

## Orthotics and Bracing

Custom orthotics and biomechanical analysis for:

- Foot alignment
- Correct improper posture
- Sports/running injuries
- Footwear advice and education

We offer a range of custom and generic knee braces to suit your sporting needs.

## Sport event coverage

We have a team of therapists with First Responder, CPR and First Aid certification available for team and event coverage around the Ottawa area. Our therapists provide seasonal coverage to local teams. Two weeks advance notice is recommended.



## In-service sessions

We will go to your facility or welcome you at our centre to educate you on:

- Workplace posture and ergonomics
- Sport-specific scapular stabilization and core stability training
- Sleep consultant program

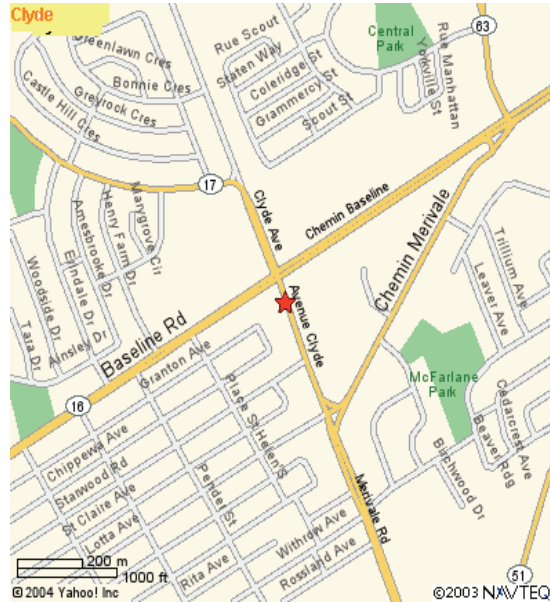
## Sport Medicine Physicians

Our team of physicians have special training and the Diploma in Sport Medicine from CASM. Orthopedic Surgeons offer specialty services in our centre by referral from our sports physicians. Our team works with several amateur, professional, national, and Olympic teams.

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# OTTAWA SPORT MEDICINE CENTRE

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# OTTAWA SPORT MEDICINE CENTRE

We take pride in  
taking care



OFFICIAL SERVICE PROVIDER TO THE:



**At the Ottawa Sport Medicine Centre, our team of Physiotherapists (PT), Athletic Therapists (AT), Sports Physicians, Massage Therapists (MT) and Kinesiologists (KIN) work as a team to provide optimal assessments and treatments for our patients. Our centre is recognized as an official service provider to the Canadian Sport Centre (CSC) Ontario.**



### Myofascial release

Myofascial release is a highly interactive stretching technique that requires feedback from the patient's body to determine the direction, force and duration of the stretch and to facilitate maximum relaxation of the tight or restricted areas. When using myofascial release techniques, the therapist monitors tissue tightness by developing a kinesthetic link with the patient through touch. This results in the patient achieving the most efficient movement patterns that the patient's body can maintain with the least amount of effort.

### Massage therapy

Massage therapy is a form of soft tissue manipulation performed by a registered massage therapist. Benefits of massage therapy include:



- Improves the healing of strained muscles, sprained ligaments, spasms, pain, swelling, and reduces the formation of scar tissue
- Increases joint flexibility and range of motion
- Relaxes nervous system and reduces stress

## Rehabilitation services

### Manual therapy

Our active "hands-on" approach at OSMC has proven to be effective in accelerating recovery from injury as well as providing a personalized level of service. Manual techniques include joint mobilization, manipulation, proprioceptive neuromuscular facilitation stretches, Muscle Energy, soft tissue release, and Active Release Techniques. Coupled with exercise prescription and modalities such as contrast therapy, electrotherapy and ultrasound, manual therapy is an integral component of the rehabilitation process.



### Acupuncture

Acupuncture is a therapeutic method used to encourage natural healing, reduce or relieve pain and improve function of affected areas of the body. Acupuncture is very effective in treating a variety of painful disorders, both acute and chronic:



- Neurological and muscular disorders
- Neck and back pain
- Neuralgia, frozen shoulders
- Tennis elbow, tendonitis
- Sciatica and arthritis

### Kinesiology

Our certified kinesiologists work along with the therapists to establish personalized exercise programs specific to the patient's condition. Rehabilitation programs include strengthening, stretching, proprioceptive, and core stability exercises. Kinesiologists also perform:

- Functional abilities assessments
- Ergonomic workstation evaluation
- Sport specific one-on-one personalized training programs

### Extracorporeal shock wave therapy

Pneumatically generated acoustic pulses (shock waves) are introduced into the body over a large surface area by means of a freely moved applicator. ESWT sessions provide successful relief of chronic pain to restore painless mobility.

### Active release therapy

Active Release Therapy is a hands-on case-management system that allows a practitioner to diagnose and treat soft-tissue injuries. Specific injuries that apply are repetitive strains, adhesions, tissue hypoxia, and joint dysfunction.

