

## Physiotherapists/Owners



**Judy Boivin, BSc.P.T., CAFCI**  
Registered Physiotherapist

Judy received her Physiotherapy degree from the University of Toronto. She has worked as a registered physiotherapist for nearly 20 years now, successfully operating the clinic for the past 16 years. She has taken numerous post graduate courses in manual therapy, muscle energy techniques and cervicocranial therapy. She has done extensive training in acupuncture and has certified with the Acupuncture Foundation of Canada.



**Jason Van de Sande, BSc.P.T., CAFCI**  
Registered Manual and Manipulative Physiotherapy

Jason graduated from the Queen's University Physiotherapy program in 1995. With over 10 years of clinical experience in Milton, as well as continual post-graduate training, he has become highly specialized in the assessment of orthopaedic conditions. He became a Fellow in the Canadian Academy of Manipulative Therapists after successfully attaining his Diploma in Advanced Manual and Manipulative Physiotherapy in 2003.

*"I encourage many of my patients to attend physiotherapy for their muscle and joint problems. They often benefit from the specialized exercise programs, modalities and manual therapy techniques used to treat their injuries. Physiotherapy can be used both pre and post surgery. It can be helpful for a patient's recovery from a wide range of orthopedic conditions."*

**Dr. Marcus Bischoff**  
Orthopedic Surgeon



### Clinic Hours

Monday to Thursday 7am to 8 pm  
Fridays 7 am to 6 pm



3006 Derry Road W. Suite 203, Milton  
(across from the Milton District Hospital)  
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**(905) 693-8852**

Visit us at [www.physioinmilton.com](http://www.physioinmilton.com)

### Method of Payment

- Extended Health Insurance Plans.
- Motor Vehicle Insurance Plans, most allow direct billing from the clinic.
- Workplace Safety and Insurance Board-billed directly with valid claim.
- Personal Payment - Income tax deductible receipts provided.

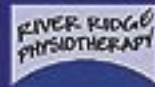
**NO REFERRAL NECESSARY**

## Take Control of Your Health!



## Physiotherapy in Milton

2 Convenient Locations to Serve You



## Our Clinics

**Milton Physio & Sports Injury Clinic** has been providing quality healthcare since 1989. We provide you with one-on-one attention to help you regain and maintain optimum physical health. Treatment decisions are based on the latest research, using clinically proven techniques for successful outcomes.



Our facility, which is located directly across from the Milton District Hospital, has a bright, fully equipped gymnasium. We offer private treatment rooms and a wide variety of therapeutic modalities and assessment tools.

*"All of the staff are caring, friendly and knowledgeable. They really make an extra effort to help you in your recovery."*

Anne Cameron  
Patient/Teacher



Our rehabilitation professionals have years of post-graduate training and experience in dealing with a wide range of conditions. We strive to provide highly effective services to suit the needs of the community.

**River Ridge Physiotherapy** opened in September of 2002 in the Commercial Street Professional building to meet the needs of Milton's growing population. There are a wide variety of professionals in the building, allowing us to provide you with physiotherapy care in close proximity to doctors and other specialists.



The clinic exudes a warm, comfortable, caring atmosphere with the latest technology, modern treatment modalities, and a well-equipped gym. Manual therapy techniques and therapeutic exercises are incorporated to provide effective treatment for many conditions.

## Our Services

*We provide effective treatments in...*

Physiotherapy for all ages

Sports Injury Assessment and Treatment

Certified Acupuncture Treatment

Registered Massage Therapy

Prescription Exercise Programs

Therapeutic Modalities such as Ultrasound, TENS, Interferential, Laser, EMS, etc.



Ergonomic and Workplace Assessments

Educational seminars on Injury Prevention

Functional Abilities Evaluations (FAE's)

Work Hardening

On-site Industrial Rehab

*We also successfully treat...*

Sports Injuries, including rotator cuff tendonitis, bursitis, knee injuries, ankle sprains and strains.

Plantar Fasciitis

Car Accident Injuries

Work Injuries

Back & Neck Injuries

Joint Replacements

Repetitive Strain Injuries including carpal tunnel, tennis elbow and golfer's elbow.

Arthritis and degenerative conditions

Post surgical treatment for orthopedic conditions

TMJ dysfunction

Pregnancy Back Pain



## Our Philosophy

*We believe in:*

- ✓ Early intervention / treatment following an injury.
- ✓ An active treatment approach promoting client participation.
- ✓ Prompt and professional communication to all involved.
- ✓ Monitoring outcomes through data collection and analysis.
- ✓ Encouraging our client's independence through education.



## Our Products

We currently offer the following products for sale:

- custom knee braces
- custom foot orthotics
- ankle braces
- elbow straps
- taping supplies
- pillows & backrests

*"Participation in any sport can occasionally lead to injury. My gymnasts always receive a thorough assessment and effective treatment."*

Janet Campbell  
Head Coach, Milton Springers Gymnastics Club

Visit us on the web at [www.physioinmilton.com](http://www.physioinmilton.com)