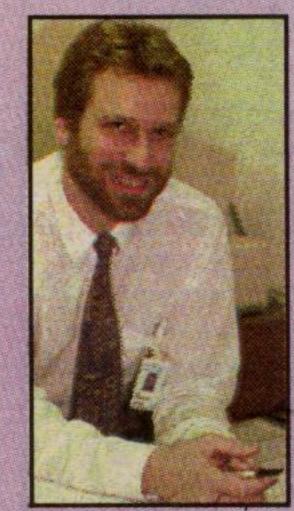
The healing touch: physiotherapists restore the body



ED ZIESMANN,

As part of his rehab-

ilitation program to

treat a broken leg from

a car accident, Bevin

Clark works out on the

stationary bicycle to

build up the muscles in

his leg.

hospital leader,

rehabilitation

Ilora Drumm, who suffers from osteo-arthritis in both her - knees, and a recent stress fracture to her tibia, has only been L having regular physiotherapy sessions at Georgetown Hospital for about a week, but says she can already see and feel a difference.

"When walking, the pain isn't quite as bad," said Drumm, who would love to be as pain-free as possible so she can travel.

Since this is National Physiotherapy Week, Independent & Free Press reporter Lisa Tallyn and photographer Ted Brown decided to highlight what physiotherapy is and the benefits it can provide.

ost days the physiotherapy division at the hospital is a busy place with physiotherapists handling more than 12,000 visits per year. The average length of treatment is about six weeks and each month there are between 75 and 90 people referred to the department. Baynes Physiotherapy in town, sees between 140 to 145 patients each week and Georgetown Physiotherapy Services receives

> weekly. Ed Ziesmann, professional leader, rehabilitation at the hospital, said most people who come to the hospital's physiotherapy division have problems with their backs, knees, shoulders, are stroke victims or have osteo or rheumatoid arthritis.

about 120 visits from patients

Linda Baynes, of Baynes Physiotherapy, said along with those types of problems at her clinic they also see several repetitive use injuries, such as carpal tunnel syndrome and tennis elbow.

Mary Anne Warbeck of Georgetown Physiotherapy Services said their patients have a whole gamut of problems including soft tissue and muscle injuries, sports injuries, and

injuries arising from car accidents. "Physiotherapy is basically

about restoring people to full normal function and independence," said Baynes. She said physiotherapists teach their patients how to manage pain on their own and avoid re-injury.

Ziesmann said a key aspect of physiotherapy is providing people with the "tools to treat themselves " and that "home programming is a big component of our prescription."

"Patient education is the most vital aspect," said Warbeck.

Baynes said often before patients can do strengthening and stretching exercises, a large part of what physiotherapists teach, they have to control pain.

ollowing an assessment of the patient's problem and his/her goals, physiotherapists devise a program and take steps to relieve pain and swelling. Various equipment, such as ultra sound machines, Interferential Current (IFC) machines, and Transcutaneous Electrical Nerve Stimulation (TENS) are used to relieve pain. At Georgetown Physiotherapy Services a cold laser is used to aid the healing process and eliminate swelling and pain.

"Every clinician has their own use of tools they find effective," said Ziesmann.

Baynes said electromagnetic field treatment, used at her clinic, has had "spectacular results" in taking down swelling and bruising. Physiotherapists at her clinic also use acupuncture to relieve pain.

"Acupuncture is used for all sorts of pain but it doesn't work on 100 per cent of people," said Baynes. She said acupuncture has been very successful in relieving shoulder pain.

Baynes said there is a battery of treatments that can be done for acute injuries but there is really nothing that works quickly on arthritic-type pain and long-term pain.

"You can't get rid of some of the problems, but we can help people deal with them more effectively,"

Rehabilitation assistant Audrey Laws operates an Interferential

Current machine on Marg Rayner, to relieve pain through muscle stimulation. The treatment is used following surgery to repair a fracture in Marg's knee.

said Warbeck.

Once the pain has been dealt with a wide variety of equipment is used for strengthening muscles. Clients use exercise bikes, tread mills, parallel bars, stair climbers, leg presses, and joy sticks (used for upper extremity exercises). Wobble boards are used to strengthen calf muscles and restore movement. In

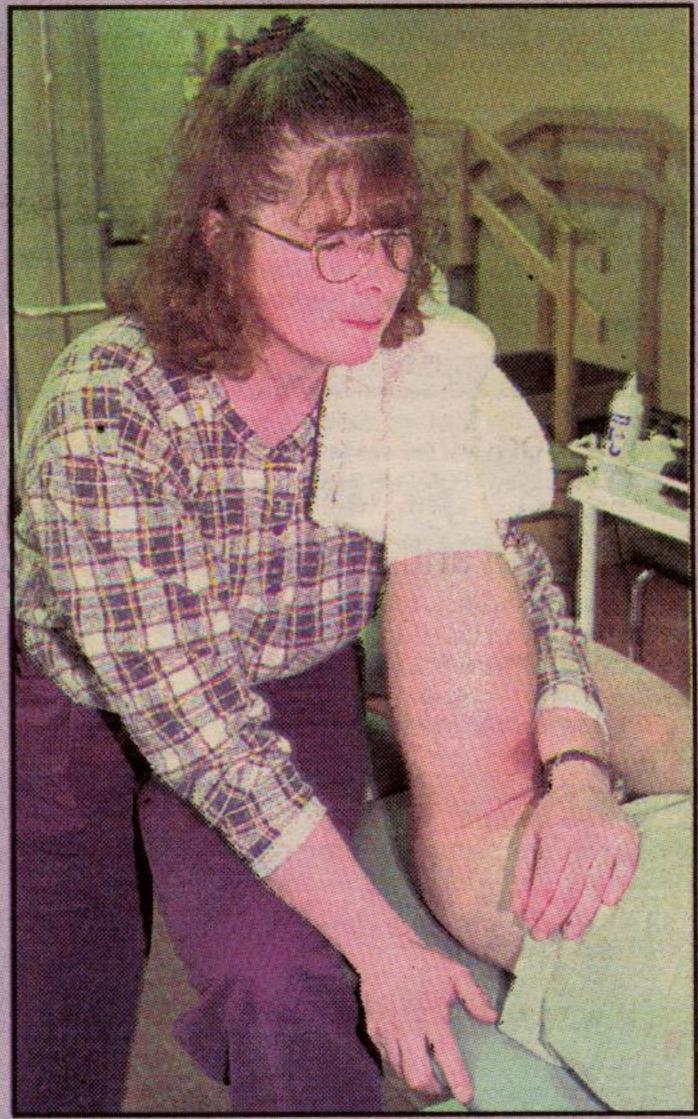
the hospital's physiotherapy division a wheelchair equipped with pedals provides a sitting bicycle for clients who can't use a regular exercise bike. Cuff weights and rubber tubing are used for resistance to strengthen muscles. Many of the exercises learned are to be done at home as well.

There is often a waiting list for physiotherapy treatment at the hospital, which is covered through OHIP. Services at the private clinics are often covered by extended health care plans and Worker's Compensation and generally patients can get in for treatment the next day.

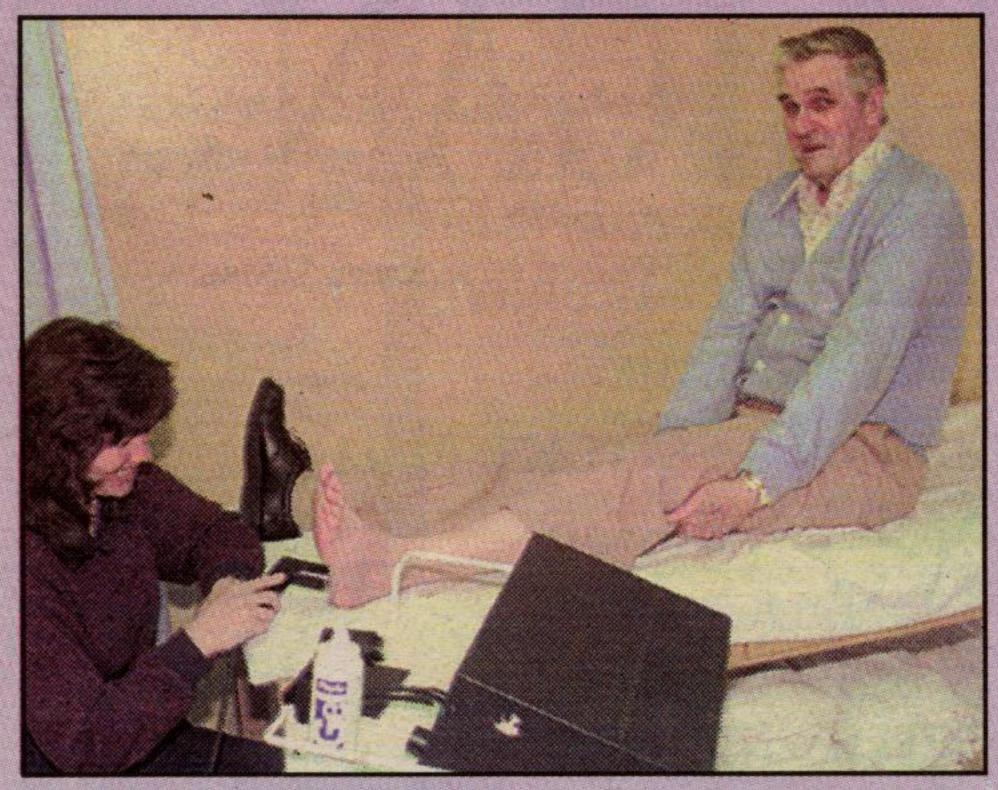
"We try to get the high priority patients in, in a couple of weeks," said Ziesmann. Others who have to wait come in for an introductory assessment and are given a home program to work

on. Often the home program is all they need.

Throughout Physiotherapy Week anyone interested in learning more about physiotherapy is invited to drop by Baynes Physiotherapy at 99 Sinclair Ave. for a look at the clinic and free information on proper golf stretching and golf tips.



Physiotherapist Carol Scott performs contract/relax therapy on Fred Norris to improve the bending of his knee.



Jack Holmes of Acton receives ultrasound treatment from physiotherapist Karen McAskill to alleviate pain from a fractured heel.

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