Physiotherapy helps head off long-term problems

from PUTTING on page 5 suspicions...It doesn't happen often, but often enough that we look for

Ms Boivin said the treatment approach of yesteryear, which held that if an activity produced pain one stopped doing it, doesn't wash anymore.

"Some runners come in with pain that begins after they run 10 miles,"

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she said. "We send them out to run whiplash injuries and trauma inlem. Often problems are caused by more from their bodies.

"You shouldn't do anything that causes pain," she said. "We suggest around pain."

"Lower back pain is our number one complaint. Then necks and knees. We also have a number of Act

10 miles and then assess their prob- juries from motor vehicle accidents," she noted. "There are exoveruse and compensating for over- cruciating pain situations and backs use injuries. People expect a lot that are so bad the patient is hunched over."

In private clinics like Milton Physiotherapy, the patients are alternatives. There is usually a way paying the costs out of pocket, so according to Ms. Boivin, they are highly motivated to get better.

> The Regulated Health Professions of Ontario now allows

physiotherapist visits without a doctor's referral. According to Ms Boivin, physiotherapists are considered primary health care practitioners and private clinics operate much like dental practices, with care. Tickets are \$2 to help cover treatment paid for individually or library costs. through health plans.

"We haven't seen a huge change," she said. "People still need a Foundation's aerobathon physician's referral for a reinbursement but it's nice to know we're given a measure of respect within the health care community."

Ms Boivin has two imminent local speaking engagements.

The first is at Milton Library next Thursday, (Mar. 24) at 7:30 p.m. where she will be speaking on back

The second is next Saturday (Mar. 26) at the Heart and Stroke Leisure Centre, where she will speak on prevention of sports-related injuries. Her morning time slot has not been announced.

Rehabilitation often takes just four weeks

from PUTTING on page 5 physiotherapists put it together to come up with a treatment plan, usually with a component to be done at home.

A shoulder injury is normally fixed in 3-4 weeks with the use of ultrasound to reduce inflammation, according to physiotherapist Judy Boivin.

If you come in with a wrenched knee, from a hockey injury, various approaches may be taken.

Cartilige, which acts as a shock absorber, can be damaged in degrees, some of which are treatable by physiotherapists and some which

require arthoscopic surgery. Such surgery is done by inserting a needle into the knee and fixing the tears with micro-surgical techniques. Recovery time is much quicker for arthroscopic surgery than for traditional knee surgery.

If the knee injury involves ligaments, the stabilizers of the knee, physiotherapy can usually cure the problem in 4-5 weeks. An interferential machine is used, in which two electrical currents are opposed to cause a vibration in the joint which reduces swelling.

Ms Boivin said it is unlikely that a player would be able to continue playing hockey during treatment for the injury because of its severity.

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306 Ontario St. N. 878-2022 10:00 a.m. - Breaking Bread

11:45 a.m. - Sunday School 6:30 p.m. — Gospel Service Wednesday 7:30 p.m.

Prayer Meeting and Bible Reading "Whosoever believeth that Jesus is the Christ is born of God."

The animal is the source of imper-

fections, such as anger, sensuality,

jealousy, avarice, cruelty, pride: all

these defects are found in animals

but do no constitute sin. But in man

For general inquiries or information on bi-weekly

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en houses and prayer meetings please contact:

they are sins."

1 John 5:1

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SUNDAY, MARCH 20

9:45 a.m. TRAINING IN TRUTH Sunday School for all ages

GRACEWAY **BAPTIST CHURCH**

Office: 878-1629 Pastor: Walter H. Isaak 876-2298

> Assoc. Pastor: Bruce Holmes 876-0569 TDD/TTY

We welcome you to meet with us at: 407 Pine Street Next to Milton Library

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Thursday 7:00 p.m. — Bible Study Nursery and interpretation

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provided for all services.

10:45 a.m. "GOING FOR GOLD"

CLOSING MORNING OF MARCH BREAK SCHOOL FOR KIDS Come see and hear the exciting things that took place at New Life during our March Break School this past week.

Special Guests: Dave & Nancy Seiling & Ventriloquist friends. Jerry, Norton and Eke Ekel

"All "Going for Gold" participants to receive a GOLD MEDAL

New Life Deaf Church (All Ages Welcome) Nursery Care (Ages 0-2)

6:30 p.m. **EVENING EVANGELISTIC RALLY** Water Baptismal Service Special Music by "Young-At-Heart" Seniors Choir Nursery Care (Ages 0-2) Kids' Club (Ages 3-5)

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SUNDAY MARCH 20

RECTOR: The Rev. Charlie Masters Associate: The Rev. Steve Shaw For further information call the church office 878-1363

ing by Leonardo da Vinci.

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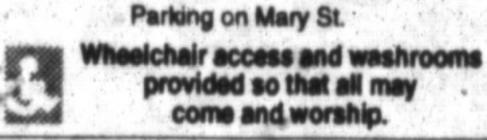
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9:00, 10:30 & 12:00 Sunday

Mass at 9:00 a.m. Sunday

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Sunday, March 20, 1994 10:30 a.m.

Lent V

Morning Worship and Church School

Sermon Title: IN THE NAME OF JESUS

Nursery care available during service

"Over The Top" Party Sat., March 26 - 4:30 p.m.

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