

# Putting the abused athletic body back in shape

By BRAD REAUME  
The Champion

Judy Boivin has been going to physiotherapy every day for almost five years. She's fine though. She owns the place.

As the guiding light behind Milton Physiotherapy and Sports Injury Clinic, Ms Boivin, a graduate of physiotherapy from the University of Toronto, has witnessed enormous growth in business.

That growth is associated with people taking better care of themselves and an explosion of adults involved in sports and physical activities.

"People have to take responsibility for themselves and their physical condition so they don't end up with long-term problems," she said. "The faster you get in to correct a problem, the less problem it is."

Physiotherapists deal with musculoskeletal, pulmonary and cardiovascular systems and treat problems caused by injury, illness or birth defect. This week (Mar. 13-19) is National Physiotherapy Week.

Ms Boivin said her clinic, with three physiotherapists on staff, deals strictly with orthopedic conditions, with an emphasis on sports related injury.

Chiropractors treat similar conditions, said Ms Boivin, but they take a different approach.

The Milton clinic opened in May, 1989 on Mill Street and moved just over a year ago to its present location in the Medical Arts building on the corner of Derry Road and Bronte

Street. Recently, Heather Wilson of Burlington and David Kuhner of Mississauga have joined the clinic's staff.

Ms Boivin, originally from Cambridge, located in Milton for business and personal reasons.

"It's the ideal place to raise a family," she said. "Milton offered everything. We looked at a lot of places around Toronto before we settled here."

Ms Boivin said she has been involved in many sporting activities, from swimming and running to aerobics.

"I wanted to combine the medical field with physical conditioning," she said. "Physiotherapy was perfect."

Patients are put through a rigorous assessment prior to treatment. A typical assessment can take as much as two hours. The patient's medical history, present abilities and complaint are all considered.

While most of the work is fairly straightforward corrections of back injury, sprains, and painful necks, knees and shoulders, occasionally dramatic problems surface.

Musculoskeletal pain that can't be accounted for among joints and muscles can be the signature of something much more serious, even life-threatening. Severe pain can signal cancer.

"We don't go beyond our area of expertise," Ms Boivin said. "If there's a problem we can't account for, we send the person back to their family doctor. We'd call the doctor and pass on our findings and

• see PHYSIOTHERAPY on pg 8



Physiotherapist Judy Boivin explains to patient Dayna Christie how her back was injured, at the Milton Physiotherapy and Sports Injury Clinic.

Photo by Graham Paine

## Physiotherapy

### Here's how the program works

If you can get your injury-riddled body through the doors of Milton Physiotherapy and Sports Injury Clinic you are facing a 1-2 hour assessment.

First the physiotherapists want to know the problem and its history. They want to know what activities you normally engage in and how the pain has affected your

lifestyle. They want the results of tests done and any X-rays or medication prescribed.

Then they ask what you thought happened. In addition they will look at your posture, flexibility and strength.

When all the information is in place the

• see REHAB on page 8

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