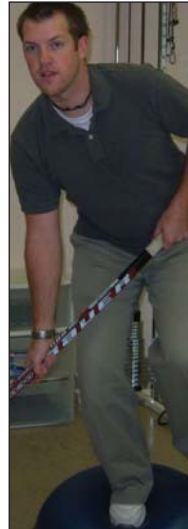


SPORTS PHYSIO

Sports physiotherapy is a branch of physiotherapy specializing in the prevention, management, and rehabilitation of injuries related to participation in sports and/or exercise. At New Horizons Rehabilitation Services Inc. a thorough assessment of the sports related injury will be performed by a qualified physiotherapist. The assessment and management will be sport specific and the rehabilitation program will be individually designed to allow the participant to return to their sport/activity as quickly and safely as possible. Taping techniques, bracing options and protective equipment suggestions can provide a quicker return to sport.

Cory Birk is a Registered Physiotherapist who also has his designation as a Certified Athletic Therapist. He has a special interest in treating sports injuries and other orthopaedic conditions. He has gained considerable experience in the treatment of motor vehicle accident injuries both soft tissue and multiple trauma. Cory has worked as a trainer for a variety of teams including the men's hockey and women's rugby varsity teams at York University, and the Listowel Cyclone Junior B's. He has a strong interest in manual therapy and has completed his Level 2/3 Acupuncture.



COMPLEX INJURY PHYSIO

June Williamson has 30 years of experience providing quality physiotherapy services to individuals with orthopaedic and neurological injuries. She has a special interest in acupuncture. She has extensive experience working with individuals who have sustained injuries in motor vehicle accidents including soft tissue injuries, multiple trauma, acquired brain injury (mild, moderate and severe) and spinal cord injury. She has extensive continuing education in both orthopaedics and neurological conditions. She has been performing acupuncture since 1997 and is certified with the Acupuncture Foundation of Canada (CAFCI).

With such a broad range of expertise, you're sure to find the solution for your client needs

COMMUNITY EXERCISE PROGRAMS AND HYDROTHERAPY

Clients who have been receiving physiotherapy at our clinic for complex injuries may benefit from community based exercise programs. As their condition improves, the exercise component of their program can move out of the clinic to the community to continue to improve their level of fitness, and activity tolerance. By moving to the community, self responsibility for exercise is encouraged with our clients with a goal of continuing a healthy program to maximize their recovery after they are discharged from physiotherapy.



Tammy Morrell BA(Kin) has many years of experience providing clients with guidance in community based exercise programs.



Sandra Schlup H.B.P.E. (Health Promotion) has several years of experience in establishing and guiding clients through community based exercise programs.



Both consult with the physiotherapists and are under their supervision. They work with clients in the environment that best meets the need of the client. Thus, the client's program may be established in a community exercise facility, or in their home. Tammy and Sandra follow the client for successful compliance with the program and eventual independence.

Periodically, a client will progress best with participation in a hydrotherapy program. Clients who are very deconditioned, or who are dealing with a great deal of pain often are able to exercise in the water better than on the land. Tammy has completed her WaterArt Fitness for Seniors and Special Populations, and her WaterArt Fitness for Arthritis Program-

ming. Thus, she is very skilled in developing hydrotherapy programs to meet the goals of clients who can best progress their mobility, conditioning and exercise tolerance in the water.

REHAB THERAPY

A Rehab Therapist works with clients with multiple therapy needs. She follows the programming provided by multiple therapists with the client and incorporates the programming into the daily activities of the client. For example, our rehab therapist, **Tammy Morrell has over ten years experience** working with clients with brain injury (Severe, and Moderate), Spinal Cord Injury (quadriplegia and paraplegia) and multiple trauma. She is adept at integrating the programming of the Occupational Therapist, Speech Language Pathologist and Physiotherapist into the rehab therapy sessions, whether they are structured "table top" sessions, or integrated community outings. She has attended many ABI education sessions to provide leading edge strategies on ABI management.

OTHER SERVICES:

*Functional Abilities Evaluations
Custom Orthotics*

HORIZONS NEWS

Dedicated to keeping you informed
for the health care of your clients

SEPTEMBER 2010 NEWSLETTER

New
Horizons
Rehabilitation
SERVICES INC.

MISSION STATEMENT
New Horizons Rehabilitation Services Inc. strives to provide comprehensive rehabilitation services through timely, client centred and effective services which include Physiotherapy, Occupational Therapy, Kinesiology, Rehab Therapy and Hydrotherapy

In this edition:

Read about the broad range of expertise we have to help your clients recover from a wide range of injuries and conditions - from soft tissue injuries, to multiple trauma, to acquired brain injury, to spinal cord injury to sports injuries.

We promote independence in exercise with progression to community and home exercise programs, and hydrotherapy programs. We have a skilled Rehab Therapist familiar with local resources to integrate into clients' programming.

Quality, multi-disciplinary rehab services provided in rural, South-Western Ontario

In 1993, New Horizons Rehabilitation Services Inc. was founded with a goal of providing access to high quality multi-disciplinary services in rural South-Western Ontario. Over the past 17 years, our team of professionals has consistently achieved this goal providing Physiotherapy, Occupational Therapy, Community Based Exercise Programs (including Hydrotherapy) and Rehab Therapy.

We are located in Listowel in North Perth County. We easily serve residents of Perth and Huron and the surrounding counties reaching west to Lake Huron, north to Grey and Bruce Counties, south to Middlesex County and east to Waterloo-Wellington Counties.

EFFECTIVE CARE

We believe the client's maximum recovery depends on current, evidence based practices, combined with effective communication between all mem-

bers of the care team. We are committed to maintaining a high standard of care by providing the most current treatment approaches to our clients. Our team members are up to date with recent auto legislation changes, and, with our location in rural south western Ontario positioned to provide cost effective care with shorter travel times.



June Williamson
Founder - Physiotherapist

New
Horizons
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SERVICES INC.

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Step by Step ... We're with you all the way



Our Occupational Therapists are located near your clients to provide them the care they need.

PRE-HOSPITAL HOME DISCHARGE ASSESSMENTS

- Home safety assessment and equipment arrangement for clients with complex injuries for safe discharge home

ATTENDANT CARE FORM COMPLETION

HOME AND VEHICLE MODIFICATIONS AND ADAPTATIONS

- Assessment and coordination of home modifications for client safety and optimal function for ADL's, homemaking, home maintenance and child care.
- Education in pacing for energy conservation
- Adaptation of vehicles for safe access in and out

RETURN TO WORK

- Liaison with employee, employer and care team to develop successful return to work plan
- Complete Physical Demands Assessments

COMPLEX CUSTOM MOBILITY AND SEATING PRESCRIPTION

- Assistive Device Program (ADP) Authorizers for mobility devices including complex seating and power chairs

BRAIN INJURY

- Cognitive functional rehab in coordination with team members
- Visuo-ocular rehab
- Mild, moderate and severe acquired brain injury rehab

We have the experience to provide clients with the care they need. We know the resources in our clients' area to get the help they need.

ACTIVE RESULTS ORIENTED PHYSIOTHERAPY

Our team of four physiotherapists provides physiotherapy services to a broad range of clients, including: **soft tissue injuries, multiple trauma, acquired brain injury, spinal cord injury and sports injuries.**

- Focus on function
- Education in home management strategies
- Coordination of care with other team members
- Adult and Paediatric Populations
- Acupuncture
- Pain management
- Active Exercise Programs
- Progression to community based exercise programs to promote independence
- Integration of hydrotherapy to promote active exercise in early rehab when appropriate

You want assurance that your clients are well cared for, so at New Horizons Rehab we continue to learn and grow.

Here are a few hi-lites of our team's educational involvement over the past few months.

June Williamson, BSc(PT), CAFCI

- ▶ Osteoporosis Course Level 1- April 2009
- ▶ Harnessing the Power After Brain Injury - Provincial Acquired Brain Injury Conference, Niagara Falls, October 2009
- ▶ KinesioTaping - Hanover, March 2010
- ▶ Update on SABS Legislation Change - London, May 2010

Ashley Kuntz, BHSc, MPT

- ▶ Bahram Jam, Mechanical Low Back Pain - Clinicial Instability, Jan. 2010
- ▶ Kinesiotaping, March 2010
- ▶ Bahram Jam, Lumbar Neuropathodynamics - Apr. 2010
- ▶ Bahram Jam, The Shoulder Complex (Part 1) - May 2010

Angie Johnston, BHSc, MPT

- ▶ Bahram Jam, The Shoulder Complex (Part 1), June 2010

Heather Ross, OT Reg.(Ont)

- ▶ Understanding and Managing Visual Deficits: A Guide for Occupational Therapists - April 2009
- ▶ Cognitive Rehabilitation and the Multi-context Approach to Executive Dysfunction, Awareness & Memory, Peterborough, September 2009;
- ▶ Neuro-Optometric Rehabilitation Vision Course, London, Ontario, October 2009;
- ▶ Health Care Innovations Conference and Trade Show, Toronto, November 2009
- ▶ New Direction in the Changing World of Auto Insurance: New SABS, New Rules of Civile Procedure, Renewed HCAI, April 2010
- ▶ Vision Wheelchair Seating Systems Update Inservice, Stratford, ON, April 2010

Tammy Morrell, B.A.P.E. (Kin)

- ▶ Neurorehabilitation: Assisting Recovery and Function in Everyday Life following Brain Injury - Feb. 2009
- ▶ Advanced Brain Injury Rehabilitation for Persons with ABI - June 2009
- ▶ WaterArt Rehabilitation Specialist Certification, Dundas - April 2010

Ten staff members attended the Brain Injury Association of London and Region Conference "Brain Injury GPS...Navigating through Recovery", London, June 2010

Sandra Schlup, H.B.P.E. (Health Promotion), PTA

- ▶ CanFit Pro - Toronto, August 2010
- ▶ Resist-a-ball Level 2, August 2010

Cory Birk, MScPT, CAT(C)

- ▶ Acupuncture Level I, Acupuncture Foundation of Canada Institute, Toronto, March 2009
- ▶ Acupuncture, Level I, Parts 2A/3A, Acupuncture Foundation of Canada Institute, Toronto, December, 2009
- ▶ Manual Therapy Level II, Lower Extremity, Orthopedic Division of Canadian Physiotherapy Association, Toronto, February-May 2010

Jean Montgomery, OT Reg.(Ont)

- ▶ Canadian Seating and Mobility Symposium - May 2009
- ▶ New Direction in the Changing World of Auto Insurance: New SABS, New Rules of Civile Procedure, Renewed HCAI, April 2010

Carolynne Cressman, Administrative Assistant

- ▶ Update on SABS Legislation Change - London, May 2010

Visit our website to learn more about the services we can offer to your clients. Use our "Education" Link for helpful information on injury management, exercises and ergonomics."

www.newhorizonsrehab.com

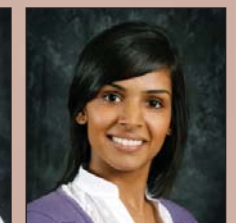
Our Team Has Grown



Angie Johnston



Ashley Kuntz



Kiran Chauhan

We are pleased to announce that **Angie Johnston, BHSc, MPT** and **Ashley Kuntz, BHSc, MPT** have joined our team of physiotherapists in 2010.

We are also pleased to announce that **Kiran Chauhan, MScOT, OT Reg(Ont) Candidate** has joined our team of occupational therapists while Heather Ross is on maternity leave until August 2011.

In addition, we welcome **Nicki Berfeltz, CKin** to our team, who will be assisting clients in the clinic.

If you have a client you think we may be able to help, give us a call. We will be happy to provide our assistance.