



## Crash closes highway

Highway 25 (RR 25) was closed for most of the day last Thursday after a southbound tractor-trailer rear-ended a Pontiac SUV at 10 Sideroad and rolled into the ditch about 10 a.m. The two occupants of the van were taken to Milton District Hospital, but their injuries weren't considered serious, said Sgt. Tom Reilly of the Halton Regional Police. The driver of the tractor-trailer was uninjured. The truck was hauling a half-full tank of cattle feed. Officials were concerned that pulling the truck and its load out of the ditch might rupture the holding tank. The road was reopened after 8 p.m.

Photo by Eamonn Maher

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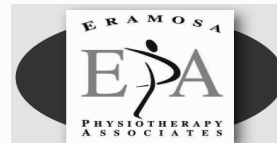
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SEND IN YOUR  
QUESTIONS TO:

Ask the Professionals



**Meryl DaCosta**  
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Registered  
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**Q.** How early should I see a Physiotherapist after my surgery?

**A.** The time to begin your rehabilitation after your surgery will depend on both the type of surgery and your surgeon's specific preferences. EPA has committed a large pool of resources to offer patients the best and research based care for surgeries like: ACL rehabilitation, knee scopes, meniscal tears, rotator cuff repairs, shoulder stabilizations and lumbar discectomies.

Typically shoulder patients are seen within 3 days post surgery and will likely be wearing a sling for up to 6 weeks. During their physiotherapy, the physiotherapist will mobilize their shoulder and the patient will be instructed on safe and specific exercises for them to initially begin at home.

Following a knee scope where arthritic changes may have been shaved or tears in the meniscal removed, a patient is also seen 3 days post surgery. While most people are without crutches, physiotherapy will assist in the early management of pain and swelling. More elaborate rehabilitation would follow an ACL repair, but still begins as early as three days post op.

Typical back surgeries like discectomies, where the piece of the disc is removed from a nerve root, also being as early as 3-4 days, to as late as 6 weeks post surgery. Rehabilitation post back surgery is primarily exercise based focusing on core muscles to prevent and protect the back from future pain reoccurrences.

## Elayne Tanner & Associates Inc.

**Elayne M. Tanner**

PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm  
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Elayne M. Tanner

**Q.** How do I find a counsellor / psychotherapist to help me deal with issues?

**A.** Four important things you should consider: education; training; experience, and fit.

1. When considering an individual's education you must ensure that it is relevant and has been received from an accredited, degree granting university. For instance, I have 4 degrees including a Doctor of Philosophy degree all from local, accredited Canadian universities. It is not unusual for people to claim credentials from non-accredited schools. Professionals will be able to show you qualifications accepted in Canada. They will have spent several years in the advanced study of a specialized field of knowledge. There is no legitimate quick way to get the required education.

2. After education comes training. All counselling professionals in Ontario should be a member in good standing of a college such as the Ontario College of Social Workers. Entrance to a professional college means that you have the minimum required education and practical experience, and you abide to a professional code of ethics. Without this membership, professionals are neither licensed nor accountable to any higher standards. Clients have no recourse if concerns arise. A qualified therapist will be able to provide proof of education and college membership. Again, you may have to confirm the legitimacy of these as many people imply that their credentials are "just the same". They are not the same and clients have no protection. Furthermore, you have to question your own morals and see if you feel comfortable trusting your deepest innermost thoughts with a person who is deceptive and willing to misrepresent their credentials and skills.

3. A well trained individual still needs years of practical experience or qualified supervision. A good supervisor however, does not make up for a poor therapist. Some supervisors hire less qualified workers to provide counselling under their name. Make sure you know what you are getting.

4. Last is the fit between yourself and the counsellor. The right person for you will have knowledge regarding your particular concerns; will challenge you and will feel non-threatening. No matter how trained and skilled, if you are not comfortable, this is not the person for you.

## PROFESSIONALS WANTED

to inform our readers & answer their questions

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Contact Amy Sykes in Special Features to find out about our booking specials

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**Gerry Ross**  
H.B.Sc. PT, MCPA,  
res.CAMT

**Q.** The weather's improving and I am itching to get out and do some yard work. What can I do to reduce the likelihood of getting injured?

**A.** There are two key issues to understand. One: The physical characteristics of our winter lifestyles are very different from those of our spring lifestyles. Two: As we get older or bodies ability to adjust to different physical demands reduces (the good news is that as we get older we become wiser). With this in mind it is important to plan your work so that your exposure to extremes postures like kneeling and crouching is paced over time and mixed in with postures that are not so extreme, like working at chest height or walking. In addition to movement and postural variety taking full advantage of thoughtfully chosen gardening tools like gardening stools for sitting and kneeling and long handled tools for weed removal and tilling the soil will reduce exposure to aggravating postures. This may require changing some old habits and perhaps loosing a little speed but it will still be faster, more enjoyable and better for you than trying to work while in pain. If you have any aches or pains that you suspect may become distracting or disabling I recommend that you consider booking a consultation.



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<b>*GAME 5</b>	<b>FRIDAY, MARCH 29 AT BRAMPTON</b>	<b>7:30</b>
*GAME 6	Monday, April 1 at Sudbury	7:30
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\*If necessary

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