

Meg Smith

Registered
Physiotherapist,
FCAMPT, CAFCI,
CSCS

Kristen Gamble

Registered
Physiotherapist, Sport
Cert, IDN Cert

Melissa Hay

Registered
Physiotherapist, PhD

Kate Henning

Registered
Physiotherapist

Cyril Moss

Certified Strength and
Conditioning Specialist,
TPI-CGFI

Jane Cromwell

Certified Pedorthist

**Providing excellence
in care...**

-Manual/
Manipulative Therapy

-Therapeutic
exercise

-Acupuncture

-Pedorthic Services

-Fitness testing

-Sport specific
rehabilitation and
conditioning

-Custom Bracing

-Gait Analysis

-Custom foot
orthotics

-Golf Fitness
Academy

-Preventive
healthcare

Winter 2018 Newsletter

Physiotherapy

We have welcomed several new physiotherapists to our team within the last year! Melissa Hay started working at our St. Marys location approximately one year ago after graduating from Western University's Master of Physical Therapy program in 2016. Melissa recently obtained her PhD in Health and Rehabilitation Sciences in the physical therapy field. Congratulations, Melissa!

Kate Henning started in the summer of 2017 after graduating from the University of Toronto and spending a year working in Toronto. Kate has pursued continuing education in acupuncture and K-Taping and has a strong interest in sports injuries as well as orthopaedic manual therapy.

Kristen Gamble is a returning physiotherapist who previously worked with us in 2015. Kristen completed the Sport Physiotherapy fellowship program at Fowler Kennedy Sport Medicine Clinic in London after graduating from Queen's University. She has obtained her certificate in

Sport Physiotherapy, which designates competency in providing care to injured athletes in a clinic or competitive setting. Kristen is also certified in Integrated Dry Needling and is completing courses in manual therapy.

Clinic owner Meg Smith has had a busy past few years as she too completed a postgraduate degree while juggling clinic hours in both Mitchell and St. Marys. In December she completed a Master of Science degree from McMaster University with an Orthopaedic Manipulative Physical Therapy specialization. Her research project examined exercise for neck disorders. Meg also holds certification in acupuncture, is a Fellow of the Canadian Academy of Manipulative Physiotherapy and a Certified Strength and Conditioning Specialist.

Support Personnel

Our clinic is lucky to have qualified support personnel to assist at both locations. Jason Church is a Kinesiologist who is also completing his schooling in Osteopathy. Julie Leitch, a graduate of the Physiotherapy Assistant program at Conestoga College, also recently joined our team. Julie brings expertise in bracing and assistive devices as a previous employee of Action Health in St. Marys and Stratford.

Evidence-Based Practice:

The Canadian Physiotherapy Association (CPA) contracted two health economists to provide an evidence-based valuation of physiotherapy across 13 issues. Information from their report has been condensed to a series of information sheets that support the value of physiotherapy in the following areas: cardiovascular rehabilitation, chronic disease, chronic lung disease, emergency department, falls, home-based physiotherapy, intensive care unit, joint arthroplasty, low back pain, musculoskeletal, paediatrics, primary health care and strokes.

All of these summaries are available online at www.physiotherapy.ca/value-physiotherapy but we would like to expand on the topic of musculoskeletal conditions considering that we treat these injuries on a daily basis in our clinic.

Physiotherapy decreases recovery time from injury as well as reducing the risk of re-injury.¹ It can improve physical function, reduce disability and result in earlier return to work.^{2,3} There is also evidence that physiotherapists' advanced clinical knowledge can reduce health-care costs and decrease or delay the need for surgical intervention.^{4,5}

1.Valuation of Physiotherapy Services in Canada; CPA report using MCDA analysis for determining value of physiotherapy services; Mitton G; Dionne F. 2012.
2.Meijer EM, Sluiter JK, Heyma A, Sadiraj K, Frings-Dresen MHW. Cost-effectiveness of multidisciplinary treatment in sick listed patients with upper extremity musculoskeletal disorders: a randomized, controlled trial with one-year follow-up. International Archives of Occupational and Environmental Health. 2006;79(8):654-64.
3.Haldorsen EM, Grasdahl AL, Skouen JS, Risa AE, Kronholm K, Ursin H. Is there a right treatment for a particular patient group? Comparison of ordinary treatment, light multidisciplinary treatment, and extensive multidisciplinary treatment for long-term sick-listed employees with musculoskeletal pain. Pain. 2002 Jan;95(1-2):49-63.
4.Childrens JD, Whitman JM, Sizer PS, Pugia ML, Flynn TW, Delitto A. A description of physical therapists' knowledge in managing musculoskeletal conditions. BMC Musculoskeletal Disorders 2005, 6:32
5.Oldmeadow LB, Bedi HS, Burch HT, Smith JS, Leahy ES, Goldwasser M. Experienced physiotherapists as gatekeepers to hospital orthopaedic outpatient care. Med J Aust. 2007; 186 (12): 625-628.