



## Advanced physiotherapy treatment for a variety of arthritis conditions and physical injuries.

My partner and I have been physiotherapists for over 25 years. Both of us are very passionate about our profession and the job we do for our clients. We have been very fortunate to have a substantial group of clients, doctors, rheumatologists, and personal trainers with whom we have been collaborating and who have been relying on our unique and advanced physiotherapy services. On our end, we are driven by these professional relationships, making sure that we listen to the client's concerns, do a thorough clinical examination, establish a treatment plan and execute it with our best clinical experience. We are an evidence based practice using an innovative and effective approach (neuromobilization, Spiral Stabilization, manual therapy) and technology (Diagnostic Ultrasound, capnography) not seen in most clinics.

In our clinical practice we rely not only on our basic physiotherapy assessment of the injured/arthritis sites. We also consider how the injury impacts joints above and below in a mechanical way (joints, ligaments, muscles) and systemically (neurological, hormonal, immunological). The approach is supported by a consulting letter from the referring doctor and radiological reports – MRI, CT scans, X-rays.

Having a good understanding of contributing factors leading to injury/arthritis, combined with the focal and systemic impact the condition has on a patient, allows us to structure the holistic treatment plan. The plan follows the healing stage of the injury while also stimulating the nervous system, impacting the parasympathetic/sympathetic system and fast tracking the healing process.

Before we prescribe the moderate intensity exercise program to help the body resist a variety of diseases and conditions, we make sure that each of our patients is taught how to breathe properly mechanically and chemically, so the oxygenation of the body is optimal regardless of whether the client does a physical/mental job under stress or does exercises. Dysfunctional breathing habits may have profound immediate and long-term effects that trigger a wide variety of emotional (anxiety, anger), cognitive (attention, learning), and physical (pain, sleep) changes that may seriously impact health and performance. Unfortunately, these symptoms and deficits typically go "unexplained," or are mistakenly attributed to other causes.

In most cases of injury/arthritis the lymphatic and vein circulation are compromised, slowing down the recovery. We address that

at an early stage by using physical modalities, myofascial release and taping techniques. In addition, the clients are educated about the key postural muscles: how to activate them, and how to release tension in vertical stabilizers responsible for abnormal compression and stress in the joints in the context of local injury and body response to it. The patient is taught the principles of Spiral Stabilization exercises – a 15 minute routine that decompresses, nourishes and regenerates the functional units of our body. This method is used by a number of professional athletes for conditioning with the goal of improving their performance and preventing the straining and degeneration of the spine and main joints while doing sports or ADL (activities of daily living).

To improve the outcome of our intervention we use technology such as smart phones or tablets to record a personalized exercise routine. Initially we use a hands-on approach, but once the patient feels comfortable we offer them a Spiral Stabilization Class or individual gym consultation to enhance their health and teach them how to stay fit for life.