

physiotherapy

●●●●●●●● AT DON MILLS

Monday, 20 February 2012

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Alex Burnaru, Kinesiologist,
Personal trainer

Physiotherapy at Don Mills

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Workshop of the month:

WEIGHT LOSS; EXERCISE, CALORIES & THE MATH

Saturday February 25, 2012, 11.00 am-12:00 pm

Held in our clinic's Pilates studio

Presented by **Alex Burnaru**, certified kinesiologist and personal trainer, this is an informative and interactive workshop on how to manage a successful and healthy weight loss program incorporating scientific approaches to exercise and nutrition. Seats are limited, please RSVP

What's new...

Gita has recently been invited to write a monthly column on pain topics for Inside Toronto magazine called "LESS PAIN, MORE GAIN". Check out this month's feature "Chronic pain, understand it and manage it" published on February 09, 2012:

<http://www.insidetoronto.com/community/life/article/1294835-less-pain-more-gain-chronic-pain-understand-it-and-manage-it>

What our patients say:

This testimonial is long overdue but I cannot forego this opportunity to commend the staff at Physiotherapy@DonMills for their exemplary service. Within two months since I started my treatments, my symptoms are much improved. Gita (Physiotherapist) Alex (Kinesiologist) and Cristen (Massage therapist) have worked closely with me by helping me understand my injury, manage my pain, and develop a progressive exercise program that targeted my issues. And of course, there's Ligia, who never fails to welcome each patient with a warm smile, answer inquiries, and offer very helpful information to patients. The staff at P@DM demonstrates knowledge, expertise, and professionalism at its best. I will definitely recommend this clinic to anybody at a heartbeat and I will surely be coming in for "tune-ups" ---
Marion-Jan 2012

Our gift certificates, "Gift of Health", are redeemable for all of our services.

Refer a friend for Orthotics and enjoy a gift of 30 minute Massage Therapy session . Refer a friend to your Massage Therapist and enjoy an addition of 15 minutes to your next session. Conditions apply.

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Know someone who might be interested in the email? Why not [forward this email](#) to

Our group exercise programs...

Our current exercise programs include: Fit over 50 level I & II, OsteoDynamics & Pilates, for information or to join for a complementary session, call our front desk.

How to manage Diabetes & its Complications

Most of people who are suffering from diabetes are diagnosed with type 2 diabetes. Diabetes occurs when your body either ignores insulin or your pancreas won't create enough insulin. This can trigger multiple health problems.

The onset of type 2 diabetes can be delayed, possibly even prevented, with a healthy lifestyle. If left unchecked, diabetes can lead to serious health problems which include kidney failure, heart disease, circulatory problems and nerve damage, just to name a few.

Once diabetes starts affecting the nerves (also known as neuropathy), individuals may experience one or more of these symptoms:

- Loss of muscle control and sensation
- Numbness, tingling, burning or pain in toes, feet, legs, hands and fingers
- Sharp cramps
- Extreme sensitivity to touch
- Loss of balance or coordination

Losing sensation can be a dangerous situation for some diabetics because small cuts and bruises go undetected, which can trigger infections that can spread to the bone due to a weakened immune system.

In these situations, a physical therapist can help reduce the risk of injury, regain muscle control and improve the quality of life.



It might not be cured but can be treated

Unfortunately, there is no 'cure' for diabetic neuropathy. Most treatments are to control symptoms and are focus on slowing the progression of the neuropathy by controlling blood sugar using lifestyle modification techniques. Physiotherapy is crucial since regular exercise plays a big role in the management of diabetic neuropathy.

The management of diabetes requires self-discipline and regular monitoring of one's glucose levels. In addition to maintaining a healthy weight and controlling blood sugar, it's important to exercise regularly, control blood pressure (take all your prescribed medication at the right time), quit smoking and minimize alcohol.

If you suspect that you, or a loved one, might have diabetic neuropathy, call our office and we will guide you towards your next step.



Physiotherapy & Diabetes

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Your physiotherapist plays an important role in controlling your diabetes and the damage it can cause with a structured exercise and injury prevention program. As well, many modalities such as acupuncture, electrical stimulation and massage therapy can help to decrease the pain associated with Diabetic Neuropathy. Most importantly, it is the improvement of quality of life that will be achieved by a good physiotherapy program.

The process starts with an evaluation to determine the extent of damage to your nervous system. The treatment objective is to retrain your muscles to function the way they are supposed to. This may involve a combination of exercises to challenge your muscles, electrical therapy, positioning techniques and support from your family members.

Be sure to talk to one of our skilled physiotherapists to find out what physiotherapy can do for you.



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