

Why see a Physiotherapist?

For treatment of any bone, joint, muscle, ligament, tendon or postural problem including:

- Ligament sprains
- Soft tissue strains
- Muscle tears
- Sciatica
- Neck and Back strains
- Sacroiliac joint dysfunction
- Whiplash
- Headaches
- Knee conditions
- Shoulder injuries such as cuff tear and separation
- Dislocations and Fractures
- Tendinopathy, Bursitis
- Arthritis
- Repetitive stress injuries
- Anything that is limiting your mobility

What our Clinics offer:

- Experienced, highly trained Physiotherapists
- Well equipped gyms
- Individualized exercise programs
- Manual Therapy
- Postural evaluation
- Muscle imbalance evaluation
- Physiotherapy modalities, including: ultrasound, laser, muscle stimulation, interferential currents, T.E.N.S.
- Mechanical Traction
- Heat, Ice
- Phonophoresis
- Acupuncture
- Education

Fee Structure:

Private patient fees:

- Initial Visit: \$ 65
- Subsequent Visit: \$ 55
- Extended Visit: \$ 80
(for complex injury or IMS)
- Private Extended Visit: \$ 100
(45 minutes 1:1, Cranial Sacral, or Incontinence/Pelvic floor)
- Needling Fee (Acupuncture) \$ 5

ICBC clients:

- Patient visit charge: \$ 25
- Patient visit charge:
 - (If 30min booking time required) \$ 35
 - (If 45 min booking time required) \$ 45

WCB clients:

- No fee

MSP Premium Assistance: \$ 20

CALL OR VISIT US AT:

www.expertphysio.ca

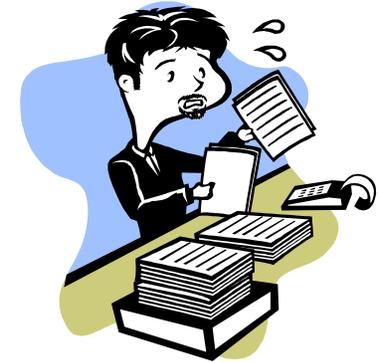
**Burnaby Heights
Physiotherapy Clinic
210-3970 E Hastings
604-294-3911**



**Eight Rinks
Physiotherapy Clinic
1-6501 Sprout St.
604-294-3376**

Our Mission Statement:
Our expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.

Stress Management



Physiotherapists
Your Body Specialists

Stress Management & Physiotherapy



The Harvard School of Medicine recently stated that the majority of problems/diseases for which people will visit their physician are stress-related dysfunctions. Stress is the anxiety that one experiences in reaction to daily challenges, both mental and physical. Undue anxiety increases our sympathetic nervous system activity, with a quick increase in heart rate and blood pressure, along with the release of stress related hormones. Chronic and insidious stress due to loneliness, poverty, bereavement, depression, and frustration is associated with impaired immune system function, and is linked to diseases such as the common cold and cancer. If not managed properly, stress may also manifest itself as muscle tightness or pain in the body, particularly in the neck, shoulders, and back. Dealing with stress appropriately can make a significant impact on your quality of life, and the quality of your health.

Current research links the unity of the mind, body, and spirit to physical and mental health. Through the simple act of changing thought patterns, a relaxation response can be created, which can decrease breathing and heart rates, boost the immune system, as well as decrease blood pressure. This relaxation response can be triggered by activities such as: diaphragmatic breathing, repetitive prayer or meditation, qi gong, yoga, jogging, even knitting! The only necessary requirements are the repetition of a word, phrase, or movement and the setting aside of intruding thoughts. It requires commitment and practice, but anyone can become skilled at creating a relaxation response.

In managing your stress, attempt to:

1. Become aware of people or situations that cause you undue tension.
2. Determine how this affects you, and what feelings they create or cause.
3. Devise ways to cope with it. (If, for instance, rushing to work creates anxiety, leave earlier.)
4. Take periodic breaks during the day. Have your physiotherapist show you some stretches you can do during your breaks, and how to breath diaphragmatically.
5. Formulate a positive frame of mind.
6. Slow down. Make leisure time a priority.
7. Find some relaxation techniques that work for you. Many people find exercise or stretching helpful. Others may read a book, or listen to soothing music.
8. Seek professional counseling if you are feeling helpless. Use any social support networks you may have.
9. Find a form of cardiovascular exercise that you enjoy and can do 3 times a week.
10. Empower yourself by gaining knowledge. Visit your local library or bookstore to gather information on relaxation techniques such as: visualization, biofeedback, yoga, progressive muscular relaxation, meditation, or deep breathing. Your therapist or physician may also be able to assist you with these.

Easy Strategies To Try Immediately:

1. Take a warm bath.
2. Meditate for 15 minutes.
3. Count backwards from 100.
4. Perform gentle static stretches for 15 minutes.
5. Take periodic breathing breaks. Do 4-6 deep cleansing breaths throughout the day.
6. Close your eyes and daydream.
7. Talk to a friend and share your problems.
8. Take a slow walk.
9. Play with your kids.
10. Take a stress management course or get a book on stress management.
11. Listen to your favorite tape or CD, and dance!
12. Take up a relaxing hobby.
13. Cuddle with your pet.
14. Participate in regular exercise workouts that you enjoy.
15. Rent a funny movie, or read a funny book, and laugh!

