



FREEDOM

PHYSIOTHERAPY

Freedom of movement. Freedom from pain.

THE COMEBACK ISSUE

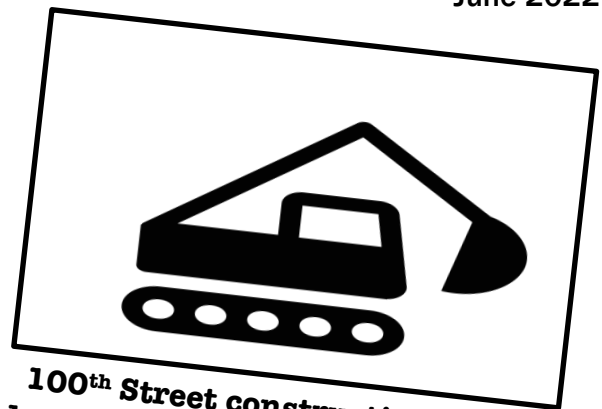
www.freedomphysiotherapy.ca

June 2022

100TH STREET CONSTRUCTION

The construction crew broke ground in April. Work is expected to continue until September/October 2022.

With warmer weather comes the next phase in the 100th Street construction project. Though the project temporarily impedes access to the clinic and limits parking availability for patrons, we look forward to seeing the finished product, with Freedom Physiotherapy right in the middle of it! Both entrances will remain open for the time being. The sidewalk along 100th Street also remains open, allowing access between 100th Avenue and 101st Avenue. Street parking is available along 100th Avenue and 101st Avenue. Our back parking lot remains open, though space is limited. We are also urging our patrons to leave the parking space directly in front of the back entrance free to ensure clients still have pick-up and drop-off capabilities. We greatly appreciate everyone's understanding, and encourage our clients to report any issues so we can inform the crews.



100th Street construction is well underway. Anticipated completion date: September/October 2022!

THIS ISSUE:

- ICBC ENHANCED CARE
- STRENGTH TRAINING FOR YOUTH
- SUMMER STUDENT SPOTLIGHT: KATIE SKINNER
- FOAM ROLLING... WHAT'S REALLY HAPPENING?
- GO-TO FITNESS RESOURCES

ICBC ENHANCED CARE

On May 1st, 2021, ICBC implemented their new Enhanced Care model. The objective is to provide injured people with all the coverage they will need for treatment, as long as they need it. These new benefits cover everyone involved in a crash (pedestrians, bicyclists, passengers, and drivers) whether they are at fault or not. ICBC has increased the maximum coverage to \$7.5 million, a significant jump from the previous amount of \$300,000. They have increased previously established benefits such as: income replacement benefit, personal care assistance, travel and accommodation, and increased death benefit. New benefits include: permanent impairment benefit, recreational benefit, grief counseling benefit, caregiver weekly benefit, and a transitional expense benefit of \$1.25 million on top of the above mentioned \$7.5 million.

So, how do these changes impact your treatment with us? People in a crash have an early access treatment window for the first 12 weeks following the crash. In this time, you will be able to access 24 Physiotherapy visits and 12 Kinesiology visits with no need for physician approval. All you need is an ICBC claim number. At the conclusion of this early access window, necessary treatment will continue following the approval of a treatment plan submitted by your practitioner, and any other additional practitioners involved in your treatment. Curious if you qualify? Ask how we can help!



STRENGTH TRAINING FOR YOUTH

Strength training for youth is incredibly valuable, and for more reasons than you may think! Some of the many benefits include:

- Rehabilitation for musculoskeletal injuries, such as sprains, strains, and fractures.
- Treatment of traumatic brain injuries, such as concussions.
- Treatment of developmental disorders and conditions.
- Pre-surgery and post-surgery therapy.
- Increased strength and muscle mass.
- Improved balance, coordination, and kinesthetic awareness.
- Improved confidence and self-esteem.
- Building a positive association with physical activity.
- Developing healthy habits that can accompany youth into adulthood.
- Providing an amazing way to be active if sports are not a part of the lifestyle.



SUMMER STUDENT SPOTLIGHT: KATIE SKINNER

Katie Skinner joined us in May, and will be with us until the end of August! Katie was born and raised in Fort St. John. She studies Kinesiology, and has ambitions of becoming a Physiotherapist. Katie recently finished her fourth year at the University of Victoria, and will be returning for her fifth and final year of her undergraduate degree after her time with Freedom Physiotherapy. You will see her in the clinic helping at the front desk and working alongside our physiotherapists while they treat their clients!



FOAM ROLLING... WHAT'S REALLY HAPPENING?

Foam rolling has become immensely popular in recent years, yet, there seems to be a misunderstanding among most people as to what is actually happening to the body while foam rolling. Furthermore, there is confusion regarding when and where to implement it in training and rehab.

- 1.** It appears highly unlikely that foam rolling breaks up adhesions or scar tissue. Additionally, it is unlikely that it lengthens muscle tissue. It is because of our resilient tissues that we can lift heavy weights!
- 2.** Foam rolling may elicit a short-term increase in range of motion, thus improving quality of movement immediately after. This can have a positive impact on overall range of motion, in the long term.
- 3.** Foam rolling prior to strength training, especially when used immediately prior to a lift, may help alter the perception of pain within a group of muscles or a specific joint, potentially allowing us to load a movement, ultimately improving strength and range of motion.

GO-TO FITNESS RESOURCES

As health professionals, we are often asked by clients what some of our favourite resources are for rehabilitation, strength and conditioning, nutrition, and general health information. Although information in the health world is forever evolving, below you can find some of our current favourite online resources! However, keep in mind that these resources are not substitutes for professional medical advice. If you have questions, always be sure to ask your practitioner for guidance before attempting anything you read online.

- T-Nation
<https://www.t-nation.com/>
- The Barbell Physio
<https://thebarbellphysio.com/>
- Stronger By Science
<https://www.strongerbyscience.com/>
- Examine.com
<https://examine.com/>
- Mash Elite
<https://www.mashelite.com/>
- Dr. John Rusin
<https://drjohnrusin.com/>
- Dr. Quinn Henoch
<https://www.itsstrength.com/product/online-coaching-dr-quinn-henoch/>
- Dr. Spencer Nadolsky
<https://drspencer.com/blog/>
- Chris Beardsley
<https://strengthandconditioningresearch.com/>
- The Lancet
<https://www.thelancet.com/>

CONTACT US

Freedom Physiotherapy

10031 100th Street

Fort St. John, BC, V1J 3Y5

Phone: 250-785-1304

Fax: 250-785-1304

Email: clinic@freedomphysiotherapy.ca



FREEDOM
PHYSIOTHERAPY