

HEALTH CARE

Chickenpox is not exactly harmless

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THE INDEPENDENT & FREE PRESS

Halton Hills' Community Newspaper

Friday, August 15, 2008

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Instructor Ronny Larocque of Ayensu's Tae Kwon Do and Karate puts his students (from left) Devon Leal, Patrick Mathisen, Cassandra Fletcher, Madeleine Fletcher and Omar Lawrence through their paces as he teaches various courses for all levels. Photo by Ted Brown

Physiotherapy or massage therapy— what's best for you

It's safe to say that we've all had experiences with physical pain and discomfort. Maybe you've broken a bone, dislocated a joint or undergone surgery.

Perhaps you've been diagnosed with a form of arthritis or simply strained a muscle reaching for the top shelf of the cupboard. Maybe your children have been injured in a competitive sport or they've strained themselves playing too much Guitar Hero or Nintendo Wii (more common than you would think). No matter the cause, the effect is always the same...pain.

It's at that point that it becomes necessary to seek out professional assistance. Two of the most beneficial and

extremely effective forms of physical pain relief are physiotherapy and massage therapy. While these terms are relatively well known and recognized, very few truly understand what the services are, and what they can offer to pain sufferers. More importantly, many people are unsure of which form of therapy is best for their individual needs.

Physiotherapy is a primary care, regulated healthcare profession for the prevention or treatment of injury through physical means. Its primary goal is to enhance an individual's quality of life through improved health and fitness, no matter their age. It does so by promoting inde-

pendence and encouraging individuals to assume responsibility for their own health through guidance and education on aspects of movement function, injury pathology, tissue healing, pain relief and injury prevention. In addition, physiotherapy provides an excellent means of enhancing athletic performance for people of all ages and skill levels.

Registered physiotherapists (RPTs) are highly trained and educated healthcare professionals with expertise in the treatment of musculoskeletal injuries and physical rehabilitation.

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