



Physiotherapy Times

South City Physiotherapy

www.southcityphysio.com

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South City is pleased to announce the launch of our new brace fitting and K-Taping® services! (see inside for bracing)

K-Taping®

Our current economy has resulted in many patients having less coverage for physiotherapy and other health services not covered by OHIP. In direct response to this situation, South City is launching a new K-Taping® service option that could offer some patients a low-cost treatment option for many injuries and conditions.

K-Taping® is well established in competitive and professional sports, but it also offers therapists another option for treatment of RSI's, muscle imbalances, joint instabilities and back problems.

K-Taping® involves the application of specially developed elastic tape to the surface of the skin. Activated by body heat, K-Tape® is water resistant and breathable. It allows the patients to maintain full mobility while taking over important mechanical functions.

K-Taping® therapy works by stimulating skin receptors – reducing pain and enhancing proprioception. It specifically influences the complex interaction between muscle tension, joint mobility, and ligament stability. When the elastic K-Tape® and the special application technique raise the skin, it creates more space in the underlying tissues - resulting in improved blood and lymph fluid flow, and less stimulation of pain receptors.

Depending on their individual conditions, many patients can be taught how to apply K-Tape® themselves, reducing costs as well as the time and number of treatments required before they can return to work or sports activities. Taping usually needs to be complemented by an exercise program to restore optimum muscle function.

In cases of more significant ligament instability or more severe O. A., K-Taping® may not suffice, and bracing may be the best option. Proper assessment by a physiotherapist is crucial in determining the best treatment option for each patient.

For more information, please see our website at www.southcityphysio.com - or contact me personally at: 519-763-2885 or Email: francine@southcityphysio.com

Custom Orthopaedic Brace Supply & Fitting!

South City supplies, stocks and custom fits top-line braces from two of the top manufacturers in the world.



Special Programs Reference Guide

When specific therapy services are required it is important that patients are referred to the most qualified, experienced therapists.

Programs that qualify therapists for the following areas include a specific series of courses and in most cases, written and practical exams as well.

Dry Needling / IMS (Intramuscular Stimulation)

C. Gunn IMS Certification is well recognized in this area. At South City, Francine Doré is "CGIMS" certified.

Manual & Manipulative Physiotherapy

Look for a therapist with an Intermediate or Advanced Diploma. At South City, Michelle Tyler, Nicole Watson, Craig Brown, Michelle Fraser, Teresa Fox, and Monique Muller are qualified.

Sports Physiotherapy

Look for a therapist with Sports Physiotherapy Certification. At South City, Teresa Fox has this certification.

Vestibular Rehabilitation

Look for a therapist who is specially trained and a qualified member of VEDA - the Vestibular Disorders Association. At South City, Francine Doré is a qualified member of VEDA.

Urinary Incontinence

Look for a specially trained therapist in UI. At South City, Nicole Watson is trained in UI specific treatment techniques, and works closely with Carolyn Vandyken—a leading instructor in this field.

TMJ Dysfunction Treatment

Look for a therapist with Rocabado program training. At South City, Francine Doré has Rocabado training and works directly with several Guelph dentists.

Traditional Chinese Acupuncture

Look for a therapist certified through the Acupuncture Foundation of Canada Institute. At South City, Craig Brown, Francine Doré and Michelle Tyler are CAFCI certified. Ashlea Wilson is CMAG certified.



South City Physiotherapy's Custom and Off-the-Shelf Orthopaedic Bracing Program

For many years South City Physiotherapy has been working with some of the top manufacturers of orthopaedic braces. We've been developing and refining our approach to solutions that meet patients' bracing needs. We'd like you to know that we now have an excellent program in place and we're ready to meet the special needs of your patients.

Knowing that each patient has unique needs, we've designed a program that responds quickly to patient needs today, and adapts as those needs change or evolve.

A WIDE VARIETY OF BRACE SOLUTIONS

Patients have different shapes, sizes and medical diagnoses. Their level of physical activity also varies. That is why South City Physiotherapy offers the most diversified, premium product lines available. With a wide variety of choices from Ossur and DonJoy, we can provide our patients with the technology and brace style that suits them best.

ONLY QUALITY BRACES

While the braces we supply are not the cheapest, we have concluded that they offer the best value when price and quality are considered. Many low quality braces are badly designed, and poorly constructed of sub-standard materials. They are uncomfortable, don't allow the skin to breath and just don't fit the patient properly. For all of these reasons, patients don't wear them, and quite simply..... they don't work!

BRACES IN STOCK

So that we can respond quickly, South City stocks the most commonly fitted "off-the-shelf" braces from both DonJoy and Ossur. We can also supply less commonly used products from either company on very short notice.

CUSTOM BRACE FITTING

While quality "off the shelf" braces do a great job for many patients, they aren't for everybody. For those patients with special needs, South City's physiotherapists have been specially trained to assess and measure patients for custom braces—by both DonJoy and Ossur.

KNEE BRACING :

Ossur and Donjoy both provide a broad range of both custom and off-the shelf knee bracing solutions, allowing South City's physiotherapists to address the full spectrum of patient needs.

Ossur's CTi line offers one of the best comfort and support bracing solutions for ACL, PCL, LCL, MCL, rotational and combined instabilities. These braces can be custom fitted or also come in off-the-shelf, more cost saving options.



The Ossur's "Unloader" family of braces for knee osteoarthritis or ligament laxity - is a comfortable, low-profile brace that provides excellent suspension and unloading leverage. This light weight brace has a clinically proven load reducing design, with a flexible shell and a breathable liner.



For conditions such as patellar femoral syndrome and patellar tracking issues, Osgood Schlatter and mild ligament instabilities, DonJoy has a line of light weight braces, especially the new Tru-Pull braces that will please most difficult patients with its easy application and adjustments and its breathable and light weight material for added comfort.

ANKLE BRACING :

For prophylactic support, protection and comfort, the A60 by DonJoy, incorporates a stabilizer molded at a 60 degree angle to help guard against ankle sprains and prevent rollover. (also Andy Murray's choice). Its 60 degree stabilizer helps prevent inversion and eversion sprains, its breathable fabric provides cool and dry comfort, its sleek, anatomical design minimizes bulk in athletic shoes and its no-lace, single strap application simplifies adjustment.



WRIST AND FINGER BRACING/SPLINTING :

Wrist and thumb bracing has the lowest level of compliance in patients, for one main reason : many braces don't fit properly and they are uncomfortable. After trying out the Ossur line of wrist and thumb bracing, patient's compliance and satisfaction with bracing is much higher.

The Ossur Exoform CTS wrist support is light weight and has a low profile design. It has 20% less circumferential bulk than other brands. It offers more room at the base of the thumb, palmar crease and 5th MP joint for full MP flexion. It is designed to provide radial and ulnar styloid pressure point relief. The soft touch web space is cushioned and 40% thinner than other brands.



Our favorite brace for De Quervain's is the Ossur universal thumb splint. It only restricts motion at the MP/CMC joints of the thumb and allows for full mobility of all other finger joints. It is light weight, breathable and so comfortable.



South City Physiotherapy

Services & Programs

- Manual & Manipulative Physiotherapy
- Sports Physiotherapy
- Osteopathy
- Massage Therapy
- Orthopaedic Rehabilitation
- Dry Needling / IMS (Intramuscular Stimulation)
- Traditional Chinese Acupuncture
- TMJ Dysfunction Treatment Programs
- Vestibular Rehabilitation
- Post MVA Physiotherapy Programs
- Urinary Incontinence Treatment Programs
- Work Injury Rehabilitation
- Work Conditioning Programs
- Functional Abilities Evaluations
- Pedorthic Services & Custom Orthotics

Conditions Treated*

- Musculoskeletal pain syndromes including tendonitis, bursitis, fasciitis, sprains/strains, repetitive strain injuries
- Sports injuries
- Chronic pain
- Arthritis & degenerative conditions
- Postural dysfunctions & muscle imbalances
- Neck & back pain, radiculopathies
- Post-operative conditions
- BPPV & vestibular dysfunctions
- Female urinary incontinence
- Osteoporosis

* These are only the most common conditions treated. If you do not see a specific condition listed here, please contact the clinic for more information.

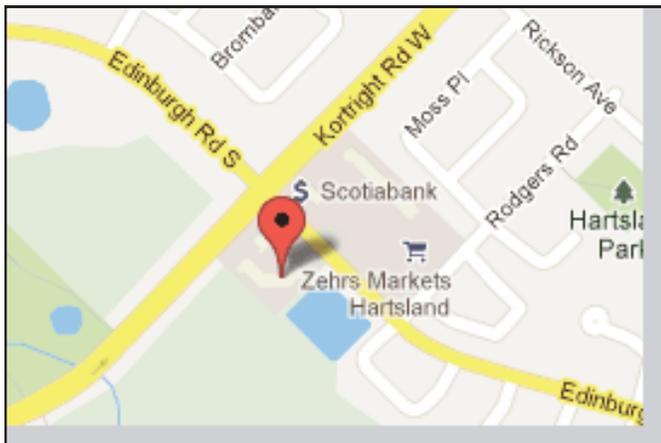
Classes

- Osteoporosis Prevention Exercise Classes
- Pre & Post Natal Exercise Classes

Clinic Hours:

Monday to Thursday
Friday
Saturday & Sunday

7:00am - 8:00pm
8:00am - 3:00pm
Closed



Handicapped Access
Free Parking



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