



PRO ACTIVE

PHYSIOTHERAPY THERAPEUTICS

Message

FROM OWNER/DIRECTOR LAURIE MCLAUGHLIN

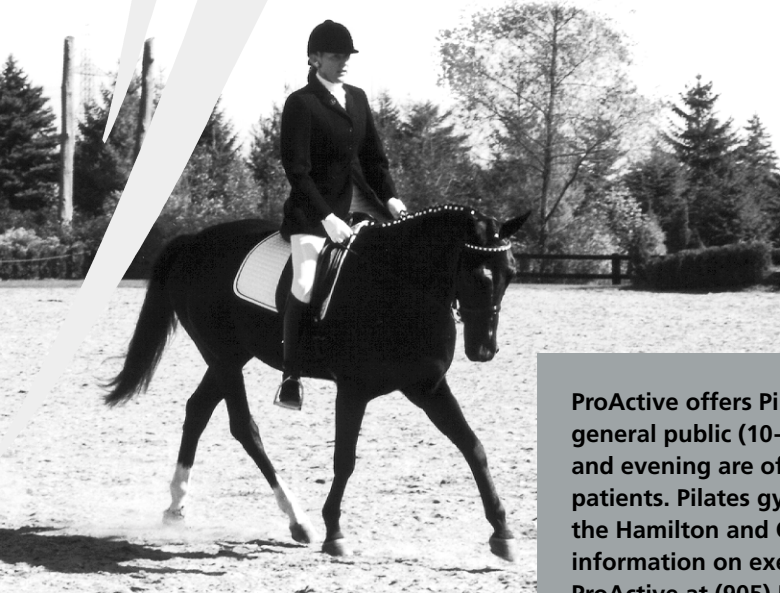
Welcome to the first edition of our combined Hamilton/Oakville newsletter. Since ProActive now operates in two locations, we thought our newsletter should reflect news and information from both sites. You'll find both clinic addresses and phone numbers on the back page.

It has been a busy year at ProActive. We have put some additional efforts into patient education and to that end, have published several columns in the Hamilton Spectator (Golf injuries, April 2000, Urinary Incontinence, July 2000, and Leaf-Raking, September 2000).

HORSEBACK RIDER FIGHTS BACK Using Physio and Pilates

Lynda Cooper was at rock-bottom, both physically and emotionally, when she came to ProActive's Hamilton clinic two years ago.

An unusual complication of childbirth left her with severe back pain, and a spinal fusion surgery didn't seem to stop the downward spiral. Daily pain was keeping her from even the simplest of household activities and also from her first love – horseback riding. Once an accomplished equestrian with a stack of trophies, Lynda was now reduced to watching from the sidelines.



ProActive offers Pilates-style exercise to the general public (10-week programs for day and evening are offered) as well as to patients. Pilates gyms are located at both the Hamilton and Oakville clinics. For more information on exercise classes, call ProActive at (905) 577-0098 in Hamilton or (905) 337-2298 in Oakville.

We have also just launched our fall Pilates classes and have a number of new staff.

We were pleased by the positive comments on our Hamilton clinic newsletter, published last spring, and welcome your comments on our new joint newsletter. Call anytime!



Laurie McLaughlin

Today, Lynda is active, fit and back in the show ring with her beloved horse, Min. A member of the Hamilton Hunt, Lynda has even progressed to jumping competitions this fall – something she once thought she'd never be able to do again. She credits her comeback to twice-a-week physiotherapy and Pilates-style exercises at ProActive.

"Pilates is gentle but hard," Lynda says. "I think it's the best for someone whose back is all messed up because you work your back muscles without stressing them."

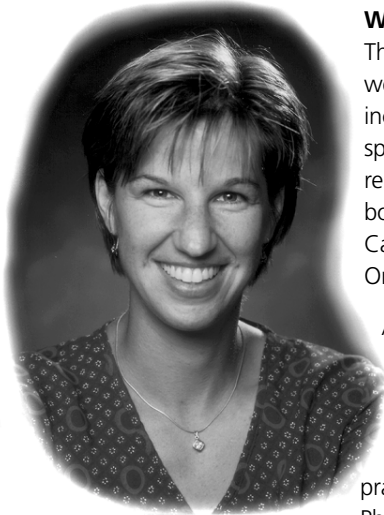
Laurie McLaughlin, owner/director of ProActive, says Pilates-style exercises can be a useful component of a rehab regimen. "The Pilates method is especially helpful for people with injuries because it builds muscle strength and flexibility without causing pain. It really helped Lynda because she needed stronger muscles to support her vulnerable back."

"My back is painful to this day, but I have learned how to manage it, and I've regained a lot of function," Lynda says. "And I'm still improving. The most profound way you can tell the positive change is by my face – I'm smiling again."

Pilates exercise was developed by Joseph Pilates in the 1920s and has always been popular among dancers for building long lean muscles without bulk. It is currently enjoying a boom among actors and models.

News from the Oakville Clinic

WELCOME WENDY REDFERN



We're pleased to welcome **Wendy Redfern** to ProActive Therapeutics. Wendy brings a wealth of experience to our clinic, including particular expertise in sports injury and orthopaedic rehabilitation. She has worked at both physiotherapy clinics and at Canadian Forces Base hospitals in Ontario and Nova Scotia.

A keen participant in continuing education, Wendy has served as a Back Care instructor, conducted injury prevention clinics for sports clubs and is a practical examiner for the National Physiotherapy Exam.

FROM KINESIOLOGIST TO PHYSIOTHERAPIST

Some of you may remember **Natalie Greig** from when she worked as a kinesiologist at the Hamilton clinic. We're pleased to report that Natalie has successfully completed her physiotherapy training as well as a large number of continuing education courses in orthopaedics and Pilates exercise. Natalie now sees physiotherapy patients at our Oakville clinic and she also teaches Pilates. Natalie is also one of our staff qualified to treat injured golfers through the FitFOREgolf™ program.



TWO MASSAGE THERAPISTS NOW AVAILABLE

We now have two registered massage therapists supporting our clinics: **Shelley Maher** and **Michael Howell**.

Both Michael and Shelley are recent graduates of massage therapy programs and have worked in a variety of clinical settings. Michael also completed undergraduate studies in kinesiology and has special experience in providing massage to disabled individuals. Shelley has a particular interest in massage as a treatment for headaches, migraines and symptoms of pregnancy.

To arrange for a massage appointment with either Michael or Shelley, please call ProActive in Hamilton at (905) 577-0098 or Oakville at (905) 337-2298.

Massage, Acupuncture and More

Many people ask us about the other types of therapy we offer at ProActive in addition to advanced physiotherapy. Here's a brief description of each:

ACUPUNCTURE

Acupuncture is an ancient method used to encourage natural healing, reduce or relieve pain and improve function of affected areas of the body. It can be used as an alternative to medication or even surgery. Acupuncture involves the insertion of very fine needles through the skin and tissues at specific points on the body. There is no injection of any substance. Acupuncture stimulates the body to produce its own pain-relieving chemicals called endorphins and has an anti-inflammatory effect.

At ProActive we use acupuncture in conjunction with other therapies to maximize recovery from injury.

MASSAGE

Many people believe that physiotherapy and massage are the same treatment, but that is not the case. Massage therapy involves the kneading and stroking of the soft tissues of the body for a therapeutic effect.

At ProActive, we provide therapeutic massage by registered massage therapists for the treatment of chronic pain problems, tendonitis, arthritis, athletic injuries, strains, sprains and muscle spasms, and much more.

KINESIOLOGY

Kinesiology is the study of human movement. Kinesiologists work independently or with physiotherapists to improve an individual's movement pattern, and develop programs to address posture and teach therapeutic exercise techniques.



ProActive Therapeutics

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Hamilton, Ontario L8S 4P9

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About ProActive

Both **ProActive Physiotherapy** (Hamilton) and **ProActive Therapeutics** (Oakville) are private clinics.

Clients may be referred from their physician or insurance provider, or may refer themselves. Many clients have their visits covered by an insurance or benefits plan, while others pay directly.