



The official monthly newsletter of Doctors Choice Rehab



YOUR HEALTH COMES FIRST

A PHYSIOTHERAPIST HAS
THE BRAIN OF A SCIENTIST,
THE HEART OF A HUMANIST,
AND THE HANDS OF AN
ARTIST.

CONDITIONS THAT REQUIRE PHYSIOTHERAPY



Joint Pain



Neurological
Issues



Cardiac
Problems



Respiratory
Issues

YOU DON'T NEED TO SUFFER ANY LONGER;
GET RELIEF AT OUR CLINIC

WHAT IS PHYSIOTHERAPY?

Physiotherapy helps to restore movement and function when someone is affected by injury, illness, or disability. It can also help to reduce your risk of injury or illness in the future.

WHEN IS PHYSIOTHERAPY USED?

Physiotherapy can be helpful for people of all ages with a wide range of health conditions, including problems affecting the:

- **bones, joints and soft tissue** – such as back pain, neck pain, shoulder pain and sports injuries
- **brain or nervous system** – such as movement problems resulting from a stroke, multiple sclerosis (MS) or Parkinson's disease
- **heart and circulation** – such as rehabilitation after a heart attack
- **lungs and breathing** – such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis

Physiotherapy can improve your physical activity while helping you to prevent further injuries.

WHEN TO START PHYSIO?

In most cases, physiotherapy can be initiated right away after an injury. You don't need a doctor's prescription to get started. Your physiotherapist will perform a thorough assessment of any affected areas such as the joints, tendons, ligaments, bones and muscles of the limbs and spine.


Massage therapy is commonly used for immediate relaxation of pain and muscle spasms, whereas physiotherapy is geared more towards rehabilitating muscle and joint function.

SYSTEM UPDATE: NO-SHOW FEES

A patient who does not arrive for their scheduled appointment without contacting our **clinic at least 24hrs in advance** is considered a "no-show" and will be charged the following:

First Cancellation: \$0.00 (Verbal warning)
All Cancellations After: \$25.00

Thank you in advance for your cooperation and understanding.



To support & maintain the quality of life you deserve, we offer physiotherapy, chiropractic treatment, and massage therapy Doctor's Choice Rehab. Call us at (905) 453 2566 to find out more information.

WHAT OUR PHYSIOTHERAPIST DOES?

Physiotherapists consider the body, rather than just focusing on the individual aspects of an injury or illness.

Some of the main approaches used by physiotherapists include:

- **Education and advice** – physiotherapists can give general advice about things that can affect your daily lives, such as posture and correct lifting or carrying techniques to help prevent injuries.
- **Movement, tailored exercise, and physical activity advice** – exercises may be recommended to improve your general health and mobility, and to strengthen specific parts of your body.
- **Manual therapy** – where the physiotherapist uses their hands to help relieve pain and stiffness, and to encourage better movement of the body by performing several techniques.



ADDITIONAL INFORMATION

WELCOMING OUR NEW PTA, JYOTIKA AND FRONT ADMIN CHRISTINA

Both ladies come with a wealth of experience and are a great asset to our growing team!!!

Please do not hesitate to introduce yourself next time you are in the clinic.



HAVE YOU LOOKED INTO ORTHOTICS?

HERE ARE THE BENEFITS:

- Improved posture
- Better balance and mobility
- Reduce lower leg & Knee pain/Back ache
- Reduce pressure from other parts of your body

INTERESTED IN LEARNING MORE, ASK OUR FRONT DESK TO SCHEDULE YOU IN WITH OUR CHIROPRACTOR OR CHIROPODIST