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## Joint Therapy is one of Markham's newest combined physiotherapy and chiropractic clinics



**Renuka Kulasingham**  
Registered Physiotherapist

It's difficult in today's fast-paced world to achieve overall wellness, especially if limited by a painful injury, muscle and joint pain, or stress, to name a few.

However, the friendly professional staff at Joint Therapy in Markham can help you achieve and maintain a healthy body, which will help open the doors to a healthier state of mind.

Joint Therapy is one of Markham's newest physiotherapy and chiropractic clinics that offers a multidisciplinary approach to overcoming various forms of pain while treating a multitude of life-limiting injuries and disorders.

"Many clinics today are unable to provide the combination of services that we offer here at Joint Therapy," explained Renuka Kulasingham, a physiotherapist at the clinic. "Our services include physiotherapy, chiropractic, massage therapy, acupuncture and orthotics. Some patients come in seeking out one form of treatment, while others wish to combine them."

By combining these various disciplines, each with a rich knowledge of the human body, Joint Therapy can deliver a wide variety of treatment methods, geared towards the patient's individual needs, and can address the unique circumstances of each injury or symptom.

For example, physiotherapy and chiropractic focus on the body's musculoskeletal system, helping the body to regain function and mobility, while massage therapy works specifically on the muscular system to restore damaged or tight muscles.

Massage is effective for relieving muscle tightness, stress, and aids in relaxation. Acupuncture, an ancient system of Chinese healing, focuses on the



**Dr. Hanif Ishani**  
Chiropractor  
Acupuncturist Orthotics

body's natural energy system by inserting specially designed needles into various points on the body's surface. Acupuncture has been shown to benefit a wide variety of symptoms, including muscle pain, anxiety, sleep disorders, and headaches. Finally, orthotics helps to correctly align the body, so as to prevent imbalances in the joints and bone structures which can lead to painful disorders.

"Orthotics can successfully treat flat feet, as well as back and neck pain," said Dr. Hanif Ishani, a chiropractor at Joint Therapy. "Treating a misalignment in the feet can help correct body imbalance."

All staff at Joint Therapy are highly skilled in their fields, and include two registered physiotherapists with post-graduate education in neurology, stroke and orthopaedics, a chiropractor with post-graduate training in medical acupuncture, whiplash associated disorders, and orthotics, and a registered massage therapist with training in lymphatic drainage and deep tissue massage.

Joint Therapy also offers a complete rehabilitation program for those suffering from stroke, sports injuries, car accidents, and many other conditions.

For more information, stop by the clinic's Open House on March 27, 2004, from 1-4 pm, and have the caring staff at Joint Therapy answer all your questions. Drinks and appetizers will be available, as well as various pamphlets and educational products.

So stop in today, Joint Therapy's friendly staff can't wait to put you back on the road to achieving maximum function and total wellness.

Joint Therapy is located at 9275 Highway 48 in Markham, (NE corner of 16th Avenue & Hwy. 48) For more information or to book an appointment please call 905-209-0394



**William Hsieh**  
Registered Physiotherapist



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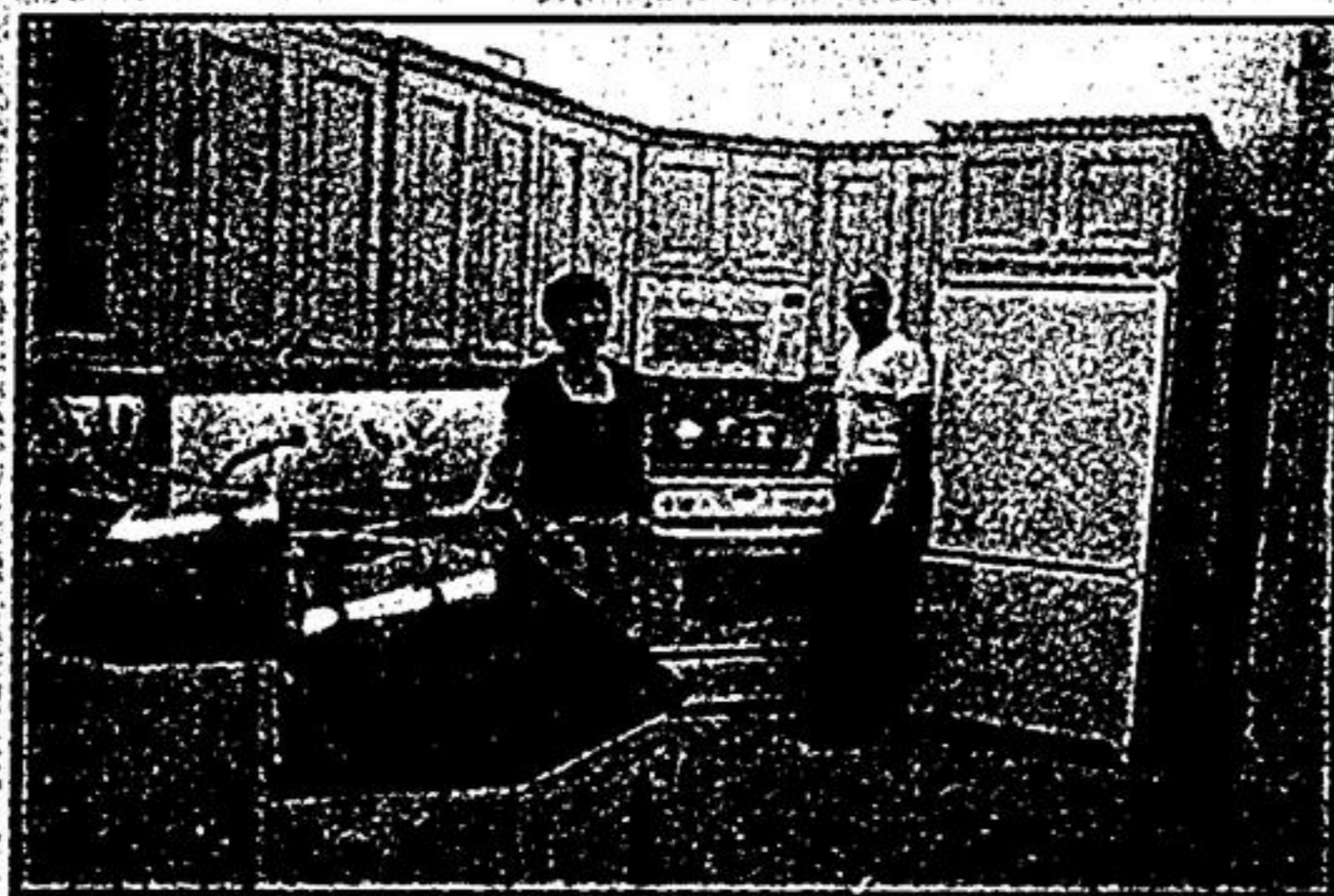
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If one could describe a perfect team, this would be it! Owners Jim Kearney & Tatiana Nevelshtein are quite the combination: Tatiana, a high end kitchen designer for 10 years with a flair for style & Jim, a specialist in kitchen/bath renovation & home interiors for 19 years.

It's the "perfect partnership" says Jim. "With our combined talents in this field, we work together on the design, planning & presentation of every project & produce some pretty amazing results." Jim's motto: "The greater the challenge, the greater the motivation."

"Being a total project management company with "in house trades" we handle everything from concept to completion & we do it well. We endeavour to be different & as a personal touch we challenge ourselves to produce something truly original & unique for every client."



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Home Fusion features most likely the largest selection of ceramic tiles, natural stone, slate, marble & granite in Markham in their HWY #7 showroom, with over 3000 samples to choose from. The display is incredible, well lit & is designed with ease of selection. If your looking for tiles, it's a must see.

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