

HEALTHY HABITS

Physiotherapy For Health Clinic

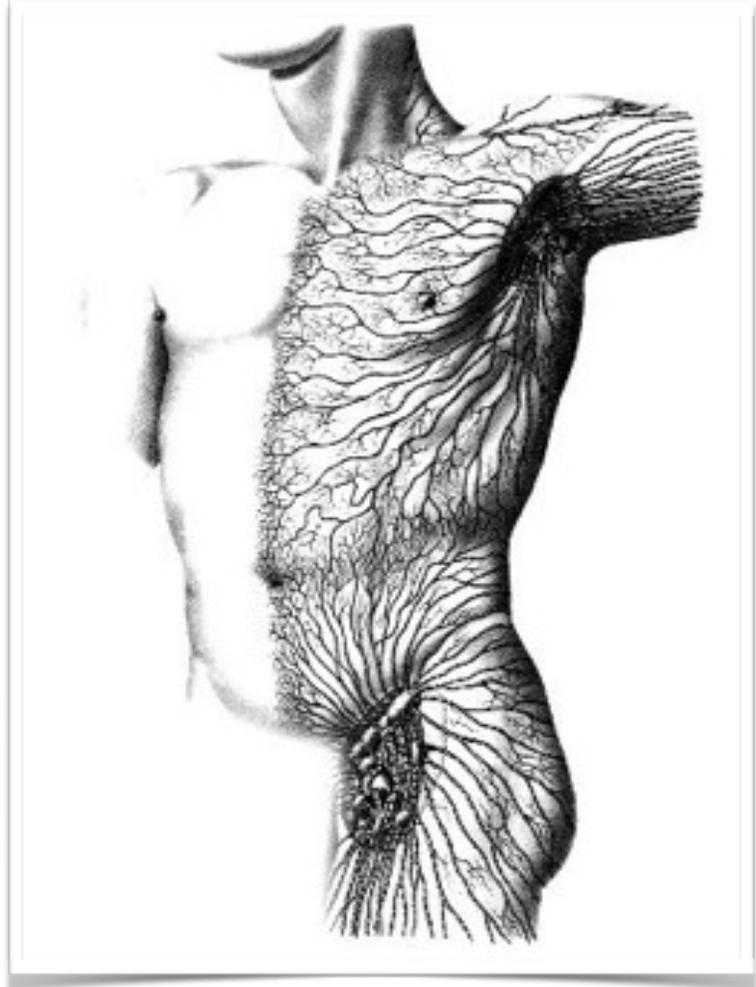
OSTEOPOROSIS

Who gets Osteoporosis?

Osteoporosis is often referred to as the “silent thief” because bone mass is continuously lost over the years, often without any signs or symptoms until a fracture occurs. 1 in 3 women over the age of 50 have osteoporosis and 1 in 5 men.

Exercise is very important for all of us, but especially for those with osteoporosis who are at risk to fracture. Here are a few key reasons why exercise is important for those with osteoporosis:

- to build muscle strength
- to prevent falls
- to protect the spine
- to slow the rate of bone loss



Combined Decongestive Therapy

Lymphedema is swelling of a body part, most often an arm or a leg, caused by the abnormal accumulation of lymph fluid, most likely from a blocked or damaged route through the lymph system. It can also occur in the face, neck,



Vestibular Therapy

Dizziness, vertigo and disequilibrium are common symptoms which can result from a dysfunction of the balance organs of the inner ear or a dysfunction of one or more parts of the central nervous system that help process balance and spatial information. These 3 symptoms have very different meanings and describing them accurately can mean the difference between a proper diagnosis and one that is missed.

Dizziness is a sensation of lightheadedness, faintness or unsteadiness

Vertigo has a rotational or spinning component and feels like things are moving

Disequilibrium means unsteadiness or imbalance

chest, breast, abdomen, groin and lung. Unlike other oedemas, lymphedema leads to changes in the tissues, such as fibrosis and an increased risk of infection. The swelling can then become even more difficult to control.

Combined Decongestive Therapy (CDT) is a technique designed to accelerate the normal functioning of the lymph vessel system. CDT cleanses the connective tissue of inflammatory materials and toxins, enhances the activity of the immune system, decreases pain and enhances functioning of the parasympathetic nervous system. CDT integrates manual lymph drainage, myofascial release, osteopathic techniques, cranial work, body-mind connections and energetic techniques.

The goal of lymphedema treatment is to help reduce and control swelling, prevent it from getting worse and decrease the chance of complications.

Combined Decongestive Therapy is now offered at *Physiotherapy For Health Clinic*. CDT sessions can be booked by calling:

705-445-2204

We specialize in treatment for vertigo and **bone fit** osteoporosis education, as well as offering full physiotherapy services to aid in returning to a healthy lifestyle.