

## In This Issue

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## Accelerated Health and Wellness is now offering Shockwave Therapy!

### What is Shockwave Therapy?



Shockwave therapy is a non-invasive treatment that involves creating a series of low energy acoustic wave pulsations that are directly applied to an injury through a person's skin via a gel medium.



## Will it work for me?

Radian pressure wave therapy is indicated for the following applications:

- Myofascial trigger points – localized tender or painful area
- Tendinopathies ie: plantar fasciitis, tennis/golfer's elbow, Achilles tendinopathy
- Activation of muscle and connective tissue ie: Increased circulation



## Contraindications

- Pregnancy
- Haemophilia or other coagulation disorders
- Acute inflammation
- Disturbed sensory and nervous function, ie: Diabetes
- Corticosteroid injections – wait minimum of 6 weeks after local injections
- Malignancy
- Prostheses and implants

## Accelerated Health & Wellness Centre

### Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

### Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)

- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy

## Side effects of Shockwave Therapy

Side effects could occur after a treatment. The majority will appear after 1-2 days.

Common side effects include:

- Reddening
- Swelling
- Pain
- Heamatoma (bruising)
- Petechia (red spots)

If you are interested in Shockwave Therapy, phone the clinic to schedule a consult. Our front admin staff will be happy to help!

## May is National Physiotherapy Month

Physiotherapists are university educated health professionals. They assess, diagnose and treat to restore an optimum level of function. They can work in a variety of settings, including hospitals, home care, schools, long term care facilities and private clinics.

### What can you expect during your first visit?

Your session with your physiotherapist will be unique as it's all about you and your needs. In general here is what usually happens:

- The physiotherapist will ask about your medical history and the reason for your visit
- They will assess and diagnose your condition
- You will receive a treatment plan that sets goals for you
- You are prescribed a course of exercises
- You may work with a Kinesiologist who will guide you through your exercise program



# Physiotherapy Promotes Healthy Aging



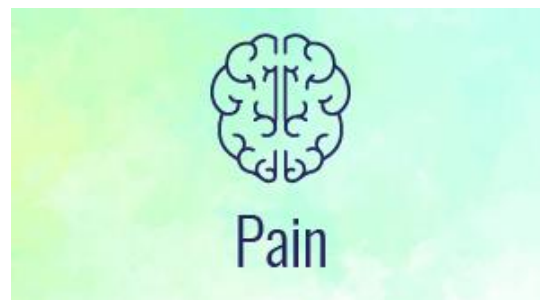
This year the [Canadian Physiotherapy Association](#) is celebrating Physiotherapists by highlighting the many ways their profession can enable and support healthy aging.

Physiotherapy can help patients maintain and improve their physical wellbeing and manage and prevent injury and illness.

Here are some ways Physiotherapists can help you: click on the picture to read more!



Physiotherapy can help prevent falls by improving balance and strength.



Physiotherapy can effectively treat and reduce lower back pain, osteoarthritis and other musculoskeletal pain.



Physiotherapy can help improve cognitive function in those suffering from

dementia or a post traumatic head injury.



Post-surgery physiotherapy reduces pain and help increase the range of motion.

Here at Accelerated Health and Wellness, our physiotherapists are trained and certified in Post Concussion Rehabilitation. We also offer Vestibular Rehabilitation through Mark Georgiev, HKin, MPT.

**BENEFITS of Physical Therapy**

As evidence-based health care professionals, physical therapists are experts in mobility and physical performance.

- Decreases and/or eliminates PAIN** (Illustration: Person with arms raised)
- Improves coordination, BALANCE and muscle strength** (Illustration: Person in a yoga pose)
- IMPROVES your breathing, cardiovascular functioning and endurance** (Illustration: Lungs)
- Promotes wound healing** (Illustration: Person with a cast and crutches)
- RESTORES NORMAL MOVEMENT for standing, walking and running** (Illustration: Person running)
- Augments EFFECTIVE RECOVERY from surgery, major illnesses or disabilities** (Illustration: First aid kit)
- Provides an ALTERNATIVE TO SURGERY and prescription drugs** (Illustration: Pill)
- PREVENTS Injuries** (Illustration: Person stacking blocks)
- OPTIMIZES physical activity and sport PERFORMANCE** (Illustration: Person playing tennis)





**The clinic will be closed Monday May 24<sup>th</sup> 2021 for Victoria Day. We will resume regular clinic hours on Tuesday May 25<sup>th</sup>.**

## **Coronavirus update;**

We are now operating in the **Stay at home order**. This means our waiting room is currently NOT open and our gym is partially open. We still ask that you arrive for your appointment no earlier than 5 minutes before your start time unless stated otherwise.

**Please be aware there are several new safety measures in effect.**

Each patient will need to complete a verbal screening when entering our clinic.

Please sanitize your hands upon arrival; the administrator will direct you to the room. ( newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

*Thank you for taking the times to read our Newsletter.*

*As always, Go in Good Health!*

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