

Georgetown Physical and Sports Therapy Clinic

Registered Physiotherapists and Massage Therapists

Specializing in:

- *Active Rehabilitation
- *Sports Injuries
- *Work Related Injuries (W.S.I.B.)
- *Motor Vehicle Accidents
- *Custom Made Orthotics

Early Morning & Evening Appointments Available

83 Mill St., Ste. B
Georgetown, Ontario
(Downtown Professional Centre)

905-877-8668



Marta Masley

B.Sc. (PT), M.C.P.A.

Clinic Owner &

Registered Physiotherapist

I hope everyone had a terrific summer. Fall and winter are fast approaching. With the change of the seasons, we put away our summer sports gear and pull out our winter gear. Our first and foremost priority should be to give our gear and equipment a quick inspection. The main component of injury prevention is making sure that your equipment works, and fits you properly. Take it to a sports store for a tune up. Ensure that your equipment is appropriate for your height and weight. Second of all, remember that you have been away from these sports for a year. Despite being active all summer, your fall/winter activities require different muscles and proprioceptive use. You need to make sure you prepare your body (ie) stretching, strengthening, proprioceptive and sport-specific training. Play safe!

Marta

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333 Mountainview Rd., Unit #8

(905) 877-6600

Mon. - Fri. 9 am - 9 pm

Sat. 9 am - 5 pm, Sun. Closed