

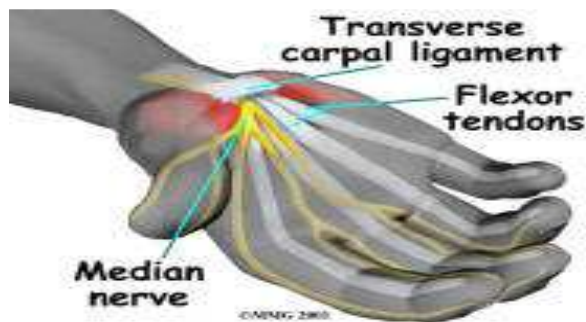


Call 519-668-8855

WWW.BACKNMOTION.COM

151 Pine Valley Blvd., London, ON
(Across From Home Depot)

CARPAL TUNNEL SYNDROME



WHAT? An overuse condition resulting in pain and inflammation of the Carpal Tunnel, often referred as an Repetitive Strain Injury (RSI).

This condition causes swelling or a change in position of the tissue within the carpal tunnel that can squeeze and irritate the median nerve.

SYMPTOMS? Irritation of the median nerve in this manner causes tingling and numbness of the thumb, index, and, middle fingers. Pain may also be increased at night resulting from flexed-wrist sleeping positions.

CAUSES? Carpal tunnel may be caused from a thickening or irritation of the synovial membranes around the tendons in the tunnel that can apply pressure to the median nerve. Tendon inflammation may also be caused from repetitive work, such as prolonged typing or line work.

TREATMENT OPTIONS

The Key is determining what is causing the Carpal Tunnel Pain, ie: Shoulder or Wrist

LASER - Reduces inflammation and Swelling. Also increases cellular repair

MASSAGE - Treating adhesions and lengthening / stretching Musculature, plus compensatory structures

BRACING - Eases pain and corrects alignment during the day and at night

ICING - Beneficial at decreasing inflammation and pain. ie: Ice Tape



Back 'n Motion offers a multi-faceted approach to pain management.

LASER · MASSAGE · ORTHOTICS · BRACES · STOCKINGS

Why refer to Back 'n Motion?

Simple strains can complicate life – yours and your patients. We can eliminate some of the frustrations associated with recommending care for patients/clients with these aches and pains using one or more of our 5 safe and effective treatments. You can refer to us with confidence.

LASER THERAPY

Back 'n Motion exclusively uses the **BioFlex Laser Therapy** system. **Low Intensity Laser Therapy (LILT)** is fast, safe and non-invasive. LILT helps speed up and improve quality of tissue repair and effectively restores injured tissue thereby relieving painful symptoms. Back 'n Motion is also using the Bio Flex laser in their **Smoking Cessation Programme**.

MASSAGE

Back 'n Motion has fully qualified and trained **Registered Massage Therapists** on staff. Massage therapy is very effective in treating muscle strains, R.S.I's, Muscle tension and stress, and a variety of work/sports related injuries.

BRACING

Back 'n Motion offers a variety of in-stock Orthopedic Braces to suit your clients/patients needs. Our experienced Kinesiologist / Certified Fitters will properly fit and ensure that all braces and products are designed for your patient's specific condition or injury. We also specialize in **Custom Knee Braces** utilizing GII (**Generation II Orthopedics**) products.

ORTHOTICS

Back 'n Motion carries Custom Orthotic inserts that can help improve your clients/patients body's alignment when walking and during physical activities. We also offer free biomechanical foot and gait assessments performed by a fully trained and experienced **Pedorthist**, in order to determine the need and/or benefit from **Custom Orthotics**.

SMOKING CESSATION

Stop Smoking with just one laser treatment. **Back 'n Motion** uses Low Intensity Laser Therapy (LILT) with combined acupuncture points to aid our clients in becoming smoke-free. **(90% success)** This procedure is safe, pain-free, and uses no needles, gum, patches or pills. Our experienced staff is also available for complimentary support following the treatments

Back 'n Motion is continuing develop a reputation for being trustworthy, reliable and providing exemplary customer service. We believe a complementary environment not a competitive one ensures the best care for all our clients/patients.

We Provide Treatments for:

- **Musculoskeletal Problems**
- **Back & Neck Joint Pain**
- **Arthritic Conditions**
- **Sports Injuries**
- **Work Place Injuries**
- **Motor Vehicle Accidents**

Services Provided:

- **Certified Laser Therapy**
- **Registered Massage Therapy**
- **Custom / Stock Braces**
- **MVA Treatment Plans**
- **Compression Stockings**

Team Members

Deb Shaver – Clinical Director

Kendall Balchen - Chiropractor

Kyle Tackaberry-Rodd – RMT, Kinesiologist, Certified Laser Therapist

Corinne Mooney – RMT, Certified Laser Therapist

Julie Munday – Pedorthist, Kin.

Derek Coulthard - RMT

Back 'n Motion
Total Pain Management



Thank-you for your ongoing support