

## Do I Need A Referral To See You?

Although many of our patients are referred by their family physician or podiatrist, a referral is not necessary. Please contact our office located in The Foot Institute building and a convenient appointment will be scheduled for you.

## How Long Does A Treatment Take?

It generally takes approximately 30 minutes for an initial assessment, depending on the type of problem you have. After your initial assessment, you will be given further direction on your course of treatment, available treatment options, costs and the timeline involved.



## What Is The Cost For Your Services?

Initial ESWT consults are presently offered at no cost and will help to determine eligibility. For traditional physical therapy your initial assessment cost is \$60. After your assessment your physical therapist will detail your treatment options and their associated costs. Acceptable methods of payment are cash, cheque, Visa, or MasterCard. Payments must be made on the day of your clinic appointment and are generally tax deductible so please save your receipts for tax time. Given recent changes in Alberta Health Care, Physiotherapy treatments provided by Dynamic Physiotherapy are not yet covered by Alberta Health Care.



## Darren Lonsdale, President of Dynamic Physiotherapy Institute



Mr. Darren Lonsdale BSc.PT, CAFCI, CGIMS is a Physical Therapist and a registered member of the Canadian Physiotherapy Association and College of Physical Therapists of Alberta. He has a special interest in the areas of chronic pain, Orthopedics, and sports injuries. Darren is certified to perform Medical Acupuncture with the Acupuncture Foundation of Canada. Darren has also been trained in the technique of Intramuscular Stimulation at the Institute for the Study and Treatment of Pain, under the direction of Dr. Chan Gunn M.D.

## Dr. Derrick Thompson, M.D., FRACP, FRCP (C) Specialist in Internal Medicine



Dr. Derrick Thompson M.D., F.R.A.C.P., FRCP (C) is a specialist in Internal Medicine with an interest in soft tissue pain. He is impressed with the results of the Swiss Dolorclast shock wave treatments that he has used in his medical practice in Calgary since October 2001.

## Steve Hansen, Physical Therapist



Steve is a Physical Therapist trained in Alberta and practices in Calgary. His areas of interest are sports injuries, Orthopedics and chronic pain. He is currently training in advanced manual therapy courses.

# Dynamic Physiotherapy Institute

Do you suffer from pain while...

- walking
- golfing
- tennis
- working
- and everyday activities?



## Advanced Treatment For Chronic Pain

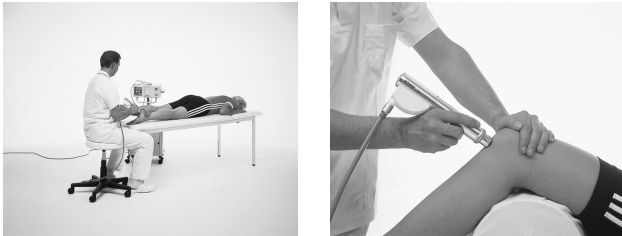
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## Radial Shockwave Therapy Is Especially Effective in Treating...

- *plantar fasciitis*/"heel spur" – calcaneal spur, mostly chronic, painful inflammation under the heel.
- *tennis/golfers elbow* – painful irritation of the elbow.
- *achilles tendinitis* – induced change causing pain in the achilles tendon and occasional stress bumps at its insertion at the back of the heel.
- *calcific tendinosis of the shoulder* – painful restriction of movement of the shoulder tendon/ muscle attachments.
- *patellar tendinitis* – pain under strain at the knee cap.
- *tibial edge syndrome* – pain under strain of the shin.
- *iliotibial band friction syndrome* – inflammation of the tendon/ muscle attachments of the upper leg.



## Tell Me About The New ESWT Treatment?

**ESWT (Extracorporeal Radial Shock Wave Therapy)** is a new, fast and effective non-surgical method of reducing or eliminating chronic pain. ESWT technology is derived from lithotripsy, a technique used in today's modern medicine to disintegrate kidney stones without the use of invasive surgery. This cutting-edge technology delivers pneumatically-generated high pressure shock waves which travel through the skin and deliver high energy acoustic pulses to inflamed tissue, chronic tendinitis, and bone calcification. These pulsations of shock waves stimulate the body's self healing process which helps the afflicted area to heal quickly and much better than if left to other treatments. A typical treatment session lasts approximately 5-15 minutes with patients generally requiring 3 separate sessions approximately 7-10 days apart. Some severe conditions may require more than 3 visits.

In consultation with your family physician or podiatrist, your physical therapist will determine if you are a candidate for ESWT.

## Success Documented

Patients and users are delighted with the Swiss DolorClast method. Clinical studies confirm this i.e.: 88% of patients treated for calcaneal spur and 95% of those treated for tennis elbow rated the results as "very good" or "good" only weeks after treatment \*. Numerous clinical trials have been published and are available for study by accessing the research link found on the EMS medical website: [www.EMS-medical.com](http://www.EMS-medical.com)

\*) "Multicentric, prospective, single-blind, placebo-controlled study into the efficacy of ballistically generated shock waves in the therapy of tennis elbow and calcaneal spur" Prof. Dr. G. Haupt, Cologne University, Germany, and Drs. R. Diesch, T. Frolich, H. Lohrer, E. Penninger, J. Scholl and T. Straub.

## What Is Involved In ESWT Treatment & How Much Does it Cost?

Providing you are a candidate for ESWT, your physiotherapist or his assistant will apply ultrasonic transmission gel to the target area. The ESWT hand piece is then positioned to gently and extensively transmit shockwaves over the injured area. The feedback you provide helps the physiotherapist fine-tune the position of the applicator and the intensity of the treatment.

In the US, patients pay as much as \$3000 - \$5000 for similar treatments that utilize older technology. At the time of printing, Dynamic Physiotherapy is the first physiotherapy group in Alberta available to offer this treatment and *has successfully treated hundreds of patients*. DPI is able to provide the **3 – treatment package to patients for \$675**. Initial consults for radial shockwave therapy are complimentary.

ESWT is not covered by Provincial Health Care. Some private insurance plans do provide coverage but may require a Doctors referral first. Please check with your private insurance to determine physiotherapy coverage and requirements. Patients will receive a receipt and letter of explanation (where applicable), which can be submitted for insurance reimbursement and/ or your tax deduction. DPI does not direct bill for services.

## Contraindications and Possible Side Effects

Contraindications for this treatment are: Poorly localized or non palpable area of pain, blood clotting disorders such as hemophilia or an acquired blood disorder, acute inflammation of the treatment area causing redness, swelling or fever, an open wound, tumors in the area, pregnancy or pacemaker.

**Possible side effects:** Irritation, bruising, swelling, petechiae, and pain throughout the treatment program.

## Tell Me About Your Advanced Gait Analysis System

DPI utilizes state-of-the-art technology for health care professionals and patients to assess, diagnose, and treat underlying gait, postural and biomechanical disorders. The University of Ottawa and Dynamic Physiotherapy are the only two groups in Canada which utilize the advanced SIMI gait analysis system.

Gait analysis is objective data collection which takes into consideration quantifiable variables such as pressure vs. time, timing analysis, stance timings, center of mass, and dynamic video integration.

Computer-assisted gait analysis may be used to identify or confirm foot, knee, hip, back and other musculoskeletal problems with the ultimate goal of improving your function and health. This system is also helpful for many types of MVA treatments and assessments.

## Tell Me About Intramuscular Stimulation

Intramuscular stimulation can be described as a highly advanced form of acupuncture, but in reality it is much more complex. IMS involves using acupuncture needles to specifically target injured muscles, which have contracted and have become shortened from distress.

These shortened muscles cause pain not only in the affected muscle itself, but also from the resulting stress on surrounding tendons and joints. IMS treatments cause the muscle to "grasp" the needle, which in turn forces the shortened muscle to release, providing relief from pain, and taking pressure off spinal nerves. IMS can provide relief for chronic pain where other methods of treatment fail. There are generally no side effects, and the technique is unequalled for finding shortening in deep muscle tissues that have previously gone unnoticed.