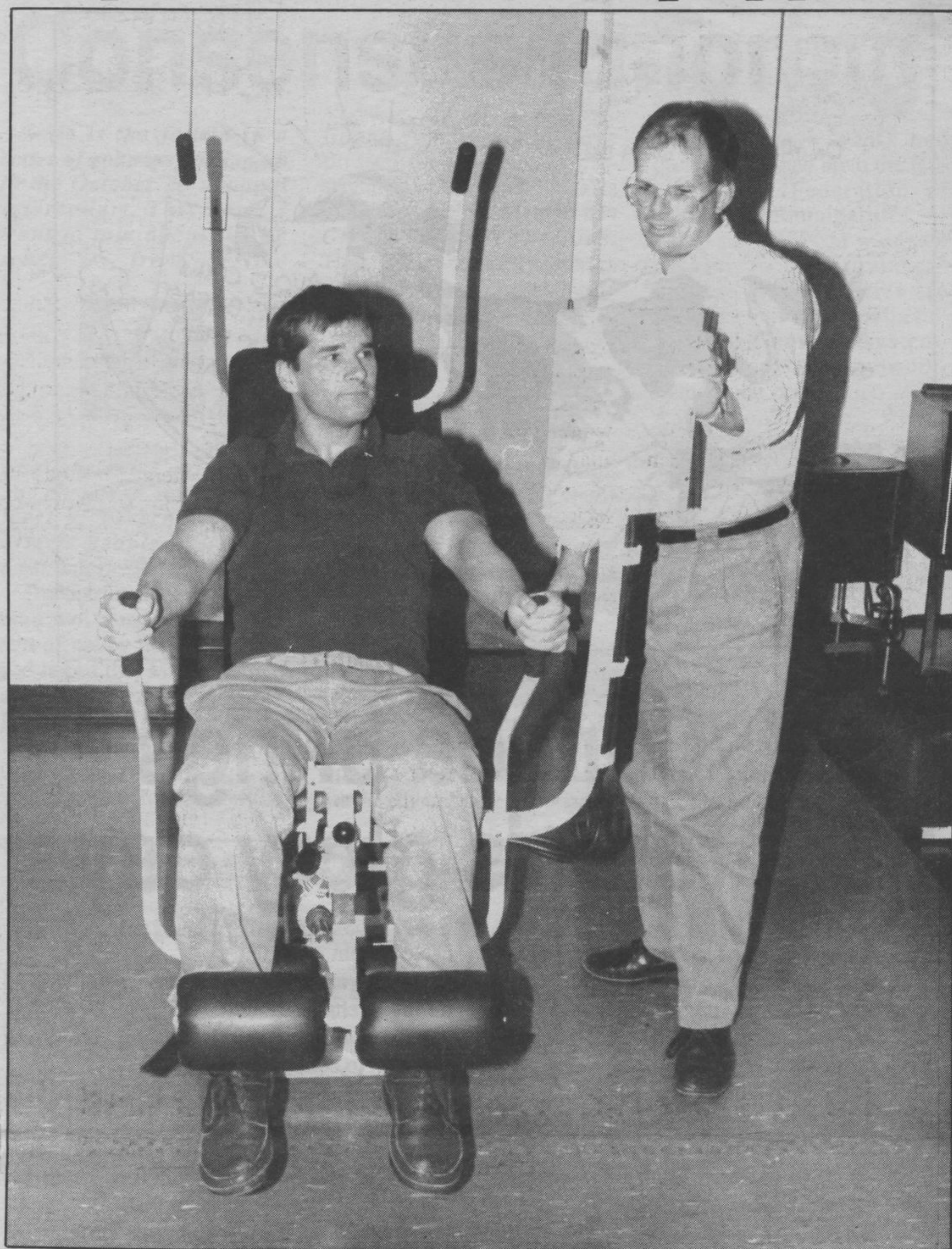


# Department 'best equipped on the North Shore'



Physiotherapists Mark Lewis (seated) and Randy Woods.

by Darren MacDonald  
Staff

Mark Lewis says he would like to see a lot more people before they need to see him. Lewis is Director of Physiotherapy at the McCausland Hospital.

"I see education as a big part of what I do," he says. "I'd like to be more involved in the community and see more people before they have problems."

Lewis struggles a bit to define exactly what he and fellow physiotherapist Randy Woods do at the hospital.

"We've got a pretty broad scope of activities," he says. "We treat inpatients and outpatients for a variety of ailments. We try to help people cope with disability, maximize their functioning abilities, and we're involved in education and training."

Lewis says the local physiotherapy department is the best equipped on the North Shore, starting with what he calls his "pride and joy."

"It's an eight exercise multi-gym," he says. "It's ideal for this setting because it gives

you a last step for increasing a patient's function."

Before the \$7,000 multi-gym arrived last month, Lewis says the department was lacking a final method of getting patients to reach their physical potential.

"We could get people up to a certain level, but we were missing a final component in terms of maximizing function," he says.

The gym allows you to exercise your chest, upper and lower back, stomach, arms, shoulders and legs at six different resistance levels.

"You can get a really good workout in a short time period," says Lewis.

The department's other equipment includes an ultra sound, which is used to reduce swelling. A vibrating quartz crystal creates a sound wave that has a deep massaging effect on the injury, reducing the swelling.

The department has just

taken delivery of a walkman-sized devices called TENS machines, which are used to block out pain. Two electrodes are attached to the affected area, and electrical impulses are adjusted to a frequency above that of the pain signals to the brain, effectively blocking them out.



Another, much larger machine, the Interferential, works on the same principle.

In addition to equipment, Lewis says the department is starting an educational program on how to deal with osteoporosis, a process in which bones degrade with age, leading to other physical problems.

They also have sessions dealing with how to take care of your back. It's an exercise and education program divided up into three one hour sessions.

The first session deals with things like the basic anatomy of your back and some of


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## NOTICE

### DAYLIGHT SAVING TIME


Daylight Saving Time will end on the last Sunday in October.



Residents of Terrace Bay and Schreiber are reminded to set their clocks back one hour on **Sunday, October 25, 1992 at 2:00 a.m.**

## IT'S A BOY

Alan, Lisa, Randi and Pepper are proud to announce the arrival of **Lucas Michael Jensen** a bouncing 10 lb, 7 oz "ouch" bundle of joy. Special thanks to Dr. Wilkes, Dr. Vilcini and the entire McCausland nursing staff. Your care and effort won't soon be forgotten.



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### THE CORPORATION OF THE TOWNSHIP OF TERRACE BAY

#### NOTICE REGARDING HALLOWE'EN

The Terrace Bay Police Services Board and Council would like to request that trick-or-treating take place between the hours of 1 and 4 p.m. on Saturday, October 31, 1992.

This request is being made in the interest of safety because of the bear situation in order to ensure that everyone is finished trick-or-treating and home before dark.



If you have any questions regarding this, please contact Terrace Bay Police Services at 825-3232