

Milton Success Stories

Recovery success continues at Hands on Rehabilitation!

Catherine Wilkinson and her husband Robert opened their clinic in the Laurier Medical Centre at 497 Laurier Avenue, suite 8, Milton, in March of 2002. The past year has been successful in helping many people with limited mobility to regain, without pain, their full use of shoulder and arm movement. Others tell their successes of recovery.

Catherine has developed a special massage technique for neck and shoulder injuries. The "Scapular Stretch & Rotator Cuff Release" massage technique has been the recovery success story for many clients. The technique brings mobility to shoulders with limited movement. In addition to

Scapular Stretch & Rotator Cuff Release massage, the clinic also offers traditional neck, back and full body massages that provide healthcare for pregnancy, stress, motor vehicle accidents, whiplash, chronic pain, sports injuries, headaches, and relaxation. They also specialize in lymphatic and reflexology therapies. The Lymphatic Therapy technique assists the function of the lymphatic and venous system to

stimulate cleansing offering a specialized treatment that is in demand by our health conscious society. Reflexology is a special foot massage to help normalize different body conditions. Bridget, after her lymphatic therapy treatment said, "I felt so light and energized."

Happy clients have this to say about their recovery: "In November 2002 I had an injury to my lower back with damage to the 5th nerve root. I suffered severe pain with partial paralysis to my left leg and foot. Consultations with a neurosurgeon and neurologist offered me no treatment or hope of recovery. I was told I should retire from my work and wear a leg brace. In February 2003 I began regular massage treatments with Catherine Wilkinson. One year later I am almost pain free and find that movement in my left leg and foot are about 80% restored. I believe that this course of treatment will eventually result in my complete recovery, and for that hope I am very grateful." (Guy, Milton)

"My experience has been an enjoyable relaxing massage. Sheer relief when experiencing major back pain. Massage and Lymphatic cleansing has been great in assisting me to get over illness. Catherine's hands are definitely hands of rehabilitation. I found that reflexology (special foot massage) which I get with my regular massage, has helped me maintain my health." (Bridget, Milton).

Judy from Milton writes, "Catherine, I would just like to thank you for your expertise in helping me to get out of constant pain. Now I am able to live a normal life like washing my hair, putting on a jacket by myself or just trying to reach for something in the cupboard without pain. Little

things we just take for granted in our day today lives. Thank you again."

Catherine has developed several other massage techniques which she and her husband teach to Registered Massage Therapists across Ontario as well as stress and business seminars. She has worked as a registered massage therapist for 23 years.

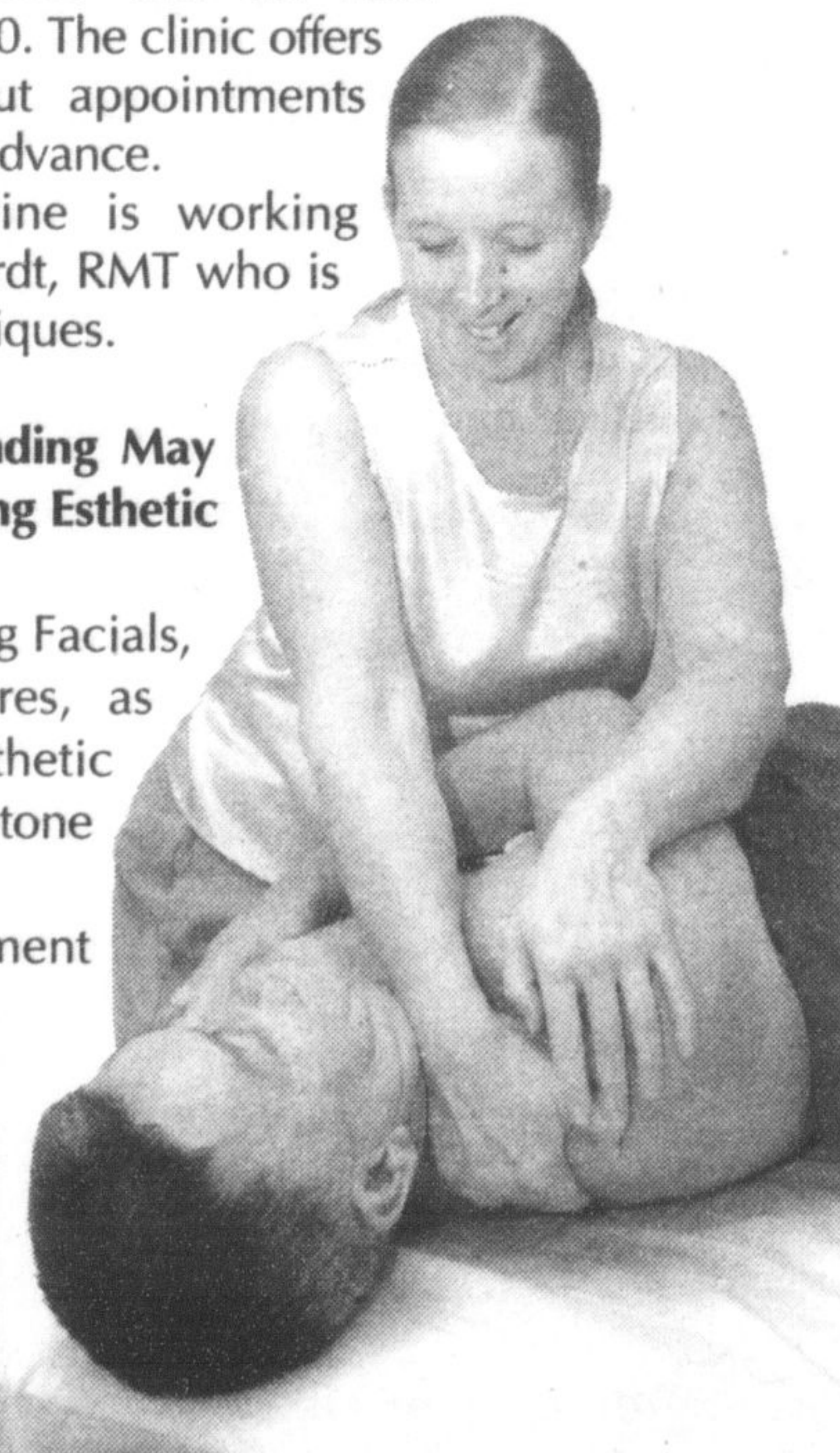
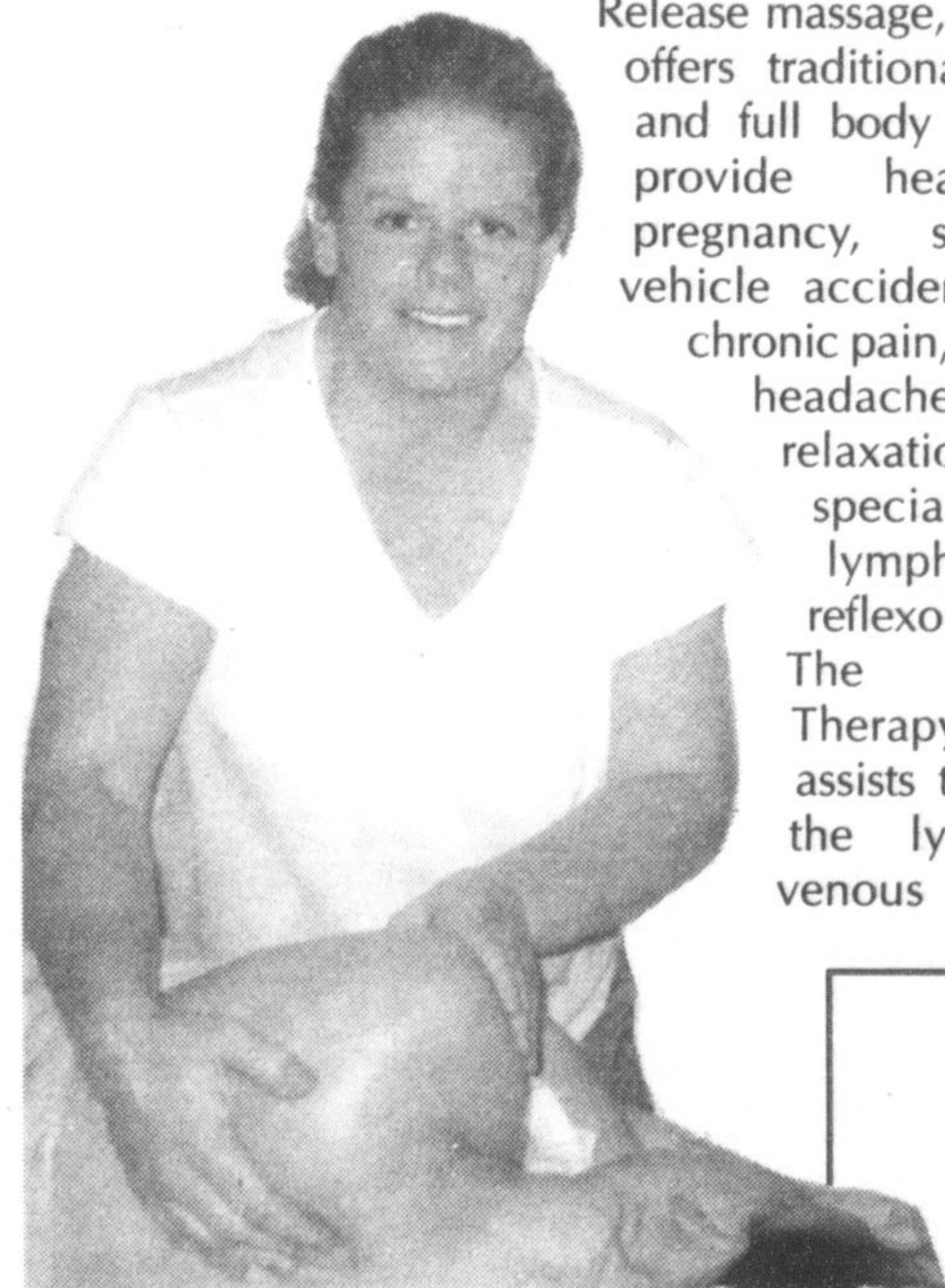
A half-an-hour massage costs \$42.00. A 45 minute massage costs \$50.00 and an hour massage costs \$70.00. The clinic offers extended hours but appointments must be booked in advance.

Currently Catherine is working with Kirsten Reinhardt, RMT who is trained in her techniques.

The clinic is expanding May 1st 2004 introducing Esthetic Services.

We will be offering Facials, Pedicures, Manicures, as well as other esthetic services and Hot Stone Massage.

For an appointment call 905 875 3902.



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