
St. Marys Community Rehabilitation Newsletter

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Hoping for a warm Autumn!

See what's happening at St. Marys
Community Rehabilitation!

Exciting Opportunities

Julia and Paula are pleased to be part of two research projects. The first project, through Dave Walton at The Faculty of Health Sciences at The University of Western Ontario, focuses on whiplash and hopes to develop evaluation procedures for health care providers to improve rehabilitation for whiplash injuries. Patients complete a 10-15 minute questionnaire and undergo a standardized physical therapy assessment that includes assessment of range of motion, upper quadrant strength, and sensory testing within 4 weeks of the injury. Patients are then followed up by mail or email at 3 and 6 months to evaluate level of recovery. You can be involved if you experience neck pain/stiffness, headaches, shooting pain or numbness, jaw problems, lack of concentration/memory or sleep problems associated with a whiplash injury. Please contact the clinic to set up an appointment. A Doctor's referral is only needed if you are covered by Extended Health insurance. Study participants will receive a Tim Horton's gift card and enter a draw for a 4GB ipod Nano!

Many stroke survivors report deterioration in their level of function and quality of life after being discharged from the hospital. The second project with Jayne Garland, sponsored by the Heart and Stroke Foundation of Ontario and Queen's University, is a clinic trial to investigate the effectiveness of physiotherapy in maintaining function and community integration for individuals after they are discharged from stroke rehabilitation. It involves a 1-1.5 hour home assessment of physical mobility and completion of questionnaires. Clients are assessed every 3 months over a period of 15 months with some receiving treatment.

Gift Certificates

Massage gift certificates are available in increments of 30 minutes for \$40.00, 1 hour for \$75.00, and 1 hour and 30 minutes for \$100.00.

New Physiotherapist

We would like to welcome Laura Smuck to our staff! She just completed her Master of Physical Therapy at the University of Western Ontario in London and will be working both in the clinic and at Kingsway Nursing Lodge. We first met her last summer when she did a placement at our clinic. We are happy to have her back. Laura starts on September 21st.

Student Placement

During the end of July and the month of August, Rob Docking, a student from the University of Western Ontario in London, completed his final placement for his Master of Physical Therapy. We wish him all the best as he starts his career!

Ongoing Education

In order to continually provide the most effective treatment available, our staff has attended the following courses:

Julia Armstrong attended a five day course, *Advanced Physical Therapy Lumbo-Pelvic Complex Certification Program*, with Bahram Jam in Toronto. This course dealt with recent research on assessment and treatment of low back pain. Both **Julia** and **Tawnya Jackson** attended the 12th Annual Brain Injury Conference in London in June.

Paula Wilcox attended a course, *Treatment and Diagnosis of Cervico-Cranio-Mandibular Disorder*, in Hamilton. **Paula** and **Sherry Laframboise** attended two Geriatric Care Ethics talks at Wildwood Care Centre. Treating the geriatric population with dignity and respect was the focus of the talks.



Physiotherapy • Acupuncture • ADP Authorization • Exercise Programs • Pain Management Programs
Orthotics • Physical Demands Analysis • Work Conditioning Programs • Registered Massage Therapy

Volunteers needed

Volunteers are needed at Wildwood Care Centre and Kingsway Nursing Lodge to transport residents to and from the exercise room during the times the Physiotherapists are present for treatment. This would involve a 2 hour block of time on a day of your choice. Please contact the clinic if you are interested.

Community Involvement

Julia Armstrong remains a member of the Wellness Centre Board of Directors and the St. Marys and District Community Planning Committee.

Paula Wilcox continues to be involved with the Ethics Committee at Wildwood Care Centre.

The Temporomandibular Joint (TMJ)

The temporomandibular or jaw joint is the most used joint in the body. Moved during chewing, talking, swallowing, yawning and snoring, this joint opens and closes up to 2,000 times per day. The TMJ involves 2 joints – one on either side of the body – and a bow-tie shaped disc located between the mandible (jaw bone) and the facial bone. The TMJ acts as a hinge, allowing the mandible to swing open, in what should be a continuous, straight movement, with no sideways motion. In an abnormal situation, there may be movement toward one side, loss of opening, or clicking during movement. This can be the beginning of the pain and dysfunction experienced by some individuals. A physiotherapy assessment evaluates the contributions of the muscles of the TMJ, neck and face, the movements of the TMJ and neck, and a screening of the position of the teeth to determine the influence of all these systems on the TMJ.

Treatment involves the restoration of the balance between neck, jaw and head. This may include postural education, specific exercises, hands on or manual therapy and acupuncture.

Your Healthcare Providers

Julia Armstrong, Physiotherapist, BHSc, PT
Paula Wilcox, Physiotherapist, BSc, PT
Marloes Aitcheson, Kinesiologist, BAH KIN
Tawnya Jackson, Kinesiologist, BAH KIN
Chris Rekker, Registered Massage Therapist
Sherry Laframboise, Physiotherapy Assistant

Available Programs

Our staff of Physiotherapists, Kinesiologists, Physiotherapy Assistant, and Massage Therapist is able to provide treatment in the following areas:

- **Motor Vehicle Accident Rehabilitation**
Available in the home, clinic, school, or gym
- **Pain Management Programs**
- **Work Place Related Injuries**
Work Conditioning Programs
Return to Work Programs
WSIB - Traumatic Brain Injury Program of Care
WSIB - Upper Extremity Program of Care
WSIB - Lower Extremity Program of Care
WSIB - Low Back Program of Care
Physical Demands Analysis for the Workplace
Work Site Ergonomic Assessments
Occupational Therapy Assessments
On-site Physiotherapy
Functional Capacity Evaluations
- **Orthopedic Rehabilitation**
Includes: Sports Injuries, Arthritis, Soft Tissue Injuries
- **Neuro Rehabilitation**
For neurological problems including Strokes, Acquired Brain Injuries (ABI), and Spinal Cord Injuries, Multiple Sclerosis, and Parkinson's Disease
- **ADP Assessment**
Walkers, Wheelchairs, Electric Wheelchairs, and Scooters
- **Additional Services**
Certified Acupuncture
Prescription Orthotics
Registered Massage Therapy

Get out and get active!



Office Hours

Monday – Friday **8:00 am – 4:00 pm**
Except Thursday **8:00 am – 6:00 pm**

Please visit our website at www.stmarysphysio.com for additional information on our services and for FAQ regarding treatment.



Physiotherapy • Acupuncture • ADP Authorization • Exercise Programs • Chronic Pain Programs
Orthotics • Physical Demands Analysis • Work Conditioning Programs • Registered Massage Therapy