

Physiotherapy helps head off long-term problems

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 suspicions. It doesn't happen often, but often enough that we look for it."

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,"

she said. "We send them out to run 10 miles and then assess their problem. Often problems are caused by overuse and compensating for overuse injuries. People expect a lot more from their bodies."

"You shouldn't do anything that causes pain," she said. "We suggest alternatives. There is usually a way around pain."

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

whiplash injuries and trauma injuries from motor vehicle accidents," she noted. "There are excruciating pain situations and backs that are so bad the patient is hunched over."

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

The Regulated Health Professions Act 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 treatment paid for individually or through health plans.

"We haven't seen a huge change," she said. "People still need a physician's referral for a reimbursement 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 care. Tickets are \$2 to help cover library costs.

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

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Rehabilitation often takes just four weeks

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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.

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

require arthroscopic 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 inter-fertal 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.

RELIGIOUS SERVICE DIRECTORY

MILTON GOSPEL HALL
 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."
 1 John 5:1

HOLY ROSARY ROMAN CATHOLIC PARISH
 139 Martin St., Milton 878-6535
 Mass at 7:15 pm Saturday
 9:00, 10:30 & 12:00 Sunday

OUR LADY OF VICTORY
 Milton Heights
 Mass at 10:30 a.m. Sunday

ST. PETER'S CHURCH
 9th Line Trafalgar
 Mass at 9:00 a.m. Sunday

Revs. Earl Talbot, Mark Curtis, Omer Fagan, Harold Bedford, S. J.

GRACE ANGLICAN CHURCH
 317 Main St. E., Milton
 878-2411
 Rev. Mark McDermott

SERVICES
 Sunday 8:00 a.m.
 10:30 a.m.
 Thursday 10:00 a.m.

Bible Study — Tuesday 7:30 p.m.
 Prayer Group — Wednesday 7:00 p.m.

—Everyone Welcome—

NEW LIFE PENTECOSTAL CHURCH
 6620 Third Line, Milton
 (1/2 km. South of Intersection Thompson Rd & Derry Rd.)
 Phone (905) 878-3358

Rev. Daniel E. Rogge, Senior Pastor
 Rev. John Graham, Deaf Church Pastor
 Jay Black, Youth Pastor
 Rob Heyman, Children's & Bus Pastor

SUNDAY, MARCH 20
 9:45 a.m.
TRAINING IN TRUTH
 Sunday School for all ages
 10:45 a.m.

BAHA'I FAITH

Sin

"The animal is the source of imperfections, such as anger, sensuality, jealousy, avarice, cruelty, pride: all these defects are found in animals but do not constitute sin. But in man they are sins."
 'Abdu'l-Bahá

For general inquiries or information on bi-weekly open houses and prayer meetings please contact:
 P.O. Box 13, Milton, L9T 2Y3 878-3098

ST. PAUL'S UNITED CHURCH
 123 Main St. at James
 Milton, Ont.
 878-8895

Rev. Robert Hyde Rev. Elaine Longland
 Director of Music — Judy Hunter

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.

Sanctuary is Wheelchair Accessible from James St. parking lot. A friendly welcome awaits you.

GRACEWAY BAPTIST CHURCH
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 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

10:00 a.m. — Sunday School
 11:00 a.m. — Morning Worship
 6:00 p.m. — Evening Service
 Thursday 7:00 p.m. — Bible Study

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 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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 Nursery and Sunday School
 For information call 878-6066

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ST. DAVID'S PRESBYTERIAN CHURCH
 130 Main St. N., Campbellville
 (Guelph Line, just south of 401)
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 Rev. Glen Soderholm

Sunday Worship Celebration
 11:00 am
 Nursery and Sunday School


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SUNDAY MARCH 20
SERVICE TIMES:
 8:30 am — Morning Prayer
 10:30 am — Holy Communion
 Sunday School and Nursery Provided
 7:30 pm — The Last Supper
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