

# Milton Success Stories

## Advantage Physio of Milton

Advantage Physiotherapy opened its doors on May 30th, 2005 at its location on the corner of Derry Road and Ontario Street (550 Ontario St.S). Owner and registered physiotherapist, Valerie Brouwers has seven years in the industry and is proud of the numerous post graduate courses that she has taken since graduating with a bachelor of science in physiotherapy from the University of Toronto in 1999. Most notably she has over six hundred hours in manual therapy training. This is a specialized area of physiotherapy that encompasses the latest research and skill in joint mobilization and manipulation as well as exercise and education. Recently she became certified in Active Release Techniques which is helpful in conditions such as carpal tunnel syndrome, repetitive strain injury, shoulder tendonitis, and running and sports injuries (for more information contact [www.activerelease.com](http://www.activerelease.com)). Valerie is a long time Milton resident and was employed from graduation at the University of Guelph where she gained skill in treating a wide range of athletes. It was her dream to open a physiotherapy clinic in Milton since volunteering in a clinic as part of a highschool co-op program.



**Valerie Brouwers**

Owner & Registered Physiotherapist

At Advantage Physiotherapy the initial assessment is very thorough and takes one hour. Frequently adjacent areas need to be treated after an injury in order to have a complete resolution of symptoms. For example low back pain may be related to stiffness in a hip even though the hip may not be painful. One hour allows for the complete assessment as well as a treatment. Follow up appointments are booked for thirty minutes which

allows for hands on treatment and close supervision of exercise routines by the physiotherapist. They only book two patients per hour.

The clinic has three spacious, private treatment rooms and a large well equipped gym facility. "We were hoping to achieve a comfortable and inviting environment for clients who in many circumstances are suffering in pain" says Valerie. Friends and family spent day and night last spring renovating the once ladies only gym into the physiotherapy clinic that you see today. It was well worth the effort.

Patients can book an appointment by calling Advantage Physiotherapy at 905-693-8043 or by stopping by the clinic during business hours. They offer evening and early morning appointments. Most



Located at 550 Ontario Street South, Milton.  
(Corner of Derry Road and Ontario Street.)

extended health plans cover physiotherapy. "Our receptionists are very helpful in answering questions about coverage and how to go about submitting invoices. We can walk you through it if needed". They also see WSIB claims as well as motor vehicle accident claims. Certified pedorthist, Scott Harvie, is in the clinic one evening per week for consultation and fitting of custom orthotics and footwear

and they are welcoming chiropractor Trevor Johnston who will be offering evening, early morning and Saturday appointments starting in July. For more information about the clinic and please visit [www.advantagephysiotherapy.ca](http://www.advantagephysiotherapy.ca).



### Specialties:

- Manual Therapy
- Certified Active Release Provider (ART)
- Women's Health
- Running and Sports Injuries
- One Hour Assessments
- Thirty Minutes of Hands On Treatment

### Proven Treatment for:

- Post Surgical Rehabilitation
- Tendonitis, Sprains and Strains
- Neck and Back Pain
- Repetitive Strain Injuries
- Osteoarthritis & Osteoporosis
- Motor Vehicle & Work Related Injuries

visit us at

[www.advantagephysiotherapy.ca](http://www.advantagephysiotherapy.ca)

Covered by: Extended Health Plans  
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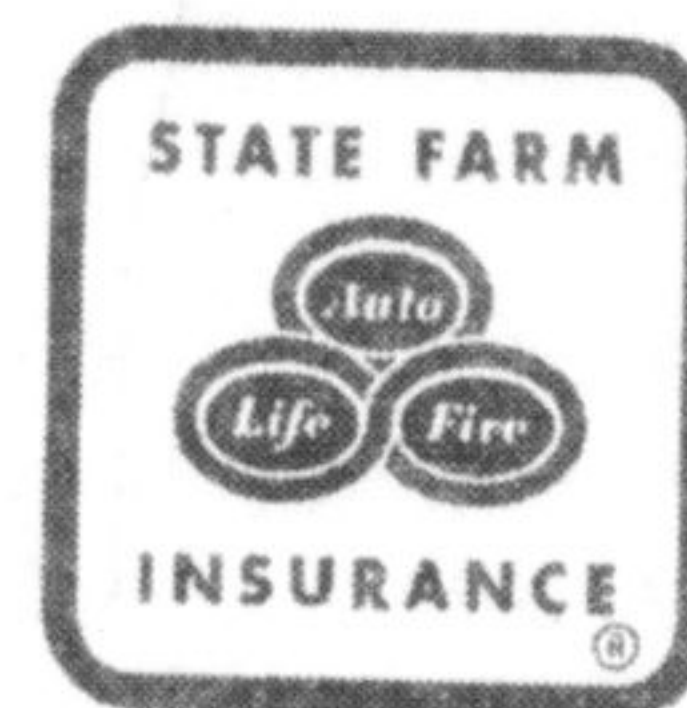
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