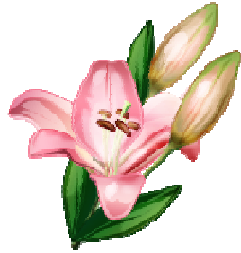

St. Marys Community Rehabilitation Newsletter

268 Maiden Lane, Suite 209, P.O. Box 219 St. Marys, Ontario N4X 1B1 **Spring 2010**
Tel: 519-284-0904 • Fax: 519-284-0870 • E-Mail: info@stmarysphysio.com • www.stmarysphysio.com

Happy Spring!

Check out what has
been going on at St.
Marys Community
Rehabilitation



Check out the
**Seniors Information and Active
Living Fair**
Saturday, March 6 • 9am-1pm
Pyramid Recreation Centre

Staffing Updates

Marloes Aitchison has returned from her maternity leave and is working regular hours at the clinic. She has taken over Sherry's activities at the clinic as well as at Wildwood Care Centre and Kingsway Lodge. Regrettably we have to say goodbye to **Sherry Laframboise**. She was a wonderful addition to our team and we wish her all the best at her new job!

NEW SERVICES!

We are pleased to announce that **Social Work and Career Counseling** are now available at the clinic. We would like to extend a warm welcome to **Susan Hrovat**, Registered Social Worker. She obtained her Masters degree in Social Work from Wilfred Laurier University in Waterloo. She has a Bachelor degree in Developmental Psychology and has completed several college training courses in career development and developmental services. She is able to deliver services to individuals, couples and groups who have experienced trauma, grief/loss, depression, anxiety, post traumatic stress and chronic pain. For more information or to book an appointment, please call the clinic.

Volunteers Needed

Volunteers are needed at Kingsway Lodge to transport residents to and from the exercise room during the times the Physiotherapist is present for treatment. This would involve a 2 hour block of time on Monday morning, Wednesday afternoon or Friday morning. Please contact the clinic if you are interested.

Diabetes and Exercise

Why should I exercise?

Physical activity is beneficial for many diseases. Physical activity reduces the risk of coronary heart disease, stroke, and colon cancer. It is particularly advantageous in Type 2 diabetes. Research has shown that diet plus exercise programs reduce the risk of developing diabetes by approximately 60% in subjects with impaired glucose tolerance.

What type of exercise is best?

A structured exercise program that involves is not required for weight loss but you need to also consider what will keep you motivated. Exercise does not need to occur in a single session to be beneficial. Dividing an activity into multiple, short bouts produces similar benefits and can enhance compliance.

How do I keep motivated?

Achieving adherence to a physical activity program is challenging but remember the health benefits. Data from the Diabetes Prevention Program demonstrated that weight loss (7% the first year) and increased physical activity (150 minutes of brisk walking per week) reduced the 4 year incidence of Type 2 diabetes by 58% in men and women with impaired glucose tolerance. Lifestyle changes were nearly twice as effective as metformin therapy in preventing Type 2 diabetes.

Start with simple tasks and progress. Set realistic goals. If you are truly a "couch potato", setting a goal of a 30 minute jog in the next two weeks is not very realistic. Finding groups, friends or family who are willing to participate in your exercise program helps to achieve better adherence to your exercise program. You may find it helpful to choose two or more interchangeable activities if you find one type of exercise does not maintain your interest.



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

Some people find it helpful to keep a diary, recording the type and amount of exercise that they completed for that day. You might want to write down why you are exercising using personalized goals. You might also want to write daily in your diary why you did not exercise. Try to determine what is stopping you from exercising and find solutions to these obstacles.

There are many health reasons for everyone to exercise. If you have been diagnosed with diabetes, it is even more important to get out there and keep yourself moving. Use the following checklist to get started.

Your Exercise Checklist

- Have you determined your goals?
- Have you discovered two types of enjoyable exercise?
- Have you identified what is stopping you from exercising?
- Do you have written ideas to overcome your barriers to exercising?
- Have you found someone to exercise with?
- Do you have a diary or book to write down your goals, barriers, and times that you exercise?

**More details and references are available on our website and at the clinic.

Ongoing Education

In order to provide current treatment, our staff has attended the following courses:

Paula Wilcox – Functional Fitness for Fall Prevention at the Canadian Centre for Activity and Aging in London.

Laura Smuck – Credentialed Clinical Instructor Program in London and The Shoulder Complex: Rotator Cuff Impingement Syndrome and Frozen Shoulders course in Hamilton.

Tawnya Jackson – Neurorehabilitation: Assisting Recovery and Function in Everyday Life Following Brain Injury at Brock University, St. Catherines.

Marloes Aitcheson – Functional Fitness for Fall Prevention at the Canadian Centre for Activity and Aging in London.

Your Healthcare Providers

Julia Armstrong, Physiotherapist, BHSc, PT

Paula Wilcox, Physiotherapist, BSc, PT

Laura Smuck, Physiotherapist, MPT

Marloes Aitcheson, Kinesiologist, BAH KIN

Tawnya Jackson, Kinesiologist, BAH KIN

Chris Rekker, Registered Massage Therapist

Susan Hrovat, Registered Social Worker, RSW

Available Programs

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

- **Motor Vehicle Accident Rehabilitation**
Available in the home, clinic, school, gym or pool
- **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
- **Registered Massage Therapy**
- **Social Work**
- **Vocational Counseling**
- **Additional Services**
Certified Acupuncture
Prescription Orthotics

We wish you a fun St. Patrick's Day and a Happy Easter!



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 • Social Work
Orthotics • Physical Demands Analysis • Work Conditioning Programs • Registered Massage Therapy • Vocational Counseling