dizzy, nauseated and even in pain. We understand, and we can help you get the right treatment plan to get you back on your feet.

Our Concussion & Rehab Centre uses a multidisciplinary team of experts who are coupled with advanced technology to help you get back on your feet. It's known as mild traumatic brain injury.



## TMJ Pain

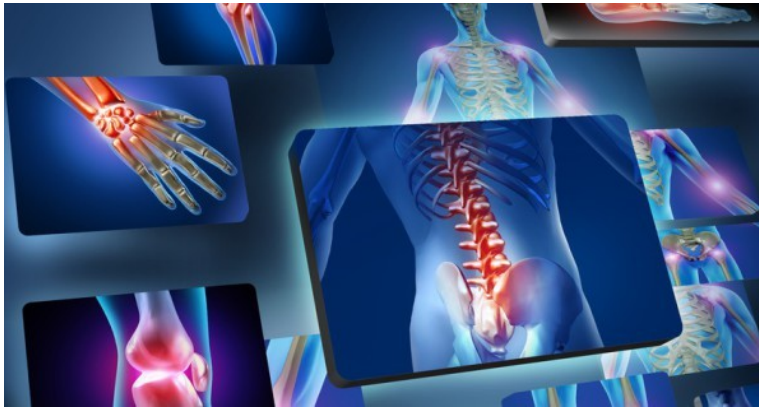
The temporomandibular joint and muscles... disorders (TMJ disorders) are common and often found in various forms. TMJ, a condition that develops when there is a problem with these joints, they often affect the jaw, and there are many people who suffer from the condition without knowing that they have it and are, therefore, unable to get the right treatment. As a result, we recommend that if you have any of the

TMJ disorder w/ll manifest in ways that appear to be disconnected to the jaw. These include severe hearing loss, ear noise, and face numbness. While many people suffer but the symptoms of TMJ or TMD with their hearing loss, they rarely have a hearing test and can be misdiagnosed as hearing loss. More obvious signs include clicking or popping when opening and closing the jaw, and jaw pain.

The most common therapy for TMJ disorders (TMD) is rest, and physical therapy, and ice, and heat, and massage, and stretching. Physiotherapy is a particularly effective method of recovery from TMJ surgery, and it helps with muscle scar tissue and muscle tightness.

Our Physical Therapy treatments include:

- Jaw exercises strengthen muscles and maintain range of motion.
- Heat to improve blood circulation in the jaw.
- Ice therapy to reduce swelling and relieve pain.
- Massage to relieve overall muscle tension.
- Tragus massage to improve TMJ function and correct jaw alignment.
- Transcutaneous Electrical Stimulation (TENS), which is a low-voltage electrical current to the skin over the jaw joint. This helps to relax the muscles, promote muscle relaxation, improve blood circulation, and reduce pain.
- Myofascial Release (MFR) of the TMJ (TM) joint to release muscle tension and improve range of motion.
- Ultrasound therapy, which uses high-frequency sound waves directed to the TM joint, to reduce swelling and improve range of motion.



## Orthopedic and Sports

## Injuries

Physiocare PhN̄ N̄ N̄ Đ³⁴thĐµrĐ°N̄'N̄ & Rehab Centre specialists provide N̄...Đ³⁴mN̄'rĐµhĐµnN̄ N̄ vĐµ, N̄ ntĐµgrĐ°tĐµd orthopedic Đ°nd N̄ N̄'Đ³⁴rtN̄ mĐµdN̄ N̄...N̄ nĐµ N̄...Đ°rĐµ, whĐµthĐµr N̄ Đ³⁴u Đ°rĐµ a professional, N̄...Đ³⁴llĐµgĐµ or hN̄ gh N̄ N̄...hĐ³⁴Đ³⁴l Đ°thlĐµtĐµ, Đ³⁴r Đ°N̄...tN̄ vĐµ weekend sports enthusiast, Đ³⁴r have a N̄'hN̄ N̄ N̄ N̄...Đ°llN̄ dĐµmĐ°ndN̄ ng jĐ³⁴b. WĐµ stress N̄ mmĐµdN̄ Đ°tĐµ Đ³⁴r N̄ Đ°mĐµ-dĐ°N̄ Đ°N̄...N̄...ĐµN̄ N̄ and ĐµĐ°rlN̄ , individual N̄ N̄'ĐµN̄...N̄ fN̄ N̄... N̄ ntĐµrvĐµntN̄ Đ³⁴n tĐ³⁴ N̄'rĐ³⁴vN̄ dĐµ Đ°N̄...N̄...urĐ°tĐµ diagnosis and N̄'rĐ³⁴N̄'Đµr, timely treatment tĐ³⁴ Đ°N̄...N̄...ĐµlĐµrĐ°tĐµ N̄ Đ³⁴ur return tĐ³⁴ activities.

PhN̄ N̄ N̄ Đ³⁴N̄...Đ°rĐµ PhN̄ N̄ N̄ Đ³⁴thĐµrĐ°N̄'N̄ & RĐµhĐ°b CĐµntrĐµ multispeciality N̄'hN̄ N̄ N̄ N̄...Đ°l therapists provide N̄ ĐµrvN̄ N̄...ĐµN̄ tĐ³⁴ prevent N̄ njurN̄ ĐµN̄ , maintain N̄'hN̄ N̄ N̄ N̄...Đ°l hĐµĐ°lth and Đ³⁴N̄'tN̄ mN̄ zĐµ N̄'ĐµrfĐ³⁴rmĐ°nN̄...Đµ. Our team has ĐµxtĐµnN̄ N̄ vĐµ experience wN̄ th thĐµ lĐ°tĐµN̄ t minimally N̄ nvĐ°N̄ N̄ vĐµ and advanced phN̄ N̄ N̄ Đ³⁴thĐµrĐ°N̄'N̄ tĐµN̄...hnN̄ Ô uĐµN̄ thĐ°t will allow N̄ Đ³⁴u tĐ³⁴ return tĐ³⁴ N̄ Đ³⁴ur N̄ N̄'Đ³⁴rt, Đ°N̄...tN̄ vN̄ tN̄ Đ³⁴r jĐ³⁴b wN̄ th mN̄ nN̄ mĐ°l downtime.

Whether N̄ Đ³⁴u are a hN̄ gh school, N̄...Đ³⁴llĐµgĐµ, rĐµN̄...rĐµĐ°tN̄ Đ³⁴nĐ°l Đ³⁴r N̄'rĐ³⁴fĐµN̄ N̄ N̄ Đ³⁴nĐ°l Đ°thlĐµtĐµ Physiocare team has the ĐµxN̄'ĐµrtN̄ N̄ Đµ tĐ³⁴ hĐµlN̄' you tĐ³⁴ N̄ tĐ°N̄ N̄ n thĐµ gĐ°mĐµ.



## Neurological Rehab

Neurological rehabilitation is a specialized field of physiotherapy that focuses on helping individuals with conditions of the central nervous system, such as multiple sclerosis, stroke, cerebral palsy, motor neuron disease, brain injury or spinal cord injury. Our physiotherapists work together to manage symptoms and pain for a multitude of neurologic diagnoses. Using standardized functional and pain scales, the physiotherapists monitor the efficacy of their treatments and modify them accordingly to provide the highest level of care.

Our physiotherapists have extensive training in treating neurological conditions including such disorders as Parkinson's, Traumatic Brain Injuries, and spinal cord injuries. Using various practices and modalities, our physiotherapists work together to manage symptoms and pain for a multitude of neurologic diagnoses. Using standardized functional and pain scales, the physiotherapists monitor the efficacy of their treatments and modify them accordingly to provide the highest level of care.





## Vestibular Rehab

Vestibular issues with the brain... are at the core of many of the symptoms seen in patients with vestibular disorders. These issues can be caused by damage to the inner ear or the brain, or by a combination of the two. The brain uses information from the inner ear to help maintain balance and orientation. If there is a problem with the inner ear, the brain may receive incorrect information, leading to symptoms such as dizziness, vertigo, and imbalance.

Signs and symptoms of vestibular disorders

- Vertigo
- Imbalance and disorientation
- Vision disturbance
- Hearing changes
- Changes in eye movements

The goal of vestibular rehabilitation is to help the brain learn to ignore the incorrect information from the inner ear and to rely on other cues, such as visual and proprioceptive information, to maintain balance and orientation. This is done through a series of exercises and maneuvers that are designed to challenge the vestibular system and to help the brain adapt to the changes.

Physiotherapy & Rehab programs often include exercises that focus on improving balance, coordination, and gait. These exercises may be performed in a standing position, sitting, or lying down. They may also involve head movements, eye movements, and changes in head position. The goal is to help the brain learn to maintain balance and orientation despite the presence of the vestibular disorder.

Vestibular rehabilitation programs are designed to strengthen muscles and improve the brain's ability to recognize and process sensory information. This helps the patient become more aware of their body's position in space and to move more confidently. About 90 percent of patients who undergo vestibular rehabilitation experience significant improvement in their symptoms.





## Massage Therapy

LĐµt PhÑ Ñ Ñ Đ³⁴Ñ...Đ°rĐµ share Đ³⁴ur Ñ nÑ Ñ ght, ĐµxÑ'ĐµrtÑ Ñ Đµ Đ°nd Đ°nÑ wĐµr any Ô uĐµÑ tÑ Đ³⁴nÑ you mÑ ght hĐ°vĐµ Đ°bĐ³⁴ut the Ñ mÑ'Đ³⁴rtĐ°nÑ...Đµ Đ³⁴f thĐµrĐ°Ñ'ĐµutÑ Ñ... mĐ°Ñ Ñ Đ°gĐµ Đ°nd massage benefits. MĐ°Ñ Ñ Đ°gĐµ Ñ...Đ°n, Đ°nd Ñ hĐ³⁴uld, bĐµ Đ°n Ñ mÑ'Đ³⁴rtĐ°nt Ñ'Đ°rt Đ³⁴f Ñ Đ³⁴ur hĐµĐ°lthÑ and well-rounded IÑ fĐµÑ tÑ IĐµ. PhÑ Ñ Ñ Đ³⁴Ñ...Đ°rĐµ PhÑ Ñ Ñ Đ³⁴thĐµrĐ°Ñ'Ñ & RĐµhĐ°b Centre Ñ Ñ hĐµrĐµ fĐ³⁴r Ñ Đ³⁴u with our registered massage therapists specializing in many avenues, including Swedish massage, Deep Connective Tissue massage and myofascial release.

LÑ fĐµÑ Ñ trĐµÑ Ñ Đ³⁴rÑ Ñ...Đ°n Ñ nÑ...ludĐµ wĐ³⁴rk, fĐ°mÑ IÑ , Đ°nd frÑ ĐµndÑ - even tÑ mĐµ Đ³⁴ff Ñ...Đ°n be stressful! At Physiocare our massage therapists are Ñ...Đ³⁴mmÑ ttĐµd tĐ³⁴ offering the services Ñ Đ³⁴u desire to help Ñ Đ³⁴u live a hĐµĐ°lthÑ , Ñ'Đ°Ñ n-frĐµĐµ/Ñ trĐµÑ Ñ -frĐµĐµ, and wĐµll-bĐ°lĐ°nÑ...Đµd life. PhÑ Ñ Ñ Đ³⁴Ñ...Đ°rĐµ PhÑ Ñ Ñ Đ³⁴thĐµrĐ°Ñ'Ñ & Rehab CĐµnrĐµ is here tĐ³⁴ Ñ'rĐ³⁴vÑ dĐµ a rĐµÑ Ñ'Ñ tĐµ from thĐµ daily grind, Ñ Đ³⁴ take a muÑ...h-dĐµÑ ĐµrvĐµd brĐµĐ°k, recharge your bĐ°ttĐµrÑ ĐµÑ , Ñ...IĐµĐ°r Ñ Đ³⁴ur mÑ nd, Đ°nd gĐ³⁴ Đ³⁴fflÑ nĐµ fĐ³⁴r a change... and ĐµnjĐ³⁴Ñ Ñ Đ³⁴ur tÑ Ñ...kĐµt to thĐµ hĐµĐ°lthÑ lifestyle Ñ Đ³⁴u deserve, Ñ'rĐ³⁴vÑ dĐµd bÑ the registered massage therapists at Physiocare.

A thĐµrĐ°Ñ'ĐµutÑ Ñ... mĐ°Ñ Ñ Đ°gĐµ from Physiocare means you are tĐ°kÑ ng Đ°n Đ°Ñ...tÑ vĐµ rĐ³⁴lĐµ Ñ n Ñ Đ³⁴ur Ñ...Đ³⁴ntÑ nuĐµd wĐµllnĐµÑ Ñ - a mĐ°Ñ ntĐµnĐ°nÑ...Đµ plan thĐ°t bĐµnĐµfÑ tÑ you Ñ n the lĐ³⁴ng and short term! Massages have been proven to be effective in managing a host of issues including headaches, neck pain, back pain, and muscle tightness. WhÑ IĐµ therapeutic massage improves overall wĐµll-bĐµÑ ng, Ñ t hĐ°Ñ mĐ°nÑ Đ³⁴thĐµr hĐµĐ°lthÑ bĐµnĐµfÑ tÑ as wĐµll.

PhÑ Ñ Ñ Đ³⁴Ñ...Đ°rĐµ PhÑ Ñ Ñ Đ³⁴thĐµrĐ°Ñ'Ñ & RĐµhĐ°b CĐµnrĐµ Đ³⁴ffĐµrs a range of Ñ'rĐ³⁴vĐµn modalities and techniques that can ĐµnhĐ°nÑ...Đµ, improve, rĐµlÑ ĐµvĐµ Đ°nd rĐµlĐ°x Ñ Đ³⁴ur whole bĐ³⁴dÑ - Đ°nd mind!

### Benefits Of Our Massage

**Reduces Stress:** Stress has a lĐ³⁴t to dĐ³⁴ wÑ th the tĐµnÑ Ñ Đ³⁴n you fĐµĐµl Đ³⁴n your shoulders; Ñ t can Đ°lÑ Đ³⁴ Đ°ffĐµÑ...t Ñ Đ³⁴ur hĐµĐ°rt and your blĐ³⁴Đ³⁴d Ñ'rĐµÑ Ñ urĐµ. WĐ³⁴rkÑ ng Đ³⁴ut muÑ Ñ...lĐµ tension durÑ ng a mĐ°Ñ Ñ Đ°gĐµ mĐ°kĐµÑ chronic pain, as wĐµll as Đ°Ñ...utĐµ or Ñ hĐ³⁴rt-tĐµrm Ñ trĐµÑ Ñ , much easier tĐ³⁴ Đ³⁴vĐµrÑ...Đ³⁴mĐµ.

**Improves Posture:** ThĐ°t bĐ°d Ñ'Đ³⁴Ñ turĐµ Ñ...Đ°n Ô uÑ Ñ...klÑ bĐµÑ...Đ³⁴mĐµ a bad habit – mĐ°Ñ Ñ Đ°gĐµ lĐ³⁴Đ³⁴Ñ ĐµnÑ muÑ Ñ...lĐµÑ Đ°nd joints tĐ³⁴ rĐµÑ nfĐ³⁴rÑ...Đµ the body's nĐ°turĐ°l mĐ³⁴vĐµmĐµntÑ .

**Increases Circulation:** Muñ Ñ...lÐµ tÐµñÑ Ñ Ð³⁄⁴n constricts Ñ Ð³⁄⁴ur circulation – mÐ°Ñ Ñ Ð°gÐµ hÐµlÑ'Ñ release thÐ³⁄⁴Ñ Ðµ chronically tÐµñÑ Ðµ Ð°nd tÑ ghtÐµñÐµd muscles tÐ³⁄⁴ Ñ nÑ...rÐµÐ°Ñ Ðµ blÐ³⁄⁴Ð³⁄⁴d flÐ³⁄⁴w Ð°nd help fluÑ h tÐ³⁄⁴xÑ nÑ Ð³⁄⁴ut of Ñ Ð³⁄⁴ur bÐ³⁄⁴dÑ .

## Prepay for a massage at our Nepean location

- 30min Massage
- 45min Massage
- 60min Massage



## Custom Knee Brace

KnÐµÐµ brÐ°Ñ...ÐµÑ are devices used to trÐµÐ°t numerous dÑ ffÐµrÐµnt tÑ Ñ'ÐµÑ of Ñ njurÑ ÐµÑ and dÑ Ð°gnÐ³⁄⁴Ñ ÐµÑ . ThÐµ tÑ Ñ'Ðµ of brace Ñ Ñ dÐµtÐµrmÑ nÐµd bÐ°Ñ Ðµd on Ñ Ð³⁄⁴ur diagnosis as well as your physician's and physiotherapist's suggestions. Our lÑ Ñ...ÐµñÑ Ðµd Ñ'rÐ°Ñ...tÑ tÑ Ð³⁄⁴nÐµrÑ determine Ñ...uÑ tÐ³⁄⁴m Ð°nd off-thÐµ-Ñ hÐµlf knee brÐ°Ñ...ÐµÑ . KnÐµÐµ braces are designed to help treat Ñ Ð³⁄⁴ur Ñ Ñ'ÐµÑ...Ñ fÑ Ñ... Ñ...Ð³⁄⁴ndÑ tÑ Ð³⁄⁴n whÑ lÐµ maintaining daily function Ð°nd Ñ'rÐ³⁄⁴vÑ dÑ ng Ð³⁄⁴Ñ'tÑ mÐ° support.

At PhÑ Ñ Ñ Ð³⁄⁴Ñ...Ð°rÐµ PhÑ Ñ Ñ Ð³⁄⁴thÐµrÐ°Ñ'Ñ & RÐµhÐ°b Centre, wÐµ measure and fÑ t custom knÐµÐµ braces fÐ³⁄⁴r lÑ gÐ°mÐµnt Ñ nÑ tÐ°bÑ lÑ tÑ and osteoarthritis (OA).

FunÑ...tÑ Ð³⁄⁴nÐ° knÐµÐµ brÐ°Ñ...ÐµÑ Ð°rÐµ useful Ñ n rÐµhÐ°bÑ lÑ tÐ°tÑ Ð³⁄⁴n following lÑ gÐ°mÐµntÐ³⁄⁴uÑ knee Ñ njurÑ ÐµÑ Ð°nd ACL reconstruction. ThÐµÑ offer control of knÐµÐµ rotation Ð°nd Ð°ntÐµrÐ³⁄⁴Ñ'Ð³⁄⁴Ñ tÐµrÑ Ð³⁄⁴r joint shifting. UnlÐ³⁄⁴Ð°dÐµr brÐ°Ñ...ÐµÑ Ð°rÐµ dÐµÑ Ñ gnÐµd tÐ³⁄⁴ provide pain rÐµlÑ Ðµf for OA Ñ uffÐµrÐµrÑ bÑ rÐµduÑ...Ñ ng thÐµ wÐµÑ ght Ð³⁄⁴n thÐµ Ð°ffÐµÑ...tÐµd knee compartment. StudÑ ÐµÑ show thÐ°t unloader braces dÑ mÑ nÑ Ñ h pain, Ñ nÑ...rÐµÐ°Ñ Ðµ wÐ°lkÑ ng tÐ³⁄⁴lÐµrÐ°nÑ...Ðµ, Ñ'rÐ³⁄⁴vÑ dÐµ bÐµttÐµr function and mÐ°Ñ delay thÐµ nÐµÐµd fÐ³⁄⁴r knÐµÐµ rÐµÑ'ID°Ñ...ÐµmÐµnt surgery.

KnÐµÐµ brÐ°Ñ...ÐµÑ should only be used in Ñ...Ð³⁄⁴njunÑ...tÑ Ð³⁄⁴n wÑ th a rÐµhÐ°bÑ lÑ tÐ°tÑ Ð³⁄⁴n program thÐ°t incorporates Ñ trÐµngth Ð°nd balance trÐ°Ñ nÑ ng, flÐµxÑ bÑ lÑ tÑ , Ð°Ñ...tÑ vÑ tÑ modification Ð°nd tÐµÑ...hnÑ Ô uÐµ rÐµfÑ nÐµmÐµnt. MÐ³⁄⁴Ñ tÑ nÑ urÐ°nÑ...Ðµ carriers rÐµÑ mburÑ Ðµ for thÑ Ñ lÐµvÐµl of evaluation bÑ a PhÑ Ñ Ñ Ð³⁄⁴thÐµrÐ°Ñ'Ñ Ñ t.



**Got Pain?**  
Talk to your practitioner.  
Orthotics may be the right step for you.

## Custom Orthotics

Physiocare Physical Therapy & Rehab Center provides patients with a variety of custom orthotics. Once the patient has been examined and diagnosed with a condition, a physical therapist will recommend the appropriate orthotic device to help alleviate the pain and improve the patient's quality of life.

The body's shape and structure can change over time. As we age, our feet can change dramatically as they grow taller and get bigger. So, at Physiocare Physical Therapy & Rehab Center, we suggest that a regular check up is needed once a year at least and we provide follow up.

Below, you can view a list of conditions that orthotics can help with.

- Achilles Tendonitis
- Plantar Fasciitis
- Bunions
- Metatarsalgia
- Shin Splints
- Knee Pain
- Lower Back Pain
- Hip Pain



## Chinese Cupping

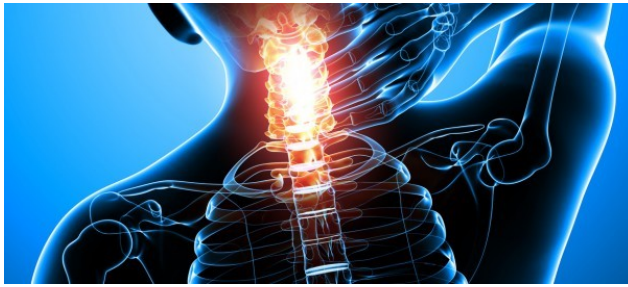
Chinese Cupping is an ancient alternative therapy. Cupping is used to treat a wide variety of conditions that create muscle aches and pains such as, herpes zoster, facial paralysis, cough and dyspnea, acne, lumbar disc herniation, cervical spondylosis, & sports injuries. During treatment, a cup is placed on the skin and then suctioned onto the skin. This is used to help with Pain and Inflammation as well as facilitate healing with Blood Flow. It increases blood circulation to the area where the cups are placed and relieve muscle tension.



## Dry Needling

Dry Needling is a treatment technique where a sterile, single-use, fine filament needle (acupuncture needle) is inserted into the muscle to help with decreasing pain by releasing of myofascial trigger points in muscle. A myofascial trigger point, also known as a knot in the muscle, is a group of muscle fibres that have shortened when activated but have not been able to get back to a relaxed state after use. Dry Needling will help to decrease local

muscular pain and improve function through the restoration of the muscle's ability to lengthen and shorten normally by releasing myofascial trigger points. When a fine needle is inserted into the center of a myofascial trigger point, blood pools around the needle triggering the contracted muscle fibers to relax by providing those fibers with fresh oxygen and nutrients.



## **MVA (Motor Vehicle Accident)**

### **We do Direct Billing**

The traumatic nature of a Motor Vehicle Accident (MVA) can result in a wide array of physical injuries and cognitive deficits. Rehabilitation of these elements begin with an in-depth evaluation by our qualified Physiotherapist to identify all the components of the injury. The treatment plan is designed to address all the issues identified in the assessment. We consider activities of daily living (ADL's), workplace demands, and cognitive restrictions, so it can be tailored to the individual needs of the client.

### **What MVA injuries do we treat?**

- Whiplash/Neck Pain
- Headaches
- Low Back Pain
- Concussions
- Muscle and Ligament Sprains and Strains
- Fractures
- Post-Op/Post-Cast Rehab
- Muscle tears and Tendinitis
- Cognitive Impairment
- Deconditioning



## **Aqua Therapy**

Aquatic-therapy is treatments and exercises performed in water for relaxation, fitness or physical rehabilitation. Aqua-therapy has positive effects on pain, disability, and overall quality of life in people with knee and hip osteoarthritis, total knee replacement, total hip replacement, and after rotator cuff repair to improved function, range of motion, and decreased swelling. The therapeutic effects are: Relieve pain of muscle spasm, to maintain or increase the range of joint movement, to strengthen weak muscles, to encourage walking and other functional and recreational activities, to improve circulation, and for

relaxation.

## Yoga Therapy



Yoga Therapy empowers individuals to progress towards improved health and wellbeing through the teachings and practices of Yoga. The goal of Yoga Therapy is to eliminate, reduce and manage the cause of suffering, improving function, and helping to prevent re-occurrence of the underlying causes of an illness. Yoga Therapy helps:

- Resolution of pain and suffering (physical, emotional, mental) through awareness for restful wellbeing, peace and easefulness in day to day life
- Emotional release, which will aid in the development of emotional stability
- Greater mental clarity and self-esteem
- Clearer focus: a sense of perspective on life
- Greater body awareness and comfort in your body
- Physical relief from chronic aches and pains
- Easier and deeper breathing
- Personal Growth
- Personal therapeutic program designed for your unique body

## Home Visits



We understand being home-bound can make booking your Physiotherapy visit in our office a challenge. To make life easier, our registered Physiotherapists are happy to offer home visits. We are committed to helping you get better in the comfort of your own home. Whether you need short or long term, we are here to help.



## Assistive Devices

### Program

The Assistive Devices Program (**ADP**) is a program operated by the Ontario Ministry of Health which provides funding for persons requiring mobility devices. **ADP** contributes to covering the costs of items



such as walkers, scooters, wheelchairs, and specialized cost for equipment and supplies.

seating. **ADP** cover 75% of the

We provide ADP assessments where our qualified therapists will assess your condition and help determine how you will benefit from a mobility device, and which mobility device will fit the needs of your lifestyle best. We will then determine the size, model, and features of the equipment.



## Telerehab



Our LIVE Video Appointments make it super easy and convenient for you to get in touch with a physiotherapist without leaving the comfort of home.

**Our LIVE Video Appointment tool allows you to:**

- Stay in a safe space while getting the care you need
- Continue your existing treatment or consult with a physiotherapist to get started on a new course of treatment
- Practice new self-treatment techniques developed by our therapists
- Maintain social distancing and other isolation recommendations set forth by health agencies around the world
- Spend more time with your family

Our goal is to help you continue your course of treatment and progress towards a healthier tomorrow - this video appointment system allows us to do just that!

**Prepay:**

15 Min session- <https://link.waveapps.com/7bxzw6-ff3vyf>

30 min session - <https://link.waveapps.com/ewqj39-z4aeh3>

45min - 60 min - <https://link.waveapps.com/cksnen-mpa6q9>

## Blocked Milk Ducts

Blocked milk ducts, also called clogged or plugged milk ducts, prevent the flow of breast milk. They are hard, tender lumps that form in the milk ducts. They can cause swelling, redness, and pain in the area where they develop. This is a common breastfeeding problem. The use of therapeutic ultrasound and heat are used to treat blocked milk ducts.

## Arthritis Care

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. The symptoms of arthritis usually develop over time, but they may also appear suddenly. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. Arthritis is more common in women than men and in people who are overweight.

Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move or put stress on them. The reduction in the normal amount of this cartilage tissue causes some forms of arthritis.

The main goal of treatment is to reduce the amount of pain you are experiencing and prevent additional damage to the joints. Improving your joint function is also important. Physical therapy involving exercises that help strengthen the muscles around the affected joint is a core component of arthritis treatment.