
St. Marys Community Rehabilitation Newsletter

268 Maiden Lane, Suite 209, P.O. Box 219 St. Marys, Ontario N4X 1B1 **Spring 2009**
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Spring is finally here!

**See what's new at St. Marys
Community Rehabilitation!**

Marloes Aitcheson – Congratulations to Marloes and Brian on the arrival of their 3rd son, Declan Allen. Declan was born on Dec. 12, 2008 and weighed in at 8lbs and 10oz. After a speedy delivery, Declan arrived home just in time to celebrate the holidays with his new family.

Tawnya Jackson – Tawnya is covering Marloes' maternity leave until she returns in December. Tawnya is taking care of office management as well as assisting with group and individual exercise programs in the clinic and at the nursing homes.

Sherry Laframboise – Sherry continues to assist with coverage of Marloes' maternity leave. She is involved with group and individual exercise programs in the clinic and at the nursing homes.

Chris Rekker (RMT) – Chris has been in great demand since he started at the clinic. His clientele has more than doubled and he is doing everything he can to accommodate his clients' schedules. Evening hours are also available.

Gift Ideas!

With Mother's and Father's Day quickly approaching, why not treat each of your loved ones with a massage gift certificate? Nothing says "Thank you" better! 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.

Student Placement

We would like to take this opportunity to welcome Jason Hsu to the clinic. Jason is student from the University of Western Ontario in London and is

completing his last year in Master of Physical Therapy. He will be with us until the end of April.

Ongoing Education

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

Julia Armstrong – At the Ontario Physiotherapy Association Conference 2009 in London, she attended the following sessions: New Treatments for Whiplash Associated Disorder, Auto Insurance/ HCAI, Putting your Practice Online, and Neuro-Development Treatment (NDT).

Paula Wilcox – At the Ontario Physiotherapy Association Conference 2009 in London, she attended the following sessions: New Treatments for Whiplash Associated Disorder and Integrated Continence System. At Parkwood Hospital in London, she attended the Custom Seating and Mobility information session.

Tawnya Jackson – Conflict Management for Women, London; 5th Annual Brain Injury Conference, Sarnia.

Community Presentations

The clinic provided a bulletin board on '**Laughter**' for Maple Leaf Consumer Foods. Through a secret ballot of the Maple Leaf staff, it was determined that the movie "**Dumb and Dumber**" is the funniest movie. If other facilities are interested in the information, please contact us.

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 is part of the Ethics Committee at Wildwood Care Centre and an active organizer on the St. Marys River Road Run Committee



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

New Research

Nintendo Wii® & Shoulder Dysfunction

New advances in technology have provided new and innovative ways to treat many conditions. The Nintendo Wii® is a hot topic in getting people of all ages, including the elderly in retirement and nursing homes, to have fun and keep active. A current study in progress by a group of Master of Physical Therapy students at the University of Western Ontario is trying to find out quantitatively if the Nintendo Wii®, specifically Wii® Bowling, can positively affect a bothersome shoulder. They are using measures of pain, range of motion, enjoyment/global satisfaction, and other tests to see if it can be useful. There is plenty of anecdotal evidence as well as news articles suggesting use of the Nintendo Wii® has a positive influence on the well-being of our elderly. Another recent study from Toronto suggests that Physiotherapists and Occupational Therapists view the Nintendo Wii® favorably; it can be therapeutic and engaging. It is indeed exciting times for rehabilitation with new ways to treat injuries while having fun. It's time to go to "Wii-hab"!

Author: Jason Hsu (Master of Physical Therapy Candidate)

Toronto Article:

So, K et al., Nintendo Wii®: Physiotherapy and Occupational Therapy Perspectives in Rehabilitation. 2009.

University of Western Ontario Study in Progress:

Walton, D, Hsu, J, Thibodeau, R, Wong, S, Zukusky, D. A pilot investigation of Nintendo Wii® bowling for improved upper extremity function versus standard exercise for residents of long-term care. 2009.

Your Healthcare Providers

Julia Armstrong, Physiotherapist, BHSc, PT
Paula Wilcox, Physiotherapist, BSc, PT
Marloes Aitchison, 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

Enjoy the beautiful weather!



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.



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