



PROACTIVE

PHYSIOTHERAPY THERAPEUTICS

Message

**FROM
LAURIE MCLAUGHLIN**

Maybe I'm biased, but I believe most physios and other rehabilitation experts are people who take their jobs home with them – in a good way.

Our knowledge of how the human body works, why it sometimes doesn't work, and how to both prevent and treat those problems can't help but have an impact on all that we do in our private lives. My kids were taught to 'lift from the knees' from the time they were old enough to hoist a bucket of toys!

Many of us, after seeing patients all day with injuries and other maladies, put a high priority on health and fitness. Others are fascinated with the academic side of our field and put in many additional hours increasing their own professional knowledge or teaching it to others.

The ProActive team members are as busy outside the clinic as they are during regular working hours, so in this issue we're taking a look at who does what – when they aren't seeing patients.

Speaking of extracurricular activities, our clinics will once again host a holiday food drive, so please remember to bring a non-perishable food item to your next appointment. And on behalf of the ProActive team, have a very happy and safe holiday season.

Laurie McLaughlin
Owner/Director



ProActive Links with McMaster Family Practice

Family doctors-in-training at McMaster's medical school are adding to their knowledge of musculoskeletal assessment through an educational partnership with ProActive.

Clinic owner/director Laurie McLaughlin leads monthly rounds (educational sessions) at McMaster Family Practice on how to conduct musculoskeletal assessments. "At ProActive, because of our specialty in orthopedic physiotherapy, we do these assessments all day long. We look at how bones and joints are working and what might be the cause of the discomfort patients are feeling."

The chief resident in Family Practice, Dr. Amy Horvat, polled the other residents to see what might be of interest for rounds, and one of the key topics was musculoskeletal assessment.

"We're really pleased to have a professional affiliation with the residents and Dr. Russell Springate, the director at McMaster Family Practice," Laurie says. "We can learn from them and we're happy to share skills and knowledge from our area of practice."



Top 10

GREAT THINGS ABOUT Pilates

Whether you're recovering from an injury, wanting to build strength, or needing to shed some inches, Joseph Pilates has some of the best moves. Here's our "top 10" list for why we're strong believers in the benefits of Pilates exercise.

Pilates:

1. Teaches good posture and graceful movements
2. Improves core (deep torso muscle) stability which provides a platform on which to build strength
3. Builds overall strength and flexibility
4. Complements other exercise routines, e.g. running
5. Works for everyone, regardless of age or condition
6. Uses smooth motions – no jerking or jarring
7. Alleviates pain and tension
8. Helps you feel more alert and more aware of your body movement
9. Tones and elongates muscles without adding bulk
10. Uses the whole body

ProActive offers both group and individual Pilates classes. Group classes will begin early in the New Year at both clinics. Space is limited, so please call to reserve your spot. Everyone is welcome.



AT THE TOP OF THEIR GAME:
ProActive Staff Re-Define the Word Busy!

Deb Walker
physiotherapist, Oakville clinic

Activity: Continuing education. This mother of two has been working on her intermediate manual therapy certification (specializing in orthopedics) for over one year and faces exams in spring 2004. After that she plans to begin working on her advanced certification in spinal manipulation techniques, which will take another year and a half to complete.

Motivation factor: "I want to see better and faster results when I'm working with patients and to be able to offer every treatment available. My studies give me extra 'tools' in my treatment bag."


Cathy Forth
kinesiologist, Hamilton clinic

Activity: Sports for fitness and leadership. Cathy has just completed her certification in a water rehabilitation course, which she hopes to put into use for patients some day. She's a lifeguard and swimming instructor as well as a keen soccer player. She also volunteers as a Pathfinder Leader for girls aged 12 to 15.

Motivation factor: "In my Pathfinder unit I work with girls who are at an age where lifestyle and fitness patterns are starting to develop. They watch what I do and as a result, I'm aware of my posture and lifestyle choices so that I can set a good example. My work isn't something that ends when the day is over – it influences me everywhere."


Susanne Staresinic
physiotherapist, Hamilton clinic

Activity: Continuing education and fitness. Susanne, mother of 16-month-old Tyler, is an aerobics instructor, a runner and is learning Pilates. She also just passed her advanced certification for orthopedics (congratulations from the ProActive team, Susanne!).

Motivation factor: "I had an injury myself and was treated here at ProActive. It gave me a new perspective. When patients present with painful injuries, I can appreciate what they're going through. And as a patient here, I saw first-hand the benefit of being treated by people with added credentials."


Wendy Redfern
physiotherapist, Oakville clinic

Activity: Fitness and continuing education. Wendy's list of sports is exhausting in its own right: she's a runner who competes in triathlons (running, cycling and swimming), she does tai chi and karate and is a former competitive gymnast. She also takes physiotherapy-related courses to increase her professional knowledge.

Motivation factor: "It's helpful for our patients with sports injuries to work with someone who understands what it's like to be sidelined from their sport. For continuing education, I love learning new techniques and skills, there's so much out there that can contribute to your work as a physiotherapist. The more you know, the more you can help people."


Greg Spadoni
physiotherapist, Hamilton clinic

Activity: Teaching and cycling. Greg has recently received the appointment of assistant professor (part-time) at McMaster University's Faculty of Health Sciences. Greg teaches in the McMaster undergraduate physiotherapy program and in continuing education for the Canadian Physiotherapy Association. Away from the clinic, he's an avid cyclist.

Motivation Factor: "This is the type of profession that's always evolving; we have to be life-long learners. Teaching helps me in this capacity. I enjoy treating people with sports injuries because of my interest in sports. I find patients are encouraged by someone who has participated in sports. I can appreciate why people want to get back at it."

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**What Do
Physiotherapists Do?**

(From the Canadian Physiotherapy Association web site: www.physiotherapy.ca)

- Assess movement, strength, endurance and other physical abilities
- Assess the impact of an injury or disability on a person's ability to physically function
- Assess physical preparation needed for work and sports
- Plan a rehabilitation program to restore movement and reduce pain
- Provide individualized treatment of an injury or disability based on scientific knowledge, thorough assessment of the condition, environmental factors and lifestyle