

# Our Services

## Kinesiology & Hydrotherapy

### Hydrotherapy

Hydrotherapy at New Horizons Rehabilitation Services Inc. is available to compliment programs established by the Physiotherapist. Tammy Morrell, under the supervision of the Physiotherapist, is qualified to establish clients in community-based programs such as hydrotherapy, gym facilities, in-home exercise programming, and in schools. Hydrotherapy programs are offered to clients who are not able to participate in land based programs

As a Certified Seniors and Special Populations Instructor, Certified Arthritis Instructor and Certified Rehabilitation Specialist through *WaterART*, *Fitness International*, Tammy has the knowledge base to establish and progress water exercise programs for conditions such as arthritis, back pain, musculoskeletal conditions (hip replacements, knee replacements and injuries, shoulder injuries, ankle conditions) Parkinson's Disease, Multiple Sclerosis, Cardiovascular Disease, Diabetes, Stroke, obesity, and injuries sustained in motor vehicle accidents.

### Land Exercise

Gym programs are established to compliment programs already in place by the Physiotherapist. These programs are followed one on one by a Kinesiologist or Rehabilitation Support Worker. Programs are transferred to public facilities when a client is functionally ready to allow for client independence. These programs, in addition to hydrotherapy programs, are based on muscular strength and endurance, flexibility, cardiovascular endurance, balance and co-ordination. If a program is better suited to be carried out in a facility such as a school gymnasium or church gymnasium, arrangements can be made to accommodate the request. Programs are established under the supervision of a Physiotherapist.

Types of conditions that may benefit from the programs available include acquired brain injuries, stroke, soft tissue injuries, spinal cord injuries, multiple trauma, arthritis, and musculoskeletal conditions.

Our Kinesiologist and Rehabilitation Support Worker at New Horizons Rehabilitation Services Inc., also assists other multidisciplinary team members such as Occupational Therapists and Speech-Language Pathologists. This partnership is established to assist with programs for individuals with complex injuries including acquired brain injuries and spinal cord injuries. Our services of Kinesiology and Rehabilitation Support Worker co-operatively work with all members of a multi-disciplinary team to establish and progress programs required to assist clients with their functional needs.