
St. Marys Community Rehabilitation Newsletter

268 Maiden Lane, Suite 209, P.O. Box 219 St. Marys, Ontario N4X 1B1 Fall 2006
Tel: 519-284-0904 • Fax: 519-284-0870 • E-Mail: info@stmarysphysio.com • www.stmarysphysio.com

**Celebrating 10 Years Providing Physiotherapy to St. Marys and
Surrounding Area ~ 1996 - 2006**



10th Anniversary Celebration



On September 23rd, 2006, the staff, along with many family and friends of St. Marys Community Rehabilitation, gathered at The Parkview Creamery in St. Marys to celebrate our 10th Year Anniversary. Music by FLOG, and Ashton & Gilmore kept the party going well into the night. The Silent Auction was a great success, with all proceeds donated to Kingsway Lodge and Wildwood Care Centre for the purchase of new exercise equipment. St. Marys Community Rehabilitation would like to thank the following individuals and businesses for their generous contributions:

*Action Health Care
Aubretia Software Corporation
Berkeley & Associates
Carpe Vinum
Cascade Cleaners & Launderers
The Castle Garden
The Chocolate Factory
Dunny's Source for Sports
Heal A' Peel
Hubbard Pharmacy
Ivy's Boutique
Kingsway Lodge
Lori Wickham
Maple Leaf Fresh Foods Inc.
May's Decorative Accessories
Mc Niece T.E.N.S.
Mollet's Designer Desserts
Rob Sanderson – Remax Realty
The Salvation Army
Stonetown Styles
Summer Dreams Tanning Salon
Thames Label & Litho Ltd.
The Parkview Creamery
Towne & Country Cheese Shoppe
Upper Thames River Conservation Authority
Wildwood Care Centre
Winnie Darnbrough*

In addition to the Silent Auction, 50/50 Draw Winner Sue Moir, along with Trivia Winners Shelley Robinson, Rosanne Pritchard and Wilma De Young,

shared in the success. Spot Dance Winners Bill and Cara Van Massenhoven received a pair of tickets to the Blue Jays. Thanks to everyone who attended!

What's been happening at St. Marys Community Rehabilitation

Marianne Wilcox, who provided extra office assistance on Tuesday evenings at the clinic, began her studies at Guelph University this Fall. We would like to thank Marianne for all her assistance and we wish her all the best at school!

Kathy Dunbar and **Sasha Banks** completed UWO Physiotherapy Placements at the clinic during the summer. We extend best wishes to both students in their future careers as physiotherapists.

"Back"-To-School Bulletin



As summer winds down, parents and children begin the search for the perfect backpack. This year, physiotherapists are offering their advice on backpack selection and proper use, after new research has revealed that an overloaded or improperly worn back-pack can increase risk for spinal injury. Mary Ann Wilmarth, Northeastern University, offers the following tips for safe backpack use:

- Wear both straps
- Remove and put on backpacks carefully
- Wear backpacks over strong mid-back muscles
- Lighten the load.

These ergonomically-designed features can also enhance safety and comfort:

- Padded back
- Hip/Chest belts
- Multiple compartments
- Reflective material.

Physiotherapists can assist students in making these changes while carrying school items. If you have any questions or would like additional information, please contact the clinic.



Fall Prevention in the Elderly

Contributed By: Sasha Banks, PT Student



Each year ~30% of people over the age of 65 experience a fall. 24% of falls result in severe soft tissue injury and fractures. Falls are a factor in 40 % of admissions to nursing homes.

Falls can result in increased caution and fear of falling, loss of confidence to function independently, reduced motivation and levels of activity and increased risk of recurrent falls.

Falls can be caused by a number of different factors including: increasing age, sensory changes, neuromuscular changes, cardiovascular changes, medications, cognitive changes, depression, fear of falling, environmental factors such as doorways/lighting/stairs and improper use of an assistive device.

Simple quick tips to help fall prevention:

- Improve home safety by installing handrails on stairways, & removing loose rugs or other clutter
- Use ample lighting throughout the home, install illuminated light switches at the top and bottom of the stairs, or motion sensors and night lights in the bathrooms
- Use a step stool and grab bar to reach objects on high shelves
- Use non-slip bath mats in the shower and tub
- Wear shoes with non-slip soles
- Physiotherapy assessments are available to assess walking, strength and balance
- Come by the clinic to obtain further information.

What does the research say?

A systematic review (2005) of fall prevention studies found the most common interventions to be muscle strengthening, balance training and walking. Exercise programs such as this were shown to strongly decrease the number of individuals who experienced a fall, as well as the number of individuals who were injured from a fall.

Numerous studies have concluded that the most effective falls prevention strategies are multi-factorial and incorporate exercises for strengthening, balance training, withdrawal of psychotropic medication, and home hazard assessment and modification by a health professional.

Staff

Julia Armstrong, Registered Physiotherapist. Areas of special interest include neuro rehabilitation, workplace injuries, and acupuncture. Julia spends time at the clinic, Maple Leaf Fresh Foods and Kingsway Lodge treating different patients. Julia is currently an active member on the following committees; The Huron Perth Community Rehab Services, which focuses on stroke rehabilitation and the St. Marys and District Community Planning Committee and the St. Marys Wellness Centre Board of

Directors. Julia may be reached at julia.armstrong@stmarysphysio.com.

Paula Wilcox, Registered Physiotherapist. Areas of special interest include muscle imbalance and sport injuries. Paula is available on Tuesdays and Thursdays at the clinic. At other times she can be found at Intertec Systems, Maple Leaf Fresh Foods and at Wildwood Care Centre providing on-site physiotherapy service. Paula may be reached at paula.wilcox@stmarysphysio.com.

Cheryl Mitchell, Registered Physiotherapist. Cheryl will be providing assistance Monday and Wednesday mornings as well as Friday afternoons. She is a recent graduate from Queen's University. She has a special interest in pediatrics. Cheryl may be reached at cheryl.mitchell@stmarysphysio.com.

Marloes Aitchison, Kinesiologist. Areas of interest include physical demands analysis, orthotics and exercise programs. Marloes is at the clinic Monday to Friday 8-4pm. She is currently an active member on the Health and Recreation Fair Committee. Marloes may be reached at marloes@stmarysphysio.com.

Connie Baker, Kinesiologist. Connie is assisting at Wildwood Care Centre providing exercise classes. She also provides coverage at the clinic. Connie will participate in the World Karate Championships in November. She may be reached at connie.baker@stmarysphysio.com.

Services Available

- Physiotherapy
- Certified Acupuncture
- Exercise Programs
- Orthotic Evaluations
- Functional Ability Evaluations
- Physical Demands Analysis
- ADP Authorization
- Work Conditioning Programs

Office Hours

Monday - Friday 8 am – 4 pm
Except Tuesday 8 am – 7 pm

Please visit our website at

www.stmarysphysio.com

for additional information on our services and for FAQ regarding treatment.

