

# Healthy Living

## Injured Halton Hills firefighter praises benefits of physiotherapy

**B**ruce Morrison, the Halton Hills firefighter who suffered a broken leg and a crushed foot when the roof of Halton Hills IGA fell on him while fighting the million dollar fire in January, is back to work and credits his physiotherapy sessions with accelerating his recovery.

"I think if I hadn't had this (regular physiotherapy sessions) I'd still be on the couch," said Morrison, who went back to work and firefighting on April 6.

Morrison was happy to discuss his experience with physiotherapy at Baynes Physiotherapy in Georgetown in conjunction with National Physiotherapy Week which runs through Saturday. Injuries like Morrison's are typical of the type that physiotherapists treat and they also work with clients who have sports or repetitive strain injuries, nagging headaches, neck and back pain, been injured in car accidents, have arthritic conditions or have suffered a stroke.

"At any age, treatment by a licensed physiotherapist can make a difference to a person's quality of life," said Dianne Parker-Taillon, director of Education, Practice and Research for the Canadian Physiotherapy Association. "Seeking treatment from a registered physiotherapist can be the key step a person takes to alleviate pain and reduce disability."

Morrison began daily physiotherapy sessions at Bayne's Physiotherapy three weeks after he was injured, while his leg was still in a removable air cast.

Physiotherapist Karen Zytaruk, said in the beginning Morrison had an hour-and-a-half treatment each day. She and the other physiotherapist who worked with Morrison used a variety of treatments including heat, ice, acupuncture, manual therapy to mobilize his ankle, balance and

gait training and fitness and conditioning.

Morrison said it "was amazing how quickly your muscles will atrophy."

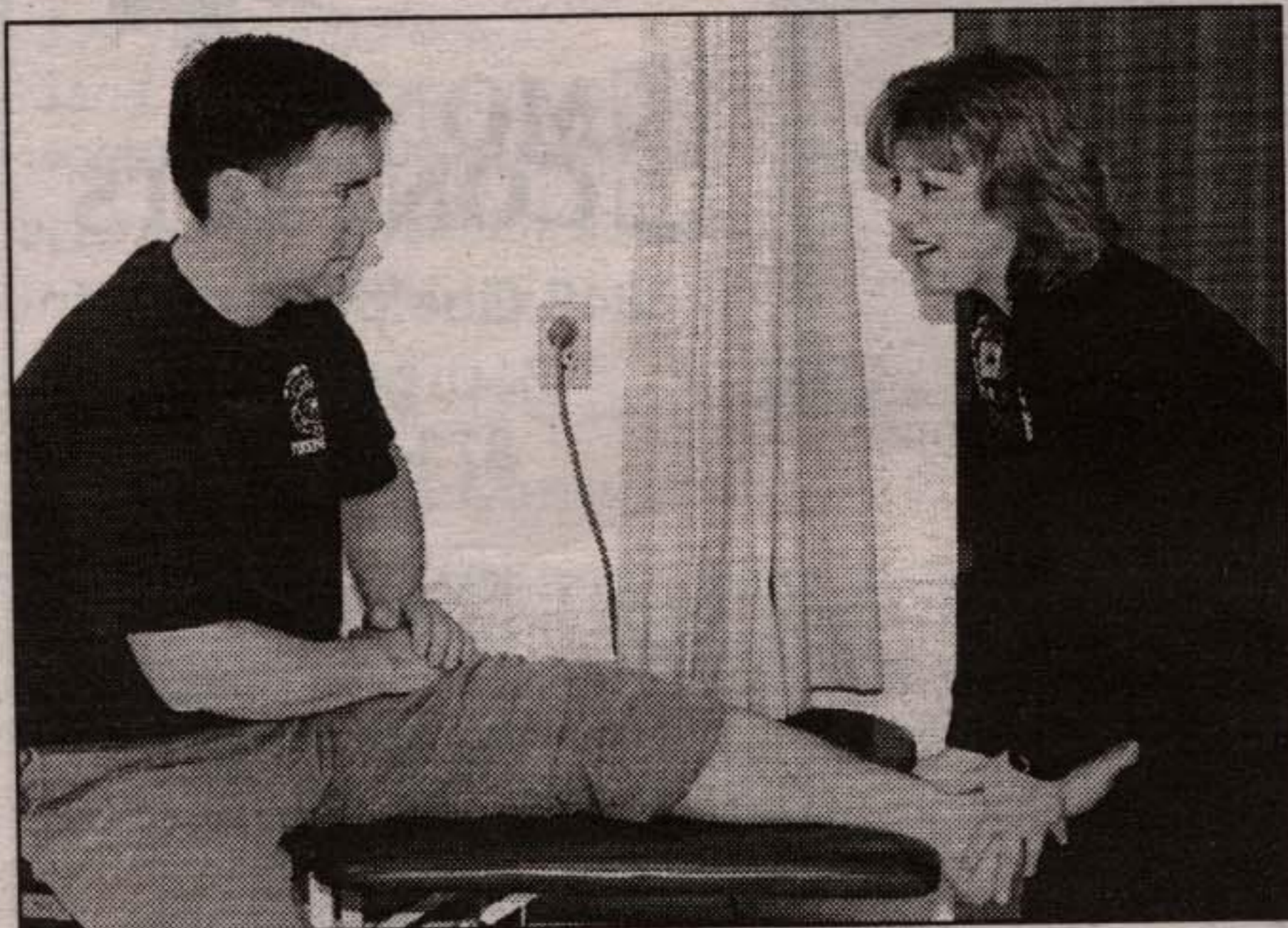
During his conditioning sessions he spent time on the treadmill, stepper and bike and said he noticed a gradual improvement. He's now back to bicycling with his kids.

"You still feel it, the pain still reminds you but it's not a debilitating thing," he said. "Every week you could see how you had progressed from the week before."

Zytaruk said Morrison will finish his physiotherapy treatments and be discharged with a home stretch and strengthening program. She stressed that education is a key component of a physiotherapist's treatment.

In conjunction with Physiotherapy Week staff from physiotherapy clinics in town and the hospital will be at Georgetown Marketplace from 10 a.m. to 4 p.m. Saturday to promote awareness of physiotherapy.

—Photo and story by Lisa Tallyn, staff writer



Physiotherapist Karen Zytaruk works on Halton Hills firefighter Bruce Morrison's leg that was injured while fighting a fire at Halton Hills IGA.

**Dr. Henry Lau, M.D., B.Sc.**  
General Physician

**New Patients Welcome**

99 Sinclair Avenue, Suite #202 Telephone  
Georgetown, Ontario L7G 5G1 (905) 877-9998

### CORRECTION NOTICE

An error occurred in the Fri., Apr. 16/99 ad for



The Crew Quarter Bunk Bed  
Was \$769, NOW \$649

NOT Was \$299, NOW \$219 as stated in the ad.

The Brampton Guardian apologizes for any inconvenience caused by this error.

# Clean-up!

## Save up to 50%

See store for details

Hurry. Sale ends May 2, 1999

### Save\* 25%

Moisture Seal Kitchen & Bath Interior Acrylic Latex Paint... the ultimate in stain protection

- 100% acrylic
- Teflon® surface protector
- Highly scrubbable
- Mildew resistant

Sale \$26.96<sup>3.78L</sup>  
Reg. \$35.96

### Save\* 20%

The Outsider® Latex Acrylic Exterior House Paints

- Flat and Gloss finishes
- Highly Durable
- Quick Drying
- Over 1600 colors

Sale \$26.96-\$29.96<sup>3.78L</sup>  
Reg. \$33.96 - \$37.96



*Eddie Bauer*

New to Canada and Color Your World

Eddie Bauer Designer Collection of Borders

- 9 patterns in stock
- Pre-pasted and solid vinyl

Sale \$11.99

Reg. \$13.99 (Compare at \$32.95 for Book Styles)

Our specially trained Certified Product Consultants will introduce you to the Language of Color. Simply pick any color and match the symbol for a perfect new look.



Color Your World House Calls

Our expert team of consultants will come right to your home. One visit will provide you with samples, measuring, an estimate and the opportunity to order.

One Call 1-800-299-9940  
it's that easy... and it's free.



Inspirations for your home

Not all items available in all stores. \*Off our regular price ©/Teflon® and the Teflon® design are trademarks of E.I. du Nemours and company. Used under Licence.

214 Guelph Street  
873-1363