



Bentall Physiotherapy Clinic offers professional services in physiotherapy as well as specialty services for sports and orthopaedics, arthritis, and ergonomics. As owners of a small clinic, Jacek and Mariola Kobza are involved directly in the therapy. Most physiotherapy patients want a specific solution with manual therapy. At Bentall Physiotherapy the approach is to view the entire patient, and to provide needed therapy for the body as a whole.

Bentall Physiotherapy Clinic treats many different physical ailments using a variety of treatment methods. Some disorders require manual treatment, others require technological equipment. Many problems are best dealt with through breathing and exercise. Exercising regularly can train the body through repetition; by developing habits for daily living, people can learn to manage their condition.

Spinal disorders, muscle imbalance, and joint problems involving shoulders, hips, knees, and feet are treated with the Spiral Stabilization exercise method that uses muscle spirals to align and centralize the spine. Exercising through Spiral Stabilization has been found to be very effective in relieving pressure in spinal discs and joints to allow for better nutrition and healing. The exercises are done with an elastic cord to strengthen, stabilize, stretch, relax, balance, and coordinate the spine and peripheral joints. Some of the patients this method is indicated for are those with disc degeneration or herniation, scoliosis, patients following surgery on back, hips, or knees, children with posture problems, or anyone with general back pain.



Bentall Physiotherapy Clinic is unique in offering Spiral Stabilization, a therapy that is growing in popularity in other countries. Classes are offered once a week on a drop in basis.

Sometimes abnormal functioning in one part of the body's structure can cause a reaction leading to problems elsewhere. Osteopathic manual therapy takes an overall view of the body for treatment of movement disorders in muscles, tendons, ligaments, fascia, joints, or bones. The treatment helps to heal the tissues to return mobility and bring balance to the body to prevent further problems in the future.

Joint Mobilizations are a technique used to return mobility to joints and return strength and flexibility. Motor Control and Muscle Retraining therapies are used for those who have developed abnormal movements due to pain, stiffness, weakness, or injury. Musculoskeletal problems like bulging discs, bone spurs, or carpal tunnel syndrome can affect nerves and lead to pain, weakness, and joint stiffness. The Neuromuscular Mobilization technique helps to restore the nerves to regain strength and motor control, and to correct movement disorders. Neuromuscular Mobilization can be used in conjunction with Joint Mobilization to reeducate and strengthen the musculoskeletal system.

Some of the other services available include Myofascial Release, a type of therapy for releasing muscle tension and improving blood flow. Spinal Traction is available for stretching the spine to treat neck or low back pain, stiffness, muscle tension, and headaches. Rehabilitation of joints after injury requires prevention of reinjury when returning to active sports or work. Kinesio Taping is used to provide support while allowing normal movement. The taping reduces inflammation and pain to relax and retrain muscles during rehabilitation.

Some patients have conditions that can cause or are aggravated by improper breathing. Capnometry uses a computer to analyze breathing and measure CO2 to show what needs to be modified to improve breathing. It is



especially useful for people with pain or anxiety who are developing problems due to breathing too fast or too deeply.

Electrothermal therapies include various types of therapies that use heat and electricity. One option is Laser Therapy, used in treatment of injuries to muscles, ligaments, tendons, and bones. The laser light helps to reduce pain and inflammation to speed up healing. Ultrasound is another type of therapy that increases blood flow and stimulates collagen production to repair damaged tissue. Electrical Muscle Stimulation helps to contract the muscles for muscle retraining during rehabilitation. Transcutaneous Electrical Nerve Stimulation (TENS), Interferential Current (IFC) and Microcurrent Stimulation are some other treatments for improving circulation, reducing swelling and pain, and healing muscles.

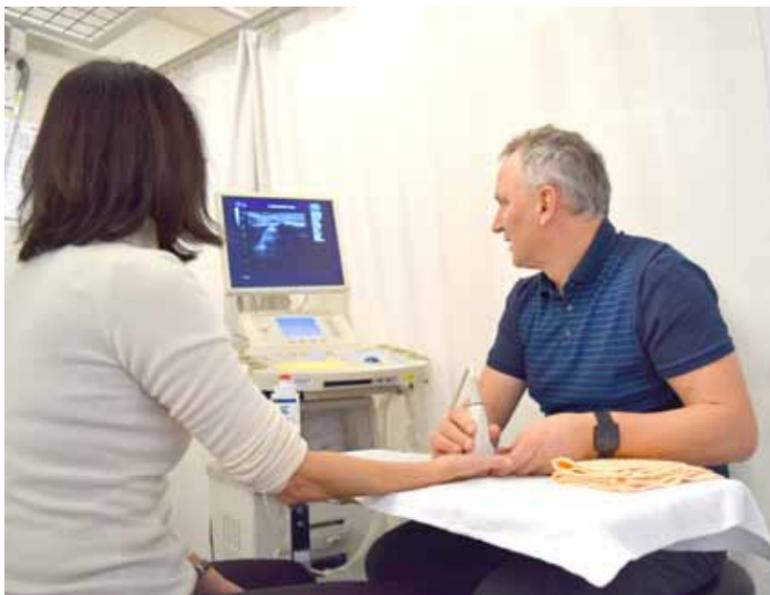
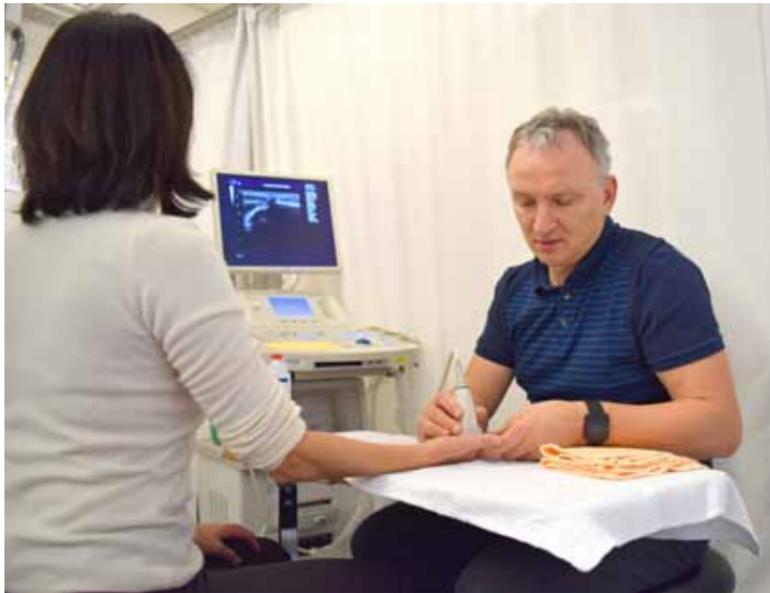
Orthopaedics deals with injuries to the musculoskeletal system, which can be caused by sports or other injuries, surgery, or disease. Physiotherapy can include therapeutic exercise to strengthen and retrain the body for correct movement. Core strengthening exercises and Spiral Stabilization are two of the therapeutic exercise programs that can be used, depending on the injury. Therapeutic exercise programs

can be designed for anyone as part of their fitness training, including athletes or people embarking on a fitness regimen. Cross Training is offered for those who need to vary their exercise routine to avoid overuse injuries.

Bentall Physiotherapy Clinic also offers Post-Surgical Rehabilitation to help with a quicker recovery. Rehabilitation programs are available for surgeries to the spine, hip, knee, ankle, shoulder, elbow, and wrist.

Arthritis patients can often find improved joint movement with physiotherapy. Bentall Physiotherapy Clinic has specialized treatments for arthritis patients to help reduce pain and improve joint motion. Rheumatologists often recommend their patients to Jacek for his professional treatment that has been shown effective in treating arthritis.

Patients preparing to undergo joint replacement surgery can attend a preoperation program to get the body in condition, which can help bring faster recovery after the surgery. Further rehabilitation programs are available for the postoperative phase. Therapies are also available for osteoporosis, rheumatoid arthritis, and ankylosing spondylitis.



Another of the specialties at Bentall Physiotherapy Clinic is ergonomics. Jacek offers workplace consultations for improved safety and comfort, leading to better efficiency and productivity. An assessment identifies factors that can contribute to injury. Adapting the workplace to the worker and providing training in proper movement techniques can reduce the risk of injury. Jacek evaluates the workplace and makes recommendations, then follows up to ensure the recommendations are properly implemented. He also hosts group presentations and group consultations for larger organizations.

The atmosphere at Bentall Physiotherapy Clinic is warm and welcoming, with attentive staff. New patients begin with an assessment to determine the extent of injury and what type of treatment is indicated. During the assessment the patient discusses the problem and any current or past health issues, as well as what other health professionals they are seeing. The assessment is done through both observation and hands-on testing to find the cause of the injury and plan how to address it. For higher diagnostics the clinic offers ultrasound imaging to see the internal muscles and joints, and capnometry to measure breathing. Medical patients under the care of a doctor can have their therapy coordinated between their physician and the physiotherapist to help their recovery.

Patient education is important, and the physiotherapists take the time to explain the impact of the injury and what will be needed for effective therapy. The patients can ask questions about the treatment options available and learn about what they will need to do during the therapy. In most cases the treatment can begin immediately. Some of the therapies can be done through exercise, others will require manual or electrothermal treatments.

The therapies used can be modified or adapted as the patient's needs change over the course of the treatment. Patients are kept informed about how they are progressing, and are monitored to ensure the therapy is effective. At all stages they are given an explanation of what needs to be done and why. After completing treatment, Bentall Physiotherapy remains available for any further follow-up care if required.

Specialized services can be arranged outside the clinic at a more convenient location for the patient such as at a gym, in the workplace, or in the person's home. This can help the physiotherapist to evaluate the patient in everyday life and make recommendations on correct exercising or better workplace ergonomics. Home visits can be more convenient for those with limited mobility or who need advice for a more ergonomic setup in the home. In the

near future, Bentall Physiotherapy will be expanding the services with new programs to optimize health.

Jacek and Mariola Kobza have been running the Bentall Physiotherapy Clinic in Vancouver since 1995. They attended university in Poland where Jacek received his Master's Degree in Physiotherapy and Mariola her Master's Degree in Motor Rehabilitation. Jacek recently attended McMaster University in Hamilton where he became one of the first physiotherapists in BC to receive certification in Diagnostic Ultrasound through the Canadian Rheumatology Ultrasound Society. He has also received the Clinical Contribution Award from the Physiotherapist Association of BC in 2006 and the Vancouver Coastal Health Catalyst for Innovative Physiotherapy Practice Award in 2015.

Mariola focuses on treating pain or injury, with a special interest in posture. Jacek's specialties include arthritis, hip and knee replacement rehabilitation, osteoporosis, pelvic floor dysfunction, and ergonomics. He has travelled to speak at conferences in Canada and internationally. Both Mariola and Jacek have

done extensive research into physiotherapy techniques, and deliver all services based on the latest proven science. They have considerable knowledge and expertise after over 25 years in practice, and continually upgrade their skills and education to keep current with the most modern technologies and techniques in physiotherapy.

Mariola and Jacek feel rewarded interacting with their patients as a listener and as an analyzer to recognize the difficulties and find the path for healing using a variety of techniques. Many of their patients have had excellent results in managing very difficult conditions and going on to live a more fulfilled and independent life.



The clinic is conveniently located in downtown Vancouver with nearby transit and parking. Appointments can be booked online or by phone, and hours are flexible from early morning to early evening.

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