

# FIT NEWS

[www.fitnessphysiotherapy.com](http://www.fitnessphysiotherapy.com)

## Hours of Operation

Monday through Friday 7:30am - 7:00pm, Saturday 9:00am- 2:00pm

**Physiotherapists:** Deirdre Benedict, Jeff Blair, Lesa Campbell, Anne Dawson, Marina Pianosi, Kathleen Ryan, Gisele St. Hilaire, Louise Vermette, Dona Watts-Hutchings

**Massage Therapists:** Robert Stegmaier

Our team of licensed physiotherapists & registered massage therapist are here to help you manage all of your musculoskeletal pains and sports injuries and accidents from the jaw and head to the foot. Some of us are also certified acupuncturists, licensed and trained Stott® Pilates instructors, trained manual therapists, certified Feldenkrais® practitioners, and trained craniosacral therapists.

## Methods of Treatment:

Foot Orthotics

Manual Therapy Techniques

NeuroMuscular Electrical Stimulation

Sports Injuries

Taping

Tens

TMJ Rehabilitation

Ultrasound

Acupuncture

Craniosacral Therapy

Feldenkrais® Method

Golf Rehabilitation

Lumbar Sacral Stabilization

Lymphatic Drainage

Pilates Rehab Method

Stott® Rehab Pilates

Trigger Point Needling Therapy

Urinary Incontinence Retraining

**Please ask for appropriate therapist placement if you prefer a certain style of treatment.**

## Physio Events

☞ Learn to move with ease and less pain. Develop optimal strength, flexibility, endurance, and posture without straining your joints. Increase your functional ability. Try a Feldenkrais Integration with Gisele St. Hilaire or a Pilates Mat or Equipment class with one of our physiotherapists trained in the Stott Pilates Method.

☞ Fitness Physiotherapy is pleased to announce its association with Pilates MB at 390 Academy.

☞ Did you know that after a motor vehicle accident you may access physiotherapy treatment immediately after receiving your bodily injury claim # from Manitoba Public Insurance without a Dr.'s referral?

## In This Issue:

Page 2 In the News: Cervical Manipulation!

Page 3 [Back to School](#)

Page 4 Stott Pilates®: The Contemporary Approach at Fitness Physiotherapy

Fitness Physiotherapy Ltd. - Mission Statement

We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge  
Our goal is to provide exemplary treatment as effectively and efficiently as possible.

## **In the News: Cervical manipulation**

Unskilled or inappropriate use of manipulation can cause serious side effects.

### **What is Joint Manipulation?**

Joint manipulation is a 'hands on' treatment used by physiotherapists, involving a small, high speed, controlled movement to a specific joint to improve function. It can be done on any joint in the body.

### **What is Joint Mobilization?**

Joint mobilization is a hands on treatment used by Physiotherapists involving small, gentle, controlled movement within normal joint movement to restore mobility and function.

### **What is Manual & Manipulative Therapy?**

Manual and manipulative therapy is part of the rehabilitative process that utilizes a variety of physical treatments to restore normal functions and mobility after disease or injury. Manual therapists use techniques including joint manipulation and joint mobilization, soft tissue techniques, stretching, exercise and education.

Manual therapists are physiotherapists who have a post graduate degree in physiotherapy and certification by examination in manual and manipulative therapy. By government licensing they are mandated to work within their scope of practise and training.

### **What are the Benefits of Manual Therapy?**

Some of the scientifically proven benefits of manual therapy are;

- pain relief
- improved joint motion & stability
- increased muscle strength and co-ordination
- increased awareness of optimal posture and enhanced total body function

Who can benefit from manual therapy?

- back & neck pain sufferers
- athletes
- headache sufferers
- car accident patients
- individuals with arthritis
- people with muscle & joint problems
- chronic pain patients
- tendonitis sufferers
- people with work injuries
- post-op rehabilitation candidates

For more info. visit [www.manipulativetherapy.org](http://www.manipulativetherapy.org) by Canadian Academy of Manipulative Therapy

At Fitness Physiotherapy, our physiotherapists have post-graduate training in many forms of manual therapy. There are also other therapeutic options to manual therapy such as; Acupuncture, Craniosacral Mobilization, Feldenkrais®, Neuro Muscular Electrical Stimulation, Stott® Pilates Exercise, Tens, and Ultrasound.

Please discuss all treatment options with your physiotherapist. We will often suggest combining treatment styles for the best therapeutic results. We will never choose a treatment option that you are not comfortable receiving.

## Back to School

Reminders about those heavy backpacks, school bags, shoulder bags, brief cases, purses, lap top cases, etc.

Our spines were meant to give us a lifetime of support and movement not just to carry weight to school for a few years.

Can you stand up straight and walk fast with your pack on?

Can you lift it easily and put it on without twisting, bending, or heaving?

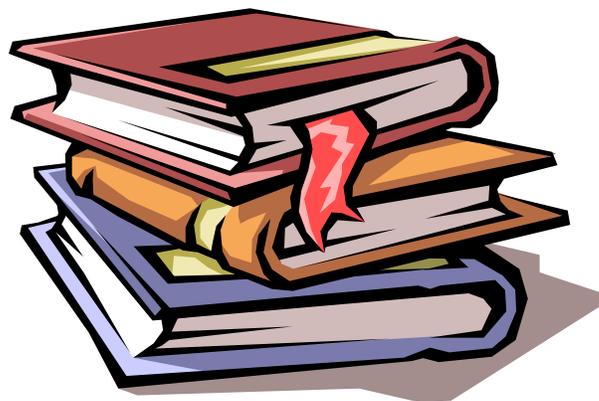
Is it less than 10% of your body weight?

If not; *it's too heavy!* It's a repetitive stress causing cumulative damage to your musculoskeletal system. I.e. pain, muscle strains, joint sprains, arthritis, disc protrusions.

## **Injury is Preventable**

Reduce the Risk!

- Buy smaller packs with good shoulder and waist supports to distribute the weight.
- Backpacks are the best choice.
- Roll luggage is heavy when full and difficult to manage on stairs and snow.
- Leave unnecessary items at school or home.
- Do the heavy homework in the study hall at school.
- Wear solid walking shoes and boots for a sturdy base.



Fall 2002

## **Stott Pilates®: The Contemporary Approach at Fitness Physiotherapy**

### **Intelligent Exercise. Profound Results.**

Stott Pilates is a contemporary refinement of the over 500 mind-body exercises developed by the German athlete Joseph Pilates in the 1920's. Pilates exercise is a gentle, full body, strengthening and conditioning work out system that incorporates exercises on mats and specialized spring and pulley equipment and machines known as the fitness circle, the reformer, cadillac, chair and flexband.

The Pilates technique emphasizes development of the deep torso muscles in a neutral posture, concentration and control of all body movements and controlled breathing. Pilates is neuromuscular repatterning, so the participant focuses on fewer repetitions, performed in a greater variety of movement patterns with greater precision.

The many experienced benefits of Pilates exercise are:

- Greater mind-body awareness, core stability and balance
- Enhanced functional performance, longer, leaner muscles
- Increased flexibility, agility, and mobility
- Relief of pain and tension
- Better posture

Pilates is accessible to anyone; young or old, athletic, sedentary, or injured. The exercise program is non-impact and all workouts are fully supervised and individualized so the body and mind work together to create more effective movement patterns. Every aspect of a Pilates workout is pleasurable because the movements are flowing and pain free.

Pilates Rehab exercise classes at Fitness Physiotherapy are presented in varying levels of mat and machine workouts to hurting, injured, or deconditioned clients. All exercise is individualized and progressed for the participant in private, semi-private or small group classes.

All classes can be attended regularly or more casually on a drop in basis. Home exercise programs and videos are available to help with home practice.

Pilates rehab exercise classes are now available at two locations:

**135 Roslyn Road at Fitness Physiotherapy**

**390 Academy Road at Pilates MB**

Please book a Pilates assessment at Fitness Physiotherapy or contact your physiotherapists for more information about how the Pilates Exercise Method can help you get stronger or rehabilitate your chronic injuries.