

rehab

R E V I E W

THERAPACC'S QUARTERLY CLIENT NEWSLETTER



www.therapacc.com **SPRING 2005**



SPRING NEWS



The Smart Rehab Money Is On Physiotherapy

Now that outpatient physiotherapy and chiropractic services are de-listed from OHIP the rehabilitation landscape has changed dramatically. Chiropractic treatments are no longer subsidized by OHIP and clients must now pay the full amount themselves. OHIP funded physiotherapy clinics will close their doors this spring. This is a good-news, bad-news story.

The bad news first. Clients paying privately (without private or employer sponsored health insurance) will now be paying more out of their own pockets. Health insurance plans, which provide a fixed annual amount, will be more quickly exhausted.

The good news. Those requiring rehabilitation can now more easily compare the actual costs and benefits to them of different treatments. Previously, clients may have chosen to wait for OHIP physiotherapy if there was an OHIP clinic in their community. Waiting times for these services were often many weeks or months. Physiotherapy is most effective when it is timely – waiting for treatment may result in complications and longer treatment period, requiring more visits, and resulting in greater expense.

When comparing the cost of different rehabilitation services, clients should consider:

How long is the wait for service?

At Therapacc new clients are seen within a day or two of referral.

How thorough an assessment will be done?

Our physiotherapists spend up to 60 minutes conducting a thorough initial assessment.

How much time and attention will you receive in follow-up visits?

Clients generally spend at least 20 minutes one-on-one with the physiotherapist, but are usually in the clinic longer, especially if an exercise program is part of their treatment.

How long (or how many treatments) will you attend?

Physiotherapy is *not* a long-term intervention for most conditions. There are no regular "maintenance" visits. Most conditions, if treatment starts promptly, will take between four to eight weeks of two or three weekly sessions. We aim to improve your capabilities and reduce pain as quickly as possible, giving you the skills to help yourself and prevent future injury. We feel we have succeeded when you no longer need to be a client!

Employee Training

Programs on Back Care, Safe Lifts and Transfers, and more.

Call 1-800-339-7792 or locally (705) 324-5085 for more information.

Extended Play Time: This Season's Tool

Canadians are finding that as they age joint problems begin to affect their ability to participate in physical activity that they have enjoyed over their lifetime. Curling and bowling are two popular sports that now can be played by those with hip, knee, back and other upper extremity problems related to arthritis, joint replacement or fractures. The **Extender** for curling and the **Bowling Q** are two tools which make this possible.



An attachment at the end of an adjustable length stick allows the individual to manipulate a curling rock or five-pin bowling ball. The rock or ball is directed down the ice or alley from a standing posture, sparing the painful positions requiring bending and lifting. Extenders are now used at the Olympic level by Wheelchair and Curling athletes. They are available from Drew & Associates.

See www.drew.on.ca for more details.



Therapacc's Mission

To enable each client to achieve the highest level of function, independence and well-being.

Physiotherapy Post-Mastectomy

After mastectomy or lumpectomy, physiotherapy exercise programs help women regain normal shoulder mobility and function, and prevent lymphedema in the arm. Physiotherapy promotes early active movement to restore range of movement (joint flexibility). Range of movement and strength are vital to achieve maximum function and allow for positioning of the arm for possible post-op radiation treatment.



Why Refer to a Physiotherapist?

Registered physiotherapists are best qualified to assess the shoulder girdle complex for limitations in joint movement and strength and to prescribe exercise programs. Early intervention post-operatively, with education as well as exercise, can prevent limitations in the affected limb.

After hospital discharge, post-mastectomy physiotherapy can be delivered under the home care program, after referral to the local CCAC, ideally before discharge from hospital. Exercise programs provided in hospital immediately after surgery often need to be reviewed and progressed in the home, with referral to out-patient physiotherapy if appropriate.

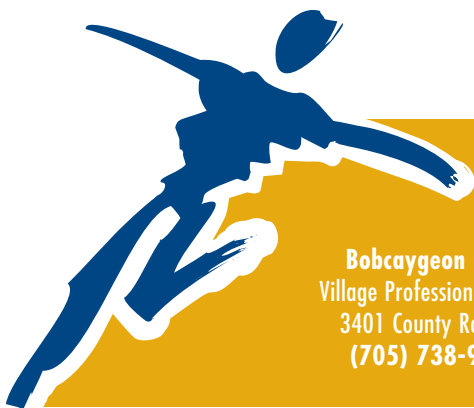
Physiotherapy treatment can:

- Prevent adhesive capsulitis and loss of range of motion
- Prevent the development of swelling
- Maximize healing of incision and lymphatic vessels
- Restore and optimize posture
- Advise and reassure regarding pain control
- Educate about potential issues that may develop in relation to swelling, loss of movement, weakness, and function both immediately post-op and later post treatment
- Prescribe progressive strengthening.

did you know?

- THERAPACC IS LOCALLY OWNED AND OPERATED BY EIGHT THERAPISTS: THREE OCCUPATIONAL THERAPISTS AND FIVE PHYSIOTHERAPISTS
- OUR COMPANY COVERS A 13,221 SQUARE KILOMETERS AREA FROM LAKE ONTARIO TO ALGONQUIN PARK, LARGER THAN THE STATE OF NEW JERSEY!
- OUTPATIENT THERAPY SERVICES ARE OFFERED AT OUR FOUR CLINICS IN CAMPBELLFORD, LINDSAY, BOBCAYGEON & FENELON FALLS
- ASSESSMENT AND TREATMENT SERVICES ARE PROVIDED IN PRIVATE HOMES, LONG-TERM CARE FACILITIES, RETIREMENT HOMES AND WORK PLACES THROUGHOUT THE COUNTIES OF VICTORIA, HALIBURTON, PETERBOROUGH & NORTHUMBERLAND. WE ARE THE CONTRACTED THERAPY SERVICE PROVIDER FOR THE REGION'S COMMUNITY CARE ACCESS CENTRE
- OUR REHABILITATION TEAM INCLUDES: 19 PHYSIOTHERAPISTS, TEN OCCUPATIONAL THERAPISTS AND TWO SPEECH LANGUAGE PATHOLOGISTS

If you would prefer to receive the Rehab Review newsletter in an electronic format or if you have any comments, please contact us at (705)324-5085 or 1-800-339-7792 or therapacc@sympatico.ca.



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