

**MILTON Physio**  
 Mon.-Thur. 7:00am-8:00pm  
 Fri. 7:00am-3:00pm  
 PROVEN THERAPY FOR YOUR PHYSICAL HEALTH

**(905) 878-9293**  
 (Across from the Milton Hospital) Established since 1989



# FOCUS ON Health



## CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome results from excessive pressure on a major nerve that serves the hand and wrist — the median nerve. This results in the hand becoming numb, tingling, painful and/or weak. This condition has become more common with the increased use of the computer at work and home. The repetitive motion of using the keyboard causes irritation and swelling of the tendons and ligaments surrounding the median nerve. Awkward positioning of the wrists and hands while using the computer can compound the problem.

If you experience any symptoms of carpal tunnel have it analyzed and treated before any permanent damage occurs. Simple positioning while using the computer, with wrists in neutral and the forearms parallel to the floor, can alleviate much of the pressure on the nerve. Your doctor may prescribe medication or the use of wrist splints. The regular application of ice to the area is often effective in reducing swelling. Physiotherapists can work to reduce the inflammation of the tendons and ligaments, while strengthening the surrounding wrist muscles.

**Judy Boivin, Registered Physiotherapist**  
 Milton Physio (905) 878-9293

## NATIONAL PHYSIOTHERAPY WEEK APRIL 18-24

During National Physiotherapy Week (April 18-24) physiotherapists invite the public to make a Step in the Right Direction and learn more about how the profession both helps the injured and focuses on injury prevention.

From relieving nagging headache pain to mobilizing a broken ankle, from working with disabled children to helping a stroke victim recover, a visit to a physiotherapist includes an assessment and diagnosis before developing a treatment plan. "At any age, treatment by a physiotherapist can make a difference to a person's quality of life", says Dianne Parker-Taillon, Director of Education, Practice and Research for the Canadian Physiotherapy Association. Seeking treatment from a physiotherapist can be your key step to alleviate pain and reduce disability due to illness or injury.

"Prevention and education are a vital part of a licensed physiotherapist's work" explains Parker-Taillon. For example, stress, a major contribution factor in the most common illnesses causing death (stroke, cancer, heart-attack) can be reduced through magnetic and manual therapy techniques used at Dianne's Physiotherapy Services.

If you suffer stress, discomfort or disability from injury or disease, or just want to know how to move more efficiently for a sport, hobby or general daily activity, Step in the Right Direction - visit a physiotherapist.

For general information visit the Canadian Physiotherapy Association Web site [www.physiotherapy.ca](http://www.physiotherapy.ca) or call Dianne's Physiotherapy Services at 905-693-0532.

## A PUBLIC HEALTH AND SAFETY ISSUE

*This editorial is contributed by the Electrolysis College of Canada Inc.*

The provincial government has finally introduced mandatory infection control protocols for all personal service industries: aesthetics, manicure/pedicure and nail treatments, electrolysis/laser technology, hairdressing, barbering, micropigmentation, tattooing, body piercing and acupuncture.

These protocols have been developed to minimize the risk of contracting bacterial, viral (e.g. HIV, hepatitis B and C) and fungal infections. Exposure to blood or body fluids can lead to infection of the client or service provider. **This can occur even if blood and body fluids are not visible to the naked eye on instruments.** Therefore, infection control precautions must be taken in every personal service occupation where blood or body fluid contact is possible.

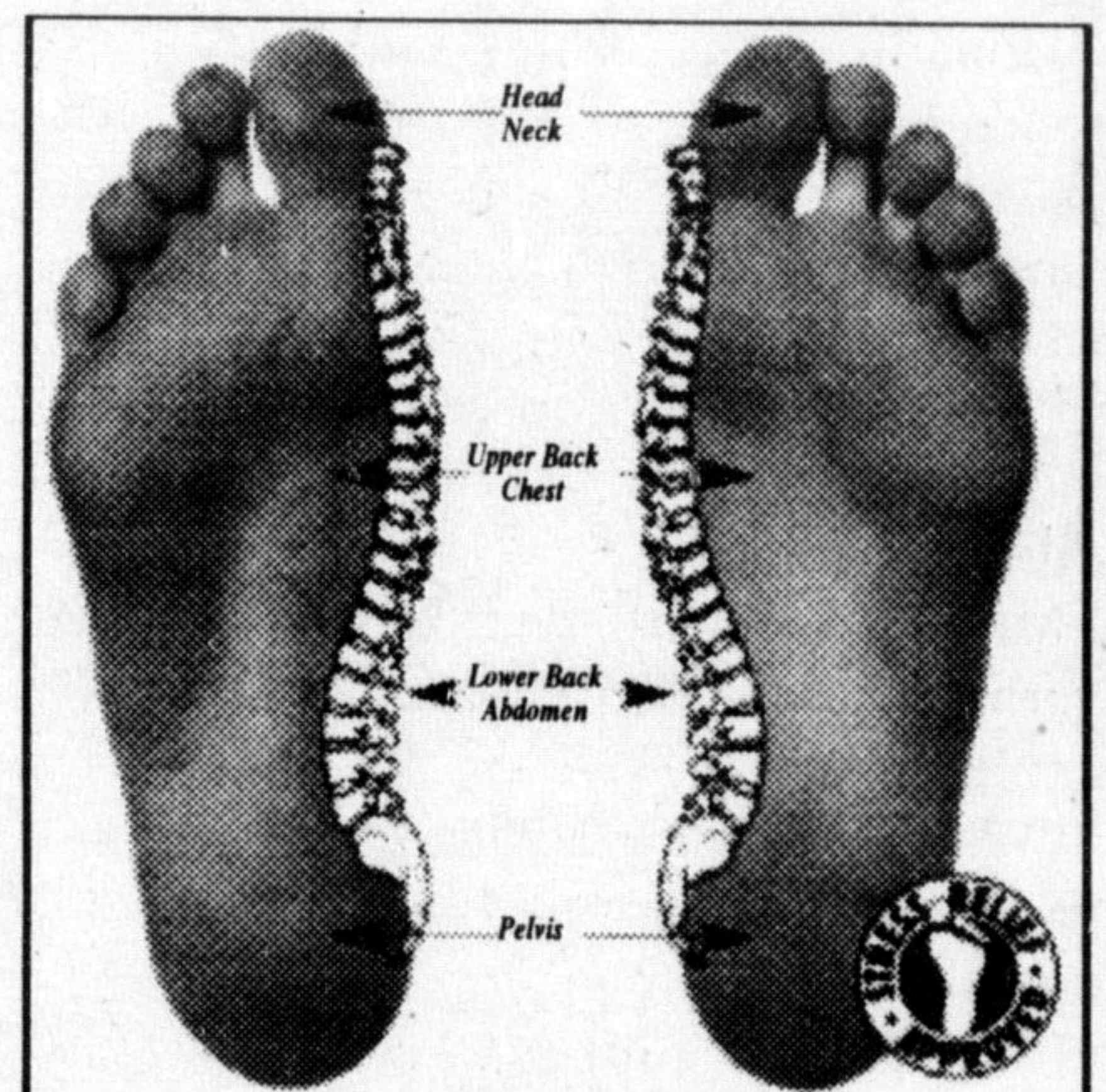
When seeking electrolysis or any personal service, the public should ask the service provider if he/she is fulfilling the new protocols.

Staff of the Electrolysis College of Canada Inc. want to reassure our clients that effective infection control procedures, as mandated by the new protocol, have been routinely practiced by our staff and students for years. Performed appropriately (with sterile, disposable needles, sterile, prepackaged instruments and single-use gloves), electrolysis is a very safe, effective and comfortable method of permanent hair removal.

**DIANNE'S PHYSIOTHERAPY SERVICES**  
**(905) 693-0532**  
 CONSULTING, ASSESSMENT AND TREATMENT

- Anti-Stress Massage, Reflexology
- Pain/Disability Management
- Back Care Education
- ADP Walker Assessments

**DIANNE BAILEY, P.T. Reg.**  
 192 Main Street East



Map of the Reflexology Foot  
 THE REFLEXOLOGY ASSOCIATION OF CANADA

For nearly 5,000 years, Reflexology has been promoting good health and general well being in people of all ages. It is a completely natural process, as natural as walking barefoot.

Decide to experience the benefits of Reflexology for yourself. NOW!

**Curves Body Care**

- Advanced Ear Coning
- Reflexology
- Therapeutic Touch
- Pedicure

**Laurie Vaughan-Sherman R.A.C., C.R.**  
 875-1342 OR 330-6825  
**RAC**  
 REFLEXOLOGY ASSOCIATION OF CANADA  
 Since 1976

**Lynnette Handley's**

**DANCE FIT**  
 SINCE 1977

**Spring Session!!**  
 Come for a **FREE Trial class!**

The KEY to staying physically active is to find something **FUN** to do!

**Bring your sneakers, your 2 left feet and join the FUN!!!**

**Evening Class**  
**St. Paul's United Church**  
**Tues/Thurs 8:15 p.m.**

**For REGISTRATION or information please call Cheryl at 878-2285**

**Naturally Be Wellness Centre**

**ACUPUNCTURE**

helps relieve musculoskeletal pain from arthritis, backache, carpal tunnel migranes, whiplash and more

**FREE Information Night**  
**Tues. Apr. 13, 8 pm - 9 pm**

Call **Linda Henderson** at  
**(905) 854-1654**

Bring in your old Herb or Vitamin bottle and receive

**\$200 OFF**

any Vitamin or Herb product in stock

**Zellers PHARMACY**

Expires April 21, 1999

Milton Mall, 55 Ontario St.  
 878-0644

**Discover your Beauty & Elegance**

**Specializing in Wigs & Custom Hair Replacement**

For women and children with "Special Needs"

(Chemotherapy & Radiation Treatments, Alopecia) Custom-Fitted Wigs, Hats, Designer Turbans, Wig Care Products, Wig Styling & Repairs and Accessories

**July You Wig Boutique**  
 Hair Replacement & Accessories

Representative of Sunveil Sunwear Clothing  
**Helping you...Look & Feel Better**  
**(905) 821-1092** <http://www.linkall.com>

Winchester Place, 154 Queen St. S., U. 112, Streetsville

**25% OFF**

**PARADISE NATURAL FOODS**

**ALL ESTER-C FAMILY PRODUCTS!**  
 878-3080

**ESTER-C® SUPREME**

The vitamin C for allergy season!

500 Laurier Ave., Milton, ON L9T 4R3

**ELECTROLYSIS COLLEGE OF CANADA INC.**  
 550 Ontario St. S., Suite 203, Milton (above Amity)

Leader in Treatment and Training for Electrology and Laser Hair Removal

Complimentary Consultation & Incentives for Referrals  
**(905) 878-9113 or (905) 878-3945**