



Director's Message—Fall 2009



Francine Doré
B.Sc. P.T., CAFCI, CGIMS
Registered Physiotherapist
Clinic Director

Health Canada defines “**inter-professional collaboration**” (IPC) as “*multiple health-care professions working together to provide the best possible patient care in all healthcare settings*”.

We are seeing visible signs of its evolution in the Canadian healthcare system in **primary care reform**, the creation of **family health teams**, and the expanding roles of nurse practitioners and other professionals.

IPC is a “patient-centered” team approach to care – one that involves open communication among professionals, shared clinical decision-making, and respect for the contributions of all providers on the team.

Clearly **IPC** represents a fundamental shift in the way health care is provided – one that can benefit patients, health care providers, and the taxpayers who fund the health care system.

If **IPC** is to succeed, the willingness to share information, and the capacity to collaborate are crucial.

At **Manual Concepts** and **South City Physiotherapy**, we have developed our own version of **IPC**. We provide family physicians & involved specialists with copies of patients initial assessment reports, findings analysis, treatment goals and anticipated outcomes. We also make every effort to keep physicians informed of patient progress, and never hesitate to contact other professionals involved in the treatment of our patients - to provide information, make suggestions, and ask questions where appropriate.

While this approach has worked well in the past, we are always looking to improve. We would appreciate your feedback on how we could improve our collaboration with physicians and other health care providers.

Please contact **Francine Doré** for more information about our facilities and services at:

Phone: 519-763-2885
Email: francine@southcityphysio.com
Web Site: www.southcityphysio.com

Staff Profiles

Meet our Health Care Practitioners



Kathleen O'Reilly
B.H.Sc., M.Sc. P.T.
Registered Physiotherapist
South City Physiotherapy

Kathleen O'Reilly is the newest member of South City's physiotherapy team. Kathleen completed her MSc in Physical Therapy at the University of Toronto in 2009.

Prior to earning her physiotherapy degree, Kathleen attended the University of Western Ontario, where she played varsity hockey while earning a BHSc in Medical Biophysics.

Kathleen has a keen interest in orthopaedics and plans to pursue post-graduate courses in manual and manipulative therapy.



Halyna Vreken RMT
Registered Massage Therapist
South City Physiotherapy

Halyna Vreken completed her Bachelor's degree in Kinesiology at McMaster University in 2007, and immediately started her training in Massage Therapy at Everest College. She completed the requirements for registration in massage in the summer of 2009.

Halyna plans to further her education and enroll in an Osteopathy program in the years to come.

The Role of Physiotherapy in Pre and Post Natal Women

by Teresa Fox B.Kin., B.Sc.P.T., RCAMT, Cert. of Sports Physiotherapy

The physical changes to a women's body as related to pregnancy are multiple. The centre of mass changes, there is more pressure on the organs, and there is increased weight to be carried. All of this in a relatively short span of time often leads to back pain, pelvic pain and urinary incontinence. In fact, over two thirds of pregnant women experience back pain, one fifth experience pelvic pain and over 40% experience urinary incontinence in their first pregnancy - with half remaining incontinent at 8 weeks post-partum, and one third experiencing a new onset of incontinence after childbirth.

Evidence shows that group training programs designed and delivered by physiotherapists can relieve lower back pain, pelvic pain and urinary incontinence in pregnant women.

A randomized controlled trial by Morkved et al., of 289 pregnant women showed that 12 weeks of specially designed group training by a physiotherapist was effective in preventing lumbo-pelvic pain at 36 weeks of pregnancy. The trial group participated in physiotherapist lead exercises 60 minutes a week from the 20th through the 36th week of pregnancy. There were significantly fewer women in the training group that reported lumbo-pelvic pain during pregnancy and after delivery.

A Cochrane review conducted in 2007 looked at interventions for preventing and treating back and pelvic pain in pregnant women, and found evidence for strengthening exercises, pelvic exercises, and water gymnastics reducing lower back pain intensity better than standard prenatal care.

Another study by Morkved et al. of 301 pregnant women showed strong evidence for the prevention of urinary incontinence after a 12 week intensive pelvic floor muscle training supervised by physiotherapists at both 36 weeks of pregnancy and 3 months post-partum.

Harvey's 2003 study of pregnant women showed that post-partum pelvic floor muscle training appeared to be effective in decreasing post-partum urinary incontinence.

In 2005 the Canadian Physiotherapy Association and the Society of Obstetricians and Gynecologists of Canada issued a joint policy statement on Postural Health for Women and the Role of Physiotherapy. With respect to pregnant women, the joint policy statement recommends:

1. *Physiotherapist directed pelvic floor muscle training to prevent urinary incontinence during pregnancy and after delivery.*
2. *Physiotherapist directed core stability training to prevent and treat back and pelvic pain during and following pregnancy.*

While pre and post natal exercise programs are common, and they help many mothers, they may be harming others. An informal survey of a small number of these programs revealed;

- **most lack even a basic screening, assessment or continued monitoring**
- **exercises were not adapted for any pain, posture or incontinence issues**
- **key factors such as the presence of a diastasis recti or caesarean section delivery were not addressed**
- **programs presented exercises that were contraindicated or not suitable for pregnant women in general**
- **there was no accommodation for the stage of pregnancy or post-partum status**
- **exercises presented in group class settings were the same for all participants, regardless of ability, stage of pregnancy and health status**

How can a physiotherapist help pregnant women?

It is within the scope of practice of a physiotherapist to properly assess, treat and educate pregnant women in effective and safe exercises that have been shown to decrease back pain, pelvic pain and urinary incontinence - throughout their pregnancy and post-partum.

A good physiotherapist delivered program for pregnant women would;

1. **Screen patients to ensure they could safely participate in an exercise program;**
2. **Assess patients for posture, strength, flexibility, balance as well as any musculoskeletal issues that could have a bearing on pregnancy;**
3. **Instruct patients on how to perform exercises safely and effectively;**
4. **Utilize an individualized approach – even in a group setting;**
5. **Enable group discussion and education regarding pre and post natal issues.**

The goal of such a program would be to offer women improved prenatal fitness - that would lead to a healthier and easier pregnancy and delivery. A good program would also offer an integrated approach to health care – and share detailed assessment findings with the participant's primary and pregnancy health care providers. As well, for women who are experiencing a high risk pregnancy, private sessions should be arranged with strict observation of the health care provider's restrictions with a focus on maintaining the pelvic floor and alleviating pain.

In researching this subject matter, this author discovered that the ideal program as described above – does not exist in our area. This program will be added to the authors personal practice. The program will be delivered in two parts – one for pre natal mothers called **“Deliver Strong”**, and
- one for post natal mothers called **“Restore the Core”**.

Further program details will be sent to all Guelph area MD's, but please feel free to contact the author directly through South City Physiotherapy if you would like more information.

I look forward to helping make sure that your pregnant patients are at their best for the birth of their baby.



References

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Clinic News

Manual Concepts Physiotherapy

We have completed the move to “inTouch” our new practice management software! Thank you all for the hard work (and the patience).

A big welcome back to **RMT Johanna Thackwray** who will be returning from maternity leave December 1st..

Congratulations to physiotherapist **Jennifer McKay** who has successfully passed her **Advanced Manual Therapy** exams. You’ve had an amazing year Jenn!

South City Physiotherapy

We have also completed the move to “inTouch” practice management software! Thanks to all who made it such a smooth transition.

Big welcomes to physiotherapist **Kathleen O’Reilly**, RMT **Halyna Vreken**, PTA **Alesha Hoekstra**, and receptionist **Tabitha Holden**, who have all joined the South City team!

A big “welcome back!” to physiotherapist **Teresa Fox** who will be returning from maternity leave in January 2010. Teresa developed both a “**Pre-Natal**” and a “**Post-Natal**” program while she was away. We’re excited about the programs, and look forward to getting them up and running!

South City is also looking at continuing our **Osteoporosis Prevention** exercise program in the new year. The program will continue to follow the **Melio Guide** model.

Congratulations to physiotherapist **Vernique Girard** and her husband—who are expecting twins, and to PTA **Rachael Nywening** and her husband—who are expecting their first baby.

Congratulations to **Robin Young** who has completed the **Osteopathic Manual Practitioner** program. Patients who’ve been waiting weeks to see **Heidi Caputo** now have a great alternative!

Clinic Hours and Services

Manual Concepts Physiotherapy

Services

- Post MVA programs
- Intramuscular Stimulation (IMS)
- Work injury rehabilitation
- Sports physiotherapy
- Acupuncture
- Massage Therapy
- Manual Therapy
- Neck & back pain

Hours:

Mon, Wed & Thur. 12:00pm – 8:00pm
Tuesday & Friday 8:00am – 4:00pm

Typical Conditions Treated

- Musculoskeletal pain syndromes including tendonitis, bursitis, fasciitis, sprains & strains
- Sports injuries
- Repetitive strain injuries including carpal tunnel syndrome, deQuervain’s and tennis elbow
- Arthritis & degenerative conditions
- Postural dysfunctions

- Handicapped Access
- Ample Free Parking

Manual Concepts Physiotherapy 31 Farley Drive, Unit #2, Guelph, ON N1L 0B7 Phone: 519.766.7774 Fax: 519.766.9687 www.manualconceptsppt.com

South City Physiotherapy

Services

- Post MVA programs
- Intramuscular Stimulation (IMS)
- Work injury rehabilitation
- Sports physiotherapy
- Fitness assessments & programs
- TMJ treatment programs
- BPPV treatment programs
- Acupuncture
- Massage Therapy
- Pedorthic services & Orthotics
- Manual Therapy

Hours:

Monday – Thursday 7:00am – 8:00pm
Friday 8:00am – 3:00pm

Typical Conditions Treated

- Musculoskeletal pain syndromes including tendonitis, bursitis, fasciitis, sprains & strains
- Sports injuries
- Repetitive strain injuries including carpal tunnel syndrome, deQuervain’s and tennis elbow
- Neck & back pain
- Postural dysfunctions
- Arthritis & degenerative conditions
- Osteopathic treatments
- Functional Abilities Evaluations

- Handicapped Access
- Ample Free Parking

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