

The ROCKWOOD Miller

New physiotherapist comes to Rockwood

By Rebecca Ring

Rockwood Physiotherapy and Naturopathic Medicine is now located on Guelph St. (Hwy. 7) and Inkerman St., in the plaza across from the new medical centre. Owner and physiotherapist Dr. Basim Moktar says the new location is fully accessible with ample free parking.

Moktar, a registered physiotherapist, has 17 years experience and earned a PhD in Physiotherapy from University of Ulster in Ireland. He specializes in orthopedic and sports injuries, but treats all kinds of muscular-skel-

etal conditions, including tennis elbow, carpal tunnel syndrome, tendonitis, neck, back, hip and knee pain. Such cases include post-surgical therapy for knee or hip replacement, and pre-surgical therapy for abdominal surgery. "Strengthening the core muscles helps to speed recovery," he says.

Moktar emphasizes the importance of patients participating in their own therapy: "I believe in active rehabilitation and encouraging the patient to be part of the treatment to set goals and achieve a full recovery." In some cases, one consultation may be enough

for him to teach appropriate home exercises and stretching.

For those without a specific condition, Moktar can advise them on the correct method to exercise their bodies and strengthen muscles. "Doing exercises correctly can determine outcome and overall health," he says. "As we age, exercise can help counteract the effects of arthritis and wear and tear on joints and tendons - if done correctly." Improper use of weights for example, can actually have a negative effect. "You can achieve desired results with repetition, rather than adding more weight."

Available treatment in-



HELPING BODIES HEAL: Physiotherapist Dr. Basim Moktar recently opened his new Rockwood location at Guelph and Inkerman Streets. Naturopath Renee Paradis will be joining the clinic in January. - Rebecca Ring photo

cludes electrotherapy, ultrasound, laser therapy, acupuncture and custom orthotics. The clinic provides a full range of equipment. In January, Moktar will be adding Naturopathic Medicine to the clinic as he welcomes Renee Paradis, who will be relocating from Guelph.


Both the Rockwood and

Erin locations are accepting new patients. No referral is required. Most health insurance plans cover part of the costs of physiotherapy, but many require a referral from a physician. WSIB and Motor Vehicle Insurance also cover costs in applicable cases.

Moktar works with the East Wellington Family

Health Team and East Wellington Community Services, which includes both Rockwood and Erin. The EWFHT will be based in the new medical centre across the street.

Evening and weekend appointments are available. For more information, call (519) 856-1221.



*Wishing you Joy,
Peace and a
Merry Christmas*

Ted Arnott, MPP
Wellington - Halton Hills • 1-800-265-2366

Beware of holiday scams

Local businesses have been victims of fraud over the past couple of months with an increase in the last month. The item of interest has been gift cards that have been purchased with forged credit cards. The suspects have been acquiring gift cards valued from \$300 to \$500; the most popular choice has been prepaid credit cards. The Guelph Police report having received 35 complaints of successful transactions with a total value of approximately \$14,000. Grocery stores have been the primary target for these suspects. Business owners and employees are asked to keep these recent events in mind when accepting payment in the form of credit cards. Please make every effort to verify that the credit card is authentic and that the person presenting the card is the rightful owner. A few helpful reminders: 1. Update employees on their under-

standing of the security features present on most credit cards. 2. Verify that the last four numbers on the front of the credit card match the numbers appearing on the receipt. 3. If something doesn't appear quite right, get a manager or another employee involved in the transaction to verify your suspicion. 4. If you suspect you have just been a victim of this type of incident, gather as much information on the suspect as possible such as description of persons, as well as make, model and licence plate number of associated vehicles. Then call police immediately at 519-824-1212. The rightful owner of a credit card should thank you for being diligent. Anyone having information that may assist this investigation is asked to call the Guelph Police Service Fraud Unit at 519-824-1212; or to leave an anonymous tip you may call CRIMESTOPPERS 1-800-222 TIPS (8477) or you may submit online at: www.crimestoppers-wellington.com.

Rockwood Physiotherapy Centre
178 Alma St. Unit #8, PO Box 209 Rockwood On. N0B 2K0

Rockwood Physio
is pleased to announce that
Renee Paradis
will be joining our practice
effective Jan. 6, 2010.
Renee is a
Doctor of Naturopathic Medicine
who will be relocating her clinic
from Guelph to Rockwood.

New Patients Welcome

- Physiotherapy • Sports Injuries • Custom Orthotics •
- Orthopedic & Arthritic Conditions • Neck & Back Pain •
- Naturopathic Medicine & Acupuncture •

Treatments are covered fully or partially by most Employee Benefit Plans. They are not covered by OHIP
Please call (519)856-1221 to book an appointment or (519) 833-0606 for more information

JIM'S REPAIR SHOP
105 Alma St. Rockwood
Tel: 519-856-2564 Fax: 519-856-9657

Merry Christmas
& Happy New Year
May all your wishes come
true this festive season.



Bruce, Jeannette,
Betty Ann, Ken,
Jeff, Mary Ann,
& Kevin

Dec 24 Closing Noon • Dec 25-26, 27 Closed
Dec 28-30 Reg Hours • Dec 31 Closed at noon
Jan 1 Closed • Jan 2 8am to Noon • Jan 4 Reg Hours Resume

INDIAN RIVER DIRECT

CITRUS TRUCKLOAD SALE

ACTON

WED. JAN 6TH, 12:30PM - 2:30PM
THE HIDE HOUSE PARKING LOT
(Eastern & Mill)

20 LB BOX OF FLORIDA
Seedless Navel Oranges
or Ruby Red Grapefruit **\$22.00**
PER BOX