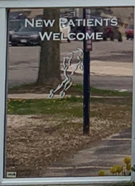




GREAT LAKES REHABILITATION

We'll get you moving!

GREAT LAKES PHYSIOTHERAPY
AND SPORTS MEDICINE



- **Physiotherapy/Athletic Therapy**
- **Vertigo/Concussion Care**
- **Spinal Decompression**
- **Pelvic Floor Physiotherapy**
- **Massage Therapy**
- **Acupuncture**

www.greatlakesphysiotherapy.com

Physiotherapy

Physiotherapy is a healthcare profession directed at returning the client to pre-injury level, and promoting a healthy lifestyle. Physiotherapy is a primary care, autonomous, client-focused health profession dedicated to:

- Improving and maintaining functional independence and physical performance.
- Preventing and managing pain, physical impairments, disabilities and limits to participation.
- Promoting fitness, health and wellness.



Our mission is to provide you with exceptional rehabilitative care, create functional programs to teach you how to manage your injury and contribute to your overall wellness

Pelvic Floor Physiotherapy

Great Lakes Physiotherapy Delhi offers a Pelvic Floor Physiotherapy (PFP) assessment and treatment program. Female and Male patients are welcome. PFP is available for:

Pelvic Organ Prolapse (POP)

- Prolapse refers to a descending or drooping of organs. Pelvic organ prolapse refers to the prolapse or drooping of any of the pelvic floor organs including the Bladder, Uterus, Rectum, Small Bowel and Vagina.

Urinary Incontinence

- UI is often seen after prostate surgery in men, and pelvic surgeries in women. It is defined as when a person cannot prevent urine from leaking out.

Ontario Balance Centre

We specialize in treating acute attacks of dizziness (Vertigo), chronic balance disturbances and motion sickness. Our highly trained licensed Physiotherapists have completed training in the assessment and treatment of vestibular disorders. Our programs are customized to each individual case and progression is ensured throughout the course of treatment.



Anyone experiencing dizziness or falls resulting from: Benign Paroxysmal Positional Vertigo (BPPV), Car and Motion Sickness, or other balance related ailments can benefit from our clinic.

Often not identifiable by the person, the family will often notice that an elderly member may be having balance problems. This is often not only due to a decline of balance with age, but general deconditioning. We complete a thorough assessment of the Vestibular and Balance Systems while customizing a treatment program for the individual.

Concussion Testing & Rehab

Concussions and their long-term effects are one of the biggest challenges athletes face today. Ontario Balance Centre is a Level 1 Provider of the *Shift* Concussion Management Program. *Shift* is a leader in concussion care and the program is an advanced approach to concussion rehabilitation. It guides athletes safely back to full participation in their sports and their lives.



Shift **CONCUSSION
MANAGEMENT PROGRAM**



Ontario Spinal Institute

Advanced cervical and lumbar discal lesions have been the bane of healthcare for many years. Many of the conditions are too acute to manually help and offer the clinician too many challenges - ranging from chronic pain and depression to loss of income through disability.

We offer an effective program for the rehabilitation of spinal complaints that are beyond the scope of the manual practitioner.

Spinal Decompression using the Antalgic Trak

Our target patient base has been those with extreme spinal conditions, and have, in the most part been suggested to have a surgical consultation for conditions such as disc herniation, prolapse, degeneration and stenosis.

For more information contact us at:



17 TALBOT ST., N., SIMCOE ON N3Y 3W5



519.429.3678



519.429.3405



99 KING ST., DELHI ON N4B 1X7



519.582.2552



519.582.4294



WWW.GREATLAKESPHYSIOTHERAPY.COM