

Guildford Physiotherapy & Hand Therapy Clinic

#200 – 15387 104th Ave. Surrey B.C.

Coquitlam Physiotherapy & Hand Therapy Center

#222–1024 Riddaway Ave. Coquitlam B.C.

Spring 2005

Noteworthy

- ❖ Edwin Chock PT, Shirrin Kazemi PT, Trevor Fraser PT/CHT, and Rebecca Lazaruk OT are the most recent additions to our treatment team at Coquitlam. We are also welcoming new front staff members Courteney Ryan to Coquitlam, and Nancy Kerrison to the Guildford facility.
- ❖ We wish a fond farewell to Tracy Gramer CHT who is relocating with her family to the Seattle area. We also had a retirement party for front staffer Sandy Hildebrant . Asifa Dhanji PT has relocated her practice and we wish her good luck with her future endeavors. Coquitlam receptionist Reema Vikash has also moved on and we wish her all the best.

Referral Pads

The new referral pads can be used for both our Guildford and our Coquitlam locations. They have a fresh look, with the same standout purple color.

This new look encompasses the variety of services which we provide to the community, and presents it in a comprehensive format. It also allows the referring physician the ability to specify which therapist they wish their patient to see (if there is a preference).

As our Women's Health and Neurorehabilitation categories are pilot programs, they are currently offered only at our Guildford site.

Frequently Asked Questions About Active Rehabilitation

- 1) What is Active Rehabilitation?
 - It is a Rehabilitation program that emphasizes the client having a wide range of stretching and strengthening exercises in order to help them help themselves. These activities would assist in the recovery of an injury by reintroducing exercises for strength, endurance, proprioception, core stability, postural correction and awareness, flexibility, and cardiovascular fitness.
Active Rehabilitation is tailored to the needs of the individual by developing exercises with a focus on a return to activities of daily living (including work if applicable). It also puts a large emphasis on teaching people self-management of symptom relief.
- 2) Who may benefit from Active Rehabilitation?
 - Anyone who experiences a musculoskeletal injury.
- 3) When is the optimum time to refer for Active Rehabilitation?
 - Health professionals often refer to an Active Rehabilitation program when the individual is at the end of the acute phase of the injury. As well, if someone has an acute injury of a limb, but the rest of the body is functioning normally, an active program may be beneficial in preventing overall deconditioning.
- 4) Who would be the treatment team for an Active Rehabilitation Program?
 - Both a Physiotherapist or Certified Hand Therapist and a Kinesiologist initially assess all clients. If appropriate for an active program, the client will be attending frequent sessions in the gym with the Kinesiologist as well as regular visits with the treating Physiotherapist.

• ***Orthopedics • Sports Medicine • Active Rehabilitation • Splinting and Bracing •***

• ***Need a referral pad? Please call us •***

Guildford (604) 951-7345 • Coquitlam (604)-939-2833

Clinic Services

Physiotherapy Services

- orthopedic, manual and manipulative therapy
- sport specific training
- personal conditioning
- WCB/MSP/insurance therapy provider
- ICBC post-MVA rehab programs

Hand Therapy Services

- immediate traumatic & post-surgical care
- wound care
- custom hand splinting/bracing
- scar management
- WCB recognized hand therapy provider
- work conditioning

Common Conditions

- back injuries
- neck pain & whiplash
- sports injuries
- traumatic injuries
- post fracture
- arthritic problems
- sciatica
- carpal tunnel
- overuse injuries
- sprains & strains

Answers to Frequently Asked Questions con't

5) How long does the program usually last?

- The program length varies with the severity of the injury. Most often a strengthening and posture re-education program lasts 4-6 week with gym visits 2-3 times weekly. Quite often we receive referrals for clients who are wanting to return to their regular gym programs, but don't know how to bridge the gap between their rehab exercises and a regular gym workout. These people often require 4-6 gym sessions to fine-tune their program and to educate them on the transition between rehab exercises and using regular gym equipment.

6) What is the role of the individual therapists in the program?

- The role of the Kinesiologist is to design an individualized exercise program to enhance the recovery of the injury and to improve the functional and fitness level of the individual.
- The Physiotherapist assesses and monitors the physical findings and helps guide the direction of the exercise program.

7) Do both the Guildford and Coquitlam Physiotherapy clinics provide this service?

- Yes, both facilities provide active rehabilitation programs with a registered Kinesiologist and Physiotherapist or Certified Hand Therapist.

8) How are patients referred to this program?

- Often a family physician or other health professional would recommend an active rehabilitation program after an injury. Our referral forms have a check box to indicate an Active Rehabilitation program is requested for an individual. If the patient is requiring treatment as the result of an ICBC claim or is on long-term disability, often coverage of the program costs can be covered through the approval of the claims adjudicator.

Guildford Physiotherapy & Hand Therapy Clinic

Mon – Fri. 7:00 a.m. – 8:00 p.m.

Sat. 8:00 am – 2:00 p.m.

Phone: (604) 951-7345

www.guildfordphysio.com

Coquitlam Physiotherapy & Hand Therapy Center

Mon – Fri. 9am – 5pm

Phone: (604) 939-2833
