

# FIT NEWS

Fall 1999

**Hours of Operation**  
**Monday through Friday 7:30am - 7:00pm,**  
**Saturday 9:00am- 2:00pm**  
**Child Supervision Available**

(Please arrange a mutually convenient time in advance if child supervision is required)

## Get to know our Fitness Therapists a little better:

### Physiotherapists:

### Areas of Practice

**Lesla Campbell**

TMJ and Neck Dysfunction, Musculoskeletal Injuries, Stabilization Rehabilitative Exercise, Manual Therapy

**Anne Dawson**

Musculoskeletal Injuries, Chronic Pain Syndromes, TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy, Pilates Rehabilitative Exercise, Manual Therapy

**Mavis O'Donohue**

Acupuncture, Rehabilitative Exercise Prescription, Musculoskeletal Injuries, Manual Therapy

**Gisele St. Hilaire**

Craniosacral Therapy, Acupuncture, Pilates Rehabilitative Exercise, Musculoskeletal Injuries, Manual Therapy

**Dona Watts-Hutchings**

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise, Manual Therapy

### Massage Therapists:

**Julie Shearer**

Swedish Massage

**Robert Stegmaier**

Swedish Massage, Deep Connective Tissue Massage, Acupressure massage, Craniosacral Therapy

## Physio Events

- ☞ Fitness Physiotherapy welcomes Mavis O'Donohue, Physiotherapist and Julie Shearer, Massage Therapist to our clinic staff
- ☞ Our new Pilates Exercise and Reformer schedule will be effective September 7, 1999.

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Fitness Physiotherapy Ltd.  
Mission Statement

We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge  
Our goal is to provide exemplary treatment as effectively and efficiently as possible.



# **The Power of PILATES Exercise**

## **Get Strong, Feel Great!**

The Pilates Exercise Method is a gentle, full body strengthening and conditioning **WORK OUT** system that incorporating floor exercises on mats and specialized exercise machines. Pilates exercise develops and balances muscle strength everywhere, especially in the central core of the body; the abdominal, back and pelvis muscle. If the core is strong, stable and co-ordinated, the entire body functions at all tasks of work and play.

Pilates is accessible to anyone; young or older, athletic, sedentary or injured. The exercise program is non-impact and all workouts are fully supervised and individualized so the body and mind work together to create more effective movement patterns. Every aspect of a Pilates workout is pleasurable, because the movements are flowing and pain free. Completing a workout will leave you feeling refreshed, relaxed, flexible and energized. Pilates exercise training helps to build bone and muscle strength. It increases muscle and joint flexibility and also helps to prevent muscle and soft tissue injury.

The Pilates Rehab exercise classes at Fitness Physiotherapy are presented in varying levels of mat and machine workouts to hurting, injured, or deconditioned clients. All exercise is individualized and progressed, as the participant is able. All classes can be attended regularly or more casually on a drop in basis. Home exercise programs are available to help with home practice.

Please contact your physiotherapist for more information about how the Pilates Exercise Method can help you get stronger or rehabilitate your chronic injuries.

### **1999 EXERCISE CLASS TIMETABLE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Pilates III Mat 9-10
					Pilates I Mat 10-11
		Reformer 11 –12		Pilates I Mat 11-12	Pilates II Mat 11-12
		Pilates III Mat 12–1			Reformer 12 –1
			Reformer 1 –2		
Pilates II Mat 5 –6	Pilates III Mat 5-6	Pilates II Mat 6 -7			
Reformer 6 – 7	Reformer 6 - 7	Reformer 6 -7			

\*Note: Please see your Physiotherapist for further information or referral. All classes are taught by a licensed Physiotherapist. Fees are billable as Physiotherapy, after appropriate authorization. Classes can be combined with other treatments; please pre-register.

# **Do you have PAIN or Stubborn Injuries?**

## **Maybe ACUPUNCTURE Can Help!**

Acupuncture is the technique of inserting hairfine needles into a variety of specific places on the body. Acupuncture has been used in the Orient for more than 5,000 years for the treatment of pain and illness. In the West in more recent years, Acupuncture has become a very useful tool for relieving acute and chronic pain, muscle spasm, and tenderness without side effects. Each acupuncture point lies within the skin and muscle regions of the body. The combination of acupuncture points chosen for a treatment session may be quite close or quite distant to the site of pain or injury, depending on the diagnosis, severity or purpose of the treatment. Often in early treatment of very painful conditions, the acupuncture points used are in the hands, or feet to stimulate healing and strong global pain relief. The needles may be stimulated by hand, moxa or with electrical stimulation. There is no injection of any substance. There may be a dull ache, which fades quickly. The entire procedure should not be painful. Each session lasts 15-30 minutes. Acupuncture is a very safe technique, but occasionally very minor bruising, nausea, dizziness or a temporary aggravation of symptoms can occur. The response to acupuncture varies. Some people experience immediate pain relief, others gradual relief, and others no relief.

Acupuncture works by stimulating the bodies neuro-endocrine system to produce a variety of natural pain relieving and healing chemicals called "*endorphins*". *Endorphins* help to block pathways that relay pain to the brain, resulting in relief of pain, general relaxation, and biochemical restoration of the bodies own internal equilibrium system. In physiotherapy, this pain relief allows our clients to experience more normal patterns of movement, increased physical activity, and a sense of well being. The pain relief allows the education, and progression of strengthening, stabilization, and functional activities so that the final end point of rehabilitation can be reached. In Manitoba, physiotherapists are allowed to practice acupuncture for the treatment of pain for conditions within the scope of the physiotherapy practice. A physiotherapist practising acupuncture must complete a post graduate program of study and pass a theoretical and practical examination.

At Fitness Physiotherapy Anne Dawson, Mavis O'Donohue, and Gisele St. Hilaire have trained in a variety of acupuncture techniques and are registered to practice acupuncture with the Association of Physiotherapists of Manitoba. Anne Dawson regularly instructs postgraduate physiotherapists in acupuncture at the University of Manitoba Continuing Medical Education.

## **Orthopractic Manual Therapy**

Orthopractic Manual Therapy (OMT) refers to the movement of the joints of the human body. OMT is practiced by all of the Physiotherapists at Fitness Physiotherapy Services. The word “Orthopractic” comes from the Greek word “ortho” which means straight, normal or correct, e.g. orthodox – normal, acceptable, scientific standards or opinions – and “prattein”, also of Greek origin, meaning “to do”.

Thus orthopractic means to provide manual therapy in a safe, scientific and responsible manner.

OMT involves restoring mobility and the normal end feel to stiff joints. Mobilization is the gentle, rhythmic, repetitive passive movement of graded amplitude aimed at restoring mobility and function and reducing pain in a joint and surrounding tissue. Manipulation is a skilled, passive; quick movement aimed at restoring mobility and function and reducing pain in a stiff joint and associated tissue.

OMT is valuable for the treatment of joints that lack adequate mobility and range of motion in certain musculoskeletal conditions. This limitation can cause discomfort, pain and an alteration in function, posture and locomotion. Orthopractic practitioners may employ various methods of mobilization and manipulation therapy. They may also use aids such as heat or cold, water packs, exercise rehabilitation acupuncture and electrotherapy, all in conjunction with patient education.

Your physiotherapist will do a neuro-musculo-skeletal examination of your dysfunction or pain. A clinical diagnosis is made by taking a history of the problem, doing a visual observation of your body and by completing a manual examination. Orthopractic treatment will then be done to the troublesome anatomical sites, if necessary.

X-rays are not usually required for the diagnosis of spinal conditions treatable with manual therapy. X-rays are sometimes required to rule out more serious underlying conditions such as spinal fractures or pathology. It is rarely necessary to x-ray infants and children.

