

THANK YOU CLIENTS FOR VOTING US
BARRIE'S BEST 2011
PHYSIOTHERAPY & MASSAGE THERAPY CLINIC
We are pleased to help you achieve great results!



AVOID GOLF INJURIES WITH THESE EXERCISE TIPS

Stretching is an essential part of successful golf. A good stretching routine can help to minimize imbalances, prevent injury, improve your exercise tolerance and your golf performance. If you have an injury or a specific mechanical imbalance that may be holding back your golf performance, *your physiotherapist can design a stretching program just for you!* They can also teach you to train your abdominal muscles to provide the right balance of stability, flexibility and power for your golf swing, helping you to golf better and keep your lower back healthy.

Warming Up

The goal of a warm-up is to get the blood flowing to all parts of your body that you are going to use during your golf game. This prepares the body for the muscle stretching and exertion required during a round of golf. Since golf uses the whole body, you need to warm up your lower limbs, back and abdominal muscles as well as your cardiovascular system. As a minimum you will need to take a brisk walk for 5 minutes, making sure to swing your arms, before stretching. Make it your trip from the parking lot or to the driving range!

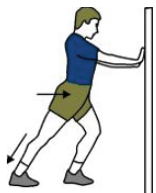


Stretching Before Play

- Warm up muscles first.
- Slowly take your muscles to the end of their range. You will feel light resistance in the muscles, but you should never feel pain during a stretch.
- Hold the stretch in a static position. Do not bounce.
- Hold each stretch for 20-30 seconds. Repeat each stretch 3-4 times.

Stretching After Play

- Stretch while your muscles are still warm.
- Slowly take your muscles to the end of their range. You will feel light resistance in the muscles, but you should never feel pain during a stretch.
- Hold the stretch in a static position. Do not bounce.
- Hold each stretch for 20-30 seconds. Repeat each stretch 3-4 times.



Calf Stretch



Quadriceps Stretch



Hamstring Stretch



Shoulder Stretch

Find other great stretches on our website www.skillbuildersrehab.com under *Patient Education / Sports Activities*.

TIP: I have a tip that can take five stroke off anyone's golf game: it's called an eraser. ~Arnold Palmer

SENIOR DRIVER REFRESHER PROGRAM

Are you or someone you know approaching 80 years of age? If you are, the Ministry of Transportation (MTO) will be notifying you that you will need to participate in MTO testing in order to renew your licence.

Healthy, older drivers often become anxious about their fitness to drive and ability to pass an MTO test. It is helpful for them to have sessions in a non-threatening, supportive environment with instructors who understand the needs of older, experienced drivers. We are now offering a senior re-fresher driving program to help these individuals with this process. Call us today to find out more!



WHO DO YOU CARE ABOUT?

Do you have a friend, family member or co-worker that could benefit from our services? We would be pleased to help them achieve the same great results that you have! Have them call us today to discuss how physiotherapy can help. To request an appointment online, visit our home page at www.skillbuildersrehab.com.



CLINIC NEWS

More Appointment Opportunities...

We are pleased to have Jordan Lamothe, B.H.Sc., MPT join our dynamic physiotherapy team. Treating clients with a variety of injuries including orthopaedic and neurological conditions (stroke, spinal cord, brain injuries), Jordan's experience and dedication already has clients achieving great results. With Jordan onboard, additional appointment opportunities are available for you to book in.



Relay For Life...

Congratulations to Laura Presutti (left) and Ulana Romanish (right), two of our skilled Occupational Therapists who, along with their team "One Man Wolf Pack" recently participated in the Canadian Cancer Society's over-night Relay For Life. Both ladies proudly raised more than their target goals for this wonderful event.



Caring for you for Fifteen Years

*Physiotherapy – MVA – Occupational Therapy – Massage Therapy – Driver Rehab
Serious Injury – Vestibular Treatment – Sports Therapy – Musculoskeletal Injuries
Post Surgical Rehab – Urinary Incontinence – Custom Orthotics – Acupuncture*

