

FIT NEWS

Spring 2000

Hours of Operation

Monday through Friday 7:30am - 7:00pm,

Saturday 9:00am- 2:00pm

Child Supervision Available

(Please arrange a mutually convenient time in advance if child supervision is required)

Get to know our Fitness Therapists a little better:

Physiotherapists:

Deirdre Benedict

Areas of Practice

Musculoskeletal, Dance & Sports Injuries, Foot Dysfunctions, Acupuncture, Rehabilitative Exercise, Manual Therapy

Lesla Campbell

TMJ and Neck Dysfunction, Musculoskeletal Injuries, Stabilization Rehabilitative Exercise, Manual Therapy

Anne Dawson

Musculoskeletal Injuries, Chronic Pain Syndromes, TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy, Pilates Rehabilitative Exercise, Manual Therapy, Craniosacral Therapy, Acupuncture, Pilates Rehabilitative

Gisele St. Hilaire
Exercise,

Musculoskeletal Injuries, Manual Therapy, Neuromuscular Retraining

Dona Watts-Hutchings

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative

Exercise, Manual Therapy, Acupuncture

Marina Pianosi

Acupuncture, Craniosacral Therapy, Feldenkrais®

Massage Therapists:

Julie Shearer

Swedish Massage, Craniosacral Therapy

Robert Stegmaier

Swedish Massage, Deep Connective Tissue Massage, Acupressure massage, Craniosacral Therapy

Physio Events

- ☞ Visit our new web site at www.fitnessphysiotherapy.com for clinic information or e-mail us at ftphysio@mb.sympatico.ca
- ☞ See our new Pilates Exercise and Reformer schedule with many new class options for all ability levels. See your physiotherapist for more information

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Fitness Physiotherapy Ltd.

Mission Statement

We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge
Our goal is to provide exemplary treatment as effectively and efficiently as possible.

Physiotherapy at Fitness Physiotherapy

In the new Millennium

Our Goals For Us & You!

Feldenkrais Method®
Injury care
Teamwork
Neuromuscular Re-education
Effective, Excellent, Treatment
Scientific Treatment
Strengthening Mind & Body Control

Pilates® Exercise Method
Holistic Care
Your Goals Achieved
Spinal Health
Individualized Treatment Approaches
Objective Treatments
TMJ & Headache Expertise
Healing & Health
Enthusiasm for Life & Work
Rehabilitation to Wellness
Acupuncture
Progressive Programs
Yin/Yang Balance

Craniosacral Therapy
Active Treatment
Relaxation & Rejuvenation
Education for our Clients & Ourselves

Our staff believes in participating at local community, national and global levels in work and play. Our post graduate education has taken us in many directions in an attempt to bring the world's best to our own doorsteps. This is where we have been in the last decade, and what we are presently doing to stay current.

In Winnipeg and Manitoba we:

Teach:

- Awareness Through Movement® classes at Creative Retirement, authorized by the Feldenkrais® Guild
- Pilates, Yoga and Aerobics at Body Works; The Health Experts
- Acupuncture for Post-Graduate Physiotherapist at University of Manitoba
- TMJ care to Post-Graduate Physiotherapists
- Pilates Exercise & Stabilization strengthening to Post-Graduate Physiotherapists
- Karate

Volunteering:

- Physiotherapist at various local sports events & speaking engagements to interest groups
- ARES – amateur radio emergency service
- Fort White Center
- The Heart & Stroke Foundation
- Ronald McDonald House
- Girl Guides of Canada

In Canada we:

- Are certified by Stott Intl. Pilates Certification in Mat Work & Reformer Work
- Are certified to practice acupuncture by Acupuncture Foundation of Canada
- Belong to the following professional affiliations;
 - Canadian Physiotherapy Association
 - Orthopedic Division
 - Acupuncture Interest Group
 - Women's Issues Division
 - Sports Physiotherapy Division
 - Private Practice Division
 - Acupuncture Foundation of Canada
- Possess Amateur radio licenses

Internationally we:

- In conjunction with University of Manitoba regularly host a Swedish physiotherapy resident in an acupuncture learning program
- Belong to the following professional associations;
 - International Association For The Study of Pain
 - Upledger Institute
 - Feldenkrais® Guild of North America
- Have participated in recognized educational programs at;
 - International Institute for Study of Acupuncture in Shanghai, China 160hrs
 - Upledger Institute Craniosacral courses
 - Feldenkrais certification 4yr program in Montreal, Canada, Phoenix, Arizona, San Francisco and Rome, Italy
- Are registered guest fitness instructors at Rancho La Puerta Spa in Baja, California, Mexico

Is Foot Pain Slowing you Down?

Do the first few steps in the morning HURT? Do you have heel or arch pain that improves with gentle walking during the day or when you sit with your feet up, but feels worse again after rest? It is called **Plantar Fasciitis**. Some people call it Heel Spurs but what it is are really tiny, miniscule tears and inflammation in the thick connective tissue that runs along the bottom of the foot and connects the heel to the base of the toes. It causes are variable from; overuse, too much exercise too fast; tight muscles, weight gain, poor fitting or non-supportive shoes, or just plain bad luck. **You don't have to suffer!** Plantar Fasciitis is an injury that can be controlled and cured with effort.

Home Remedies:

1. Apply ice to the painful areas for 10 minutes at a time, two times a day
2. Do not go barefoot as this pulls on the injured muscles. Instead wear a comfortable, supportive pair of sandals, runners, or walking shoes.
3. Avoid activity that increases you pain while the injury is healing. Healing of tissues usually takes 6-8 weeks
4. Massage your arch muscles
5. Strengthen your arch muscles daily by curling your toes around an object such as a towel and pull it toward you.

Your Physiotherapist can help by:

1. Providing a correct diagnosis
2. Applying modalities to heal the injury and relieve pain with such treatments as Acupuncture, Tens, Neuromuscular Electrical Stimulation, or Ultrasound
3. Applying biomechanical support and correction with such items as heel cushions, tape, or prescription orthotics
4. Providing education regarding injury care

2000 EXERCISE CLASS TIMETABLE FOR PILATES & REFORMER

Tuesday	Wednesday	Thursday	Friday	Saturday
				Micro Pilates 9-10
				Pilates I Mat 10-11 Power Pilates 10-11
			Pilates I Mat 11-12	Pilates II Mat 11-12
	Engaged-Let's Practice 12-1			Reformer 12 -1
		Reformer 1 -2		
Pilates III Mat 5-6	Pilates II Mat 5-6			
Reformer 6 - 7	Reformer 6 -7			

*Note: Please see your Physiotherapist for further information or referral. All classes are taught by a licensed Physiotherapist. Fees are billable as Physiotherapy, after appropriate authorization. Classes can be combined with other treatments; please pre-register.