



Director's Message - Spring 2010



The Changing Face of Health-Care in Guelph

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

In the 20 years since South City Physiotherapy opened its' doors here in Guelph, health-care has changed a great deal.

The many new practitioners and services that have established themselves in that time have added significantly to the level and diversity of local services.

You've received this newsletter because we feel that our practices or services could compliment or supplement each other—providing benefit to the residents of Guelph.

Please keep this up-to-date listing of our services and the qualifications of our professional staff, so that if you have patients who could benefit from physiotherapy, osteopathy or massage therapy, you can consider referring them to us—secure in the knowledge that you are referring to the largest, most professional clinics in the area.

Where appropriate we'd also like to know more about your services so we can refer patients that could benefit from seeing you. To that end, please send us whatever material you have on your practice or services, and we will retain that material on file, and use it to make referrals where appropriate.

We are committed to meeting and exceeding the expectations of our patients and those of the health-care community. We believe that by working closely and cooperatively, by pooling our collective knowledge and talents, we can create a vital and significant change in health care and health care delivery.

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

Our Clinics



South City **Physiotherapy**

Established in 1990, South City has been serving Guelph for 20 years. In that time, South City has grown from a one-person operation to a multidisciplinary, community physiotherapy and rehabilitation centre—with a team of over twenty dedicated professionals.

That team includes 12 highly qualified Physiotherapists, 2 Osteopathic Manual Practitioners, 2 Kinesiologists, 2 Massage Therapists and a Pedorthist.

South City is located in south-central Guelph, at Kortright Road West and Edinburgh Road South (just across Edinburgh from Zehr's)

Our clinics provide first-class treatment facilities to treat complex conditions using a combination of manual therapy, education, exercise, IMS and acupuncture.

We are guided by a commitment to evidence-based, ethical treatments of the highest quality, use of the most advanced therapies and techniques, timely access to our services, and excellence and professionalism through intensive post-graduate training.



Manual Concepts **Physiotherapy**

Established in 2007, Manual Concepts is a partnership between Francine Doré of South City Physiotherapy, and Scott Whitmore.

The clinic is staffed with 4 highly qualified Physiotherapists, 2 Massage Therapists, and offers excellent services to effectively treat many conditions.

Manual Concepts Physiotherapy is located at the very south end of Guelph on Farley Drive - next to the new Guelph Public Library.



South City Physiotherapy

Special Program Areas

- Orthopaedics
- Sports Physiotherapy
- Intramuscular Stimulation (IMS)
- Acupuncture
- Treatment of TMJ Dysfunctions
- Vestibular Rehabilitation
- Osteopathy
- Treatment of Urinary Incontinence
- Orthotics
- Pedorthics
- Osteoporosis Exercise Classes
- Pre & Post Natal Classes

South City Physiotherapy - Professional Staff



1. Francine Doré - Clinic Director / Registered Physiotherapist

B.Sc. in Physiotherapy from the University of Toronto. In addition to managing both South City and Manual Concepts, Francine treats primarily TMJ dysfunctions, vestibular disorders, and chronic pain conditions. Francine is certified in Gunn IMS and Acupuncture, and is fluently bilingual.



2. Heidi Caputo - Osteopathic Manual Practitioner / Registered Physiotherapist

B.Sc. in Physical Therapy from McMaster University. Heidi's professional interests and post-graduate training led to a Diploma in Osteopathic Manual Practice from the Canadian College of Osteopathy.



3. Monique Muller - Registered Physiotherapist

PhD in Medical Sciences, B.Sc. and M.Sc. in Physiotherapy. Monique also has both the Intermediate and Advanced Manual and Manipulative Physiotherapy diplomas. Monique's clinical interests are in orthopaedics and manual therapy.



4. Michelle Fraser - Registered Physiotherapist

B.Sc. in Physiotherapy. Michelle is a registered instructor with the Canadian Physiotherapy Association, and holds an Advanced Diploma of Manual and Manipulative Therapy. Michelle incorporates the physical and philosophical principles of yoga into her physiotherapy practice.



5. Veronique Girard - Registered Physiotherapist

B.H.Sc. in Physiotherapy from the Université de Laval. Veronique is certified by the Acupuncture Foundation of Canada and has completed both her Intermediate and Advanced Diploma of Manual and Manipulative Therapy. Veronique is fluently bilingual.



6. Teresa Fox - Registered Physiotherapist

B.Sc. in Physiotherapy from University of Toronto and B.Sc. in Kinesiology from McMaster. Teresa holds a Certificate in Sports Physiotherapy and a Certificate in Intermediate Manual Therapy. She attended the 2004 Olympics as a physiotherapist to the Canadian Wrestling Team.



7. Michelle Tyler - Registered Physiotherapist

B.Sc. in Physiotherapy from Queen's University. Michelle has enhanced her qualifications by earning her certification from the Acupuncture Foundation of Canada Institute and has her diploma of Intermediate Manual and Manipulative Physiotherapy.



8. Nicole Watson - Registered Physiotherapist

B.Sc. in Physiotherapy from McMaster University. Nicole also holds a Certificate in Intermediate Manual and Manipulative Physiotherapy, and has specialized in the treatment of female urinary incontinence.



9. Nicole Oudejans - Registered Physiotherapist

B.Sc. in Physiotherapy from the University of Toronto. Nicole has specialized in low back conditions, muscle energy techniques, and muscle imbalance issues.



10. Craig Brown - Registered Physiotherapist

M.Sc. in Physical Therapy from Queen's University , and B.Sc. in Kinesiology from Wilfred Laurier. Craig has a keen interest in orthopaedics and holds his certification from the Acupuncture Foundation of Canada.



11. Judy Hettinga - Registered Physiotherapist

M.Sc. in Physical Therapy from Queen's University , and B.H..Sc. in Rural Health Issues from the University of Western Ontario. Judy's clinical interests include orthopaedics and manual therapy.



12. Kathleen O'Reilly - Registered Physiotherapist

M.Sc. in Physical Therapy from the University of Toronto, and B.Sc. in Medical Biophysics from the University of Western Ontario. Her clinical interests include orthopaedics and manual therapy.



13. Robin Young - Osteopathic Manual Practitioner / Kinesiologist

B.Sc. in Kinesiology from the University of Guelph. Diploma in Osteopathic Manual Practice from the Canadian College of Osteopathy.



14. Wendy Peterson - Kinesiologist

B.Sc. in Kinesiology from University of Waterloo. Her clinical focus includes work on movement impairment syndromes, rehabilitation exercises, and osteoporosis prevention through exercise.



15. Michelle McCrory

B.A. (Hons) in Kinesiology/Recreation from the U of Waterloo. Canadian Certification in Pedorthics. Michelle has served on the Certification Committee with the Pedorthics Association of Canada, and instructed in the Pedorthics Program at UWO. Michelle has a strong interest in sports medicine.



Manual Concepts Physiotherapy

Special Program Areas

- Orthopaedics
- Sports Physiotherapy
- Intramuscular Stimulation (IMS)
- Acupuncture

Manual Concepts Physiotherapy - Professional Staff



1. Scott Whitmore - Registered Physiotherapist

B.Sc. in Physiotherapy from U.W.O., Diploma of Manipulative Physiotherapy from the Canadian Physiotherapy Association. Scott's clinical interests are in the treatment of spine, shoulder and hip disorders. Scott is also Gunn IMS certified.



2. Lisa Carlesso - Registered Physiotherapist

B.Sc. and M.Sc. in Physiotherapy. Lisa also holds an Advanced Diploma in Manual and Manipulative Therapy, and is certified in Acupuncture and Gunn IMS. Lisa's focus is on sports medicine and general orthopaedics.



3. Jennifer McKay - Registered Physiotherapist

B.Sc. in Kinesiology from the U. of W., and B.Sc. in Physiotherapy from Queen's University. Jennifer holds an Advanced Diploma in Manual and Manipulative Therapy, and is Gunn IMS certified. Her clinical areas of interest include the shoulder and ankle.



4. Steve Guy - Registered Physiotherapist

B.Sc. In Kinesiology from U.W.O., M.Sc. In Physiotherapy from McMaster University. Steve holds an Advanced Diploma in Manual and Manipulative Therapy. His clinical focus is in orthopaedics and manual therapy.



South City Physiotherapy

Massage Therapy



Halyna Vreken
RMT

B.Sc. In Kinesiology from McMaster University, Massage Therapy training with Everest College. Halyna has a strong clinical interest in Osteopathy.



Fernando Camara
RMT

Fernando completed his training with the Canadian College of Massage and Hydrotherapy in 2005. With a strong interest in athletics, Fernando has also completed the Can-Fit Pro personal training program.

Services

- Post MVA programs
- Intramuscular Stimulation (IMS)
- Work injury rehabilitation
- Sports physiotherapy
- Acupuncture
- Massage Therapy
- Manual Therapy
- TMJ treatment programs
- Vestibular rehabilitation programs
- Osteopathic treatments
- Pedorthic services & Orthotics
- Functional Abilities Evaluations

Hours:

Mon–Thu 7:00am – 8:00pm
Fri 8:00am – 3:00pm

Conditions Treated*

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

*These are some of the most common conditions presented. We treat these and many other conditions.

- **Handicapped Access**
- **Ample Free Parking**



South City Physiotherapy

210 Kortright Road West, Suite 3, Guelph, ON N1G 4X4
 Phone: 519-763-2885 Fax: 519-763-8745
www.southcityphysio.com



Manual Concepts Physiotherapy

Massage Therapy



Johanna Thackwray
RMT, SMT (C)

B.Sc. in Human Kinetics from UBC. A Registered Massage Therapist since 1993, she has is also a Certified Sport Massage Therapist SMT(C). Johanna also attended the 2008 Summer Olympic Games in Beijing as part of the Canadian Health Care Team. Johanna has worked with elite athletes from a variety of sports, and has a special interest in pregnant and post-natal clients.



Jeanine Marsh
RMT

A Massage Therapist Registered with the College of Massage Therapists of Ontario since 2008, Jeanine's approach to Massage Therapy is therapeutic with a focus on rehabilitation and recovery.

Services

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

Hours:

Mon & Thur 9:00am - 8:00pm
Wed 12:00pm - 8:00pm
Fri 8:00am - 4:00pm

Conditions Treated*

- Musculoskeletal pain syndromes including tendonitis, bursitis, fasciitis, sprains, strains, repetitive strain injuries
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- Chronic pain
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www.manualconceptspt.com