

Services

Specialized Treatments



Graston Technique

Whether you are suffering from chronic, acute or post surgical pain, Graston Technique therapy can help you enjoy life again. The Graston Technique is a form of Manual Therapy that uses stainless steel tools to perform muscle mobilization. It is a deeper, tenser version of manual therapy. Trained clinicians use specially designed tools in two ways. First, to locate muscle knots or restrictions. This is done by running the tool over your skin to feel for fibrous or scar tissue that may be causing you pain or restricting your movement. Second, they use the tools to break up that tissue and restore mobility and function.



RAPID – NeuroFascial Reset

RAPID is a new soft tissue, movement-based therapy technique that addresses the central nervous system. This helps alleviate pain, tension and restrictions within your muscles, tendons, ligaments, fascia and nerves. Every treatment is a combination of examination and treatment. The provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Hypersensitive areas are treated by combining precisely directed tension with every specific patient movements.

RAPID sessions may be uncomfortable during the movement phase of the treatment. This occurs as the neurological system is being stimulated to restore normal function. Treating the body at the neurological level stimulates a reprogramming of the tissue – tight muscles relax, range of motion is restored, and pain is eliminated.



Redcord

Redcord is a treatment method that aims to restore functional and pain-free movement patterns through high levels of neuromuscular stimulation. Its treatment focuses on muscle interaction and the cause of the problems, not just the symptoms.

The Sling suspension exercises can provide faster results for everyone who wants to perform better, prevent injury, avoid pain, or just want to stay active. Using your own body weight as resistance, there are hundreds of suspension exercises available to maximize the use of your training or treatment.

<https://www.redcord.com>



ONDAMED

The ONDAMED is a unique technology offering a personalized treatment approach utilizing electro-magnetic field stimulation. It provides a non-invasive breakthrough modality for pain relief, treatment of soft tissue injuries and wound healing. The practitioner stimulates the patient's body with a hand-held applicator moving it along the patient's body while waiting for a Biofeedback response from the patient. This response helps identify stressed physiological areas which helps the patient's attentiveness to her/his body to potential weaknesses; such weaknesses may include areas of inflammation, infection, scars or cellular memory of unresolved shock and trauma. These areas often prove to be related to patients' symptoms. **Stimulation with ONDAMED pulsed electromagnetic fields has shown to:**

- Reduce pain
- Accelerate the healing of soft tissue injuries
- Enhance wound healing
- Improve metabolism functions
- Increase vitality
- Produce more positive moods
- Provide a clear mental thought process
- Relief stress

- Enhance sleep patterns
- Engender strong commitment to self-care



Therapeutic Shockwave Therapy

Radial pressure wave therapy is a modality that is used by doctors, and health care practitioners in both sport medicine and rehabilitation. Radial shockwaves help to reset the healing in affected tissue. It increases the metabolic activity around the painful area. It stimulates reabsorption of unwanted calcium deposits in tendons and stimulates the body's natural healing process, reducing pain. It is an effective alternative for people with chronic pain from soft tissue conditions. The benefits of having shockwave therapy is reduced pain, increased metabolism, revascularization, and reduced muscle tone.



Phototherapy

Phototherapy is a treatment for skin conditions such as psoriasis and eczema. It involves the use of ultraviolet light to help clear the skin. This is a safe and effective treatment for many skin conditions.

The light used in phototherapy is ultraviolet B (UVB) light, and this is the most common type of UV light used. The therapy offered at Phoenix Physiotherapy & Rehabilitation Centre is a narrow-band UVB. This is the most effective type of UVB light for treating psoriasis and eczema. Narrow-band UVB has been shown to be effective in clearing the skin and producing long-term results.

The use of narrow-band UVB at Phoenix Physiotherapy & Rehabilitation Centre has played a major role in the treatment of many patients with psoriasis and eczema.

Phoenix Physiotherapy & Rehabilitation Centre is staffed with registered physiotherapists, who offer skilled and safe phototherapy treatment. Our narrow-band UVB treatment is safe and effective for many patients and produces long-term results.



Deep Oscillation Therapy

Deep Oscillation Therapy (DOT) was first introduced in Germany in 2007, using the gentle electrostatic field of a high-frequency oscillator. Deep Oscillation Therapy is able to penetrate deeper than other current-based modalities, including Transcutaneous Electrical Nerve Stimulation (TENS) and Interferential Current (IFC).

In regards to swelling, our Deep Oscillation therapy is known to be more effective and with quicker results than a traditional manual lymphatic drainage massage. It helps to break down and lift up fluid buildup in solid, which helps to boost your tissues natural healing process.

Benefits of our Deep Oscillation Therapy

- Reduces muscle tension and helps with relaxation
- Reduces inflammation, bruising and swelling
- Alleviates joint pain and stiffness
- Inflammation before and after surgery and post-operative swelling
- Helps with chronic conditions, anti-fibrosis, and deep tissue massage

Physiocare Physiotherapy and Rehab is the only clinic in the Ottawa area to offer Deep Oscillation Therapy. Our patients using DOT have had remarkable results in pain reduction and in areas including muscle & ligament tears or strains, swelling and bruising, repetitive strain injuries, neuralgia, oedema, and bursitis.