

# Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"  
c/o The Canadian Champion  
191 Main Street E.  
Milton, Ontario L9T 4N9  
or Fax to: 878-4943



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS

**HALTON COMMUNITY  
REHABILITATION  
CENTRE**  
86 Main St., Milton  
876-1515

Recently, someone recommended that I go to see a physiotherapist. I don't know much about physiotherapy. Can you tell me about what a physiotherapist does?

Physiotherapy is a form of health care and the primary goal of a physiotherapist is to promote optimum health, function and mobility. More specifically physiotherapists help with any problem involving movement. A physiotherapist will evaluate and assess the function of different body systems and how any problems with these systems lead to changes in mobility.

For example, you may not be able to walk because you have a sore knee or back from a muscle or ligament strain. You may have pain and loss of strength because you have recently had surgery or a broken bone. If you have had a stroke you may not be able to move your leg or arm in the same way. If you have recently had a heart attack, you may not be able to carry out your daily activities as before. Whatever the reason for problems with movement during daily activities, sporting, recreational, or work activities, physiotherapists can help.

A physiotherapist can provide a complete assessment of your problem and make a treatment plan with you to help you to reduce pain, improve movement, strength, balance, and endurance, and get back to optimum health!

**What training does physiotherapy require?**

Physiotherapists have a university degree in physiotherapy and have to be registered with the College of Physiotherapists of Ontario, in order to practice. If anyone is providing you with physiotherapy services, you should ensure that he or she is a registered physiotherapist.

**How do I find a physiotherapist?**

Physiotherapists are located in the yellow pages of the telephone book. They work in hospitals, clinics in the community, or they can come to your home. In the province of Ontario, you do not need a doctor's referral to attend physiotherapy. However, it is always a good idea to let your doctor know that you are having problems and would like to attend physiotherapy. Your physician is an important team member in your health care.

Please contact Tina or Connie at the  
Halton Community Rehabilitation Centre,  
86 Main Street East, Milton 876-1515,  
for questions about physiotherapy.



Elayne M. Tanner

**Elayne M. Tanner**  
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
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**Q:** I have tried many times to make changes in my life, but each time I wind up back in the same old place. Is this a problem for other people too? How can I change this pattern?

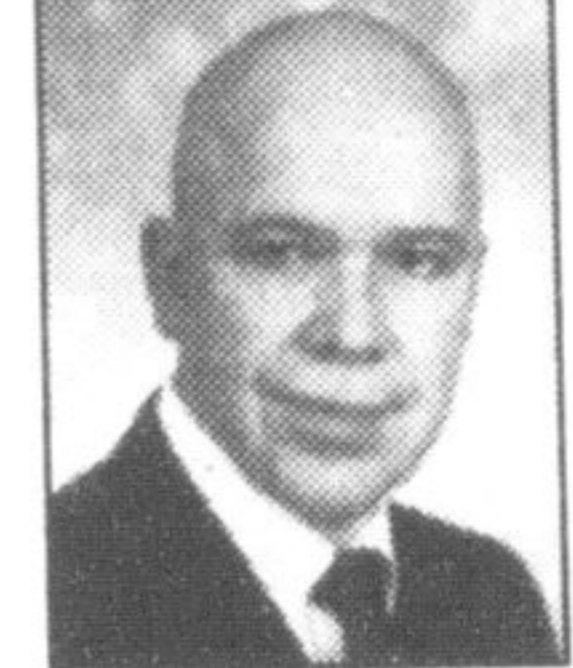
**A:** I cannot comment on your particular situation without more information, but the scenario you describe is a fairly common complaint. Often, the roadblock to creating lasting change is pain that one has experienced in the past. It often acts like an anchor, tying us to our earlier times and making it impossible to move forward. In order to take those steps, therefore, we sometimes must first go backwards. What I mean by this is that we often have to examine painful past memories and experiences, in order to gain new understandings, so that we can untie ourselves from the past. We need to become aware of the tremendous amount of energy that is required to hold onto the pain, we must somehow find a way to forgive those that hurt us. Understand that I do not mean that we have to accept what they did, but rather to realize that they did what they did because they didn't know better, or, they didn't think, or maybe they were ill or had been so badly hurt by others that their own ability to care for someone was damaged. Whatever their reason, they did no treat you badly because you deserved it but because of their own deficits. In other words, you do not have to be ashamed of your past because you did not cause it. Yet, if we give up our old familiar pain, we have to face the unknown. It is human nature to be afraid of change and thus, many of us stay anchored to the past. When we learn to let go of the past, we free up new energy with which to tackle the future. Then we can begin to make real and lasting changes. These steps can rarely be taken alone, but under the guidance of a trusted and qualified psychotherapist, who believes in this same viewpoint, you will quickly begin to make the desired changes.

**Elayne Tanner & Associates. Inc.**

With my associates, I am able to offer a variety of services including mediation, group, seminars and access to a lawyer and legal services.  
Confidentiality guaranteed.

**Tel: (905) 876-0940**  
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420 Main Street East,  
Suite 204  
Milton, Ontario L9T 1P9

- Financial Planning
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Lou Mulligan MA, CFP, RHU

**Q:** I just got my refund cheque for last year's taxes! What should I do with my tax refund?

**A:** Congratulations! Chances are you received this refund because you put extra money into your RRSP. Now that you have it, you need to think about how to get the best value out of it.

- You could use it to reduce non-deductible debt - you could pay off your credit cards or make an extra payment against your mortgage or car loan.
- You could put it into a high interest savings account to build your emergency fund for unexpected future cash needs.
- You could invest it into your own or your spouse's RRSP for a bigger tax refund next year.
- You could invest it into an RESP for a child's or grandchild's future education needs.
- You could invest it in mutual funds for your future long-term capital or cash flow needs.
- You could give it to a recognized charity and reduce your taxes next year.
- You could register to take a skill-upgrading course to improve your employability.

Any of these would be positive steps toward your family's future financial well being. We would love to know what you would do with your refund. Come tell us at Milton Showcase, Thompson Road Arena, May 23-25. We will have excellent prizes for our draw. Golf club bag (Fidelity Investments), Big Bertha golf putter (Aim/Trimark Investments) 35 mm SLR camera (Mackenzie Financial), Golf accessory/cooler bag with surprises inside (AIC Group of Funds).

**\$ MONEY  
CONCEPTS.**

**REGON.**  
Dealer Services  
Canada Inc.

**Briarwood Cosmetic  
Surgical Centre**

**Dr. S. C. Brown M.D., FRCSC**  
408 North Service Rd. E. Oakville  
905-849-4282

**Q:** I have some brown spots on my hands and face plus some broken veins, how can I get rid of them?

**A:** Removing unattractive lesions and smoothing skin texture is now easier, more comfortable than ever before.

The Aurora skin rejuvenation system utilizes advanced technologies based on proven science.

It uses a unique combination of electrical energy, light and cooling to treat facial veins, superficial pigmented lesions (such as age spots, solar lentigo, skin irregularities) without damaging surrounding tissue or skin.

This system can be used for full face skin rejuvenating but can be modified for specific individual needs.

To make an appointment for a free consultation please call Michelle or Sharon at 905-849-4282



DAWN  
PHILLIPS

**Sun Haven TANNING SPA**

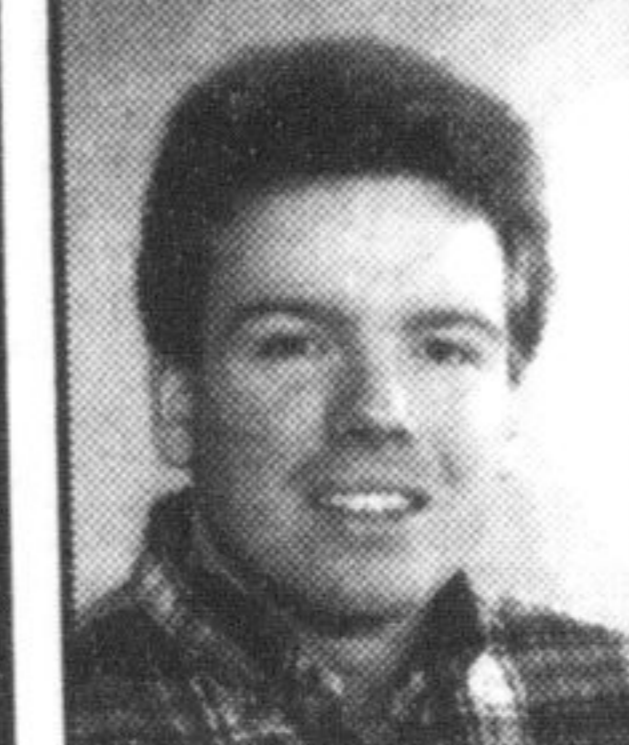
550 Ontario St. S., Milton • (905) 878-2324  
3505 Upper Middle Rd., Burlington • (905) 335-5050

The concept of indoor tanning may be new for some people, but it is a common routine for many thousands of people here in Milton. We have proudly operated Sun Haven Tanning Spa here in Milton for the past 6 years. Over those years we have offered our clients the most advanced tanning technology and professional service available anywhere.

A controllable indoor tanning environment is your smartest choice to develop your own natural tan. Developing a tan outdoors is not as precise and can put the tanner at a higher risk of contracting erythema, better known as sunburn. Once your tan has cautiously been established indoors, you are better able to enjoy outdoor activity with an increased degree of natural sunburn protection. Consequently, one of the functions of a reputable indoor tanning facility is **sunburn prevention**.

At Sun Haven our staff is extensively educated and certified through the largest recognized indoor tanning association in the world. We also strictly adhere to the standards and regulations set out by Health Canada and our own uncompromising policies take indoor tanning to the most professional level possible. If you have any questions regarding indoor tanning please call me, Dawn Phillips at 905-878-2324 or drop by our spa at 550 Ontario St. (at Derry Rd.)

Be assured; when tanning at Sun Haven, you're tanning smart!



Greg J. Lawrence  
B. Sc., D. Ch.

**GREG J. LAWRENCE B. Sc., D. Ch.**  
FOOT SPECIALIST / CHIROPODIST

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1A Princess Anne Dr.,  
Georgetown, Ontario L7G 4W4  
(905) 702-1611

Member of the Ontario Society of Chiropractors  
and The Ontario College of Chiropractors

**Q:** Do you make custom-made footwear?

**A:** Yes, we carry custom-made Birkenstock sandals and shoes. The new line made by The Orthotic Group, includes sandals, casual & dress shoes, running shoes and clogs. Many of these styles are new this spring.

In order to manufacture such footwear, we take a plaster cast of each foot and send them to the lab. The footwear is made with a custom-made orthotic footbed according to the cast and prescription to make the weight distribution equal throughout the bottom of the foot.

Custom-made footwear is perfect after being on your feet all day in the summer months. As the warm weather approaches many individuals prefer to wear sandals instead of enclosed footwear. This is when people neglect to wear their orthotics.

Many extended health benefit plans cover the cost of custom-made sandals. So, if you would like the freedom from your orthotic or just want to walk around in comfort, give us a call.

The clinic offers extended hours.  
No referral is necessary.