

TABLE TALK

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BAYSWATER

International Conference 08

Wow, what an amazing three days in Toronto. I attended the 5th International Laser Conference June 5-9, the best conference I have attended in my 24 years in the Health profession. What I came back with as far as treatment knowledge is invaluable. Some of the biggest names in Phototherapy from around the world spoke and shared their current research and clinical practice results. For example, Professor Chukuka Enwemeka, from New York University, one of the foremost authorities on light based treatment modalities, shared the biophysics of light-based therapy for effective utilization in tissue repair and pain control. Dr. Shimon Rochkind, senior Neurosurgeon & Specialist in Neurosurgery & Microsurgery at Tel-Aviv University demonstrated how laser phototherapy significantly improves recovery of injured peripheral nerves, for example, nerve injury resulting from whiplash. Dr. Paul Bradley, Professor of Oral Digastric Sciences at Nova Southeastern University at Fort Lauderdale, Florida showed how low



intensity laser therapy (LILT) is used in the mechanisms of pain control and treatment of the temporalmandibular joint. Dr. Mary Dyson, considered one of the top experts in Phototherapy & Photobiostimulation discussed how phototherapy affects not only the cells being targeted during treatment, but the positive affects on the immune system. From Rehab Jarov Clinic in Prague, Czech Republic, Dr. Miroslaw Prachazka's treatment of tinnitus (ringing in the ears) with Low Level Laser Therapy finds it is the most important part of the therapeutic treatment. Dr. Joe Tafur, Family Physician and researcher at UCSD on Photo

medicine, shared clinical experience with low intensity laser therapy in treating poorly healing diabetic wounds. Dr. Benjamin Yuen, Chiropractor from Nova Scotia shared how using laser light therapy on “inflammatory lower back pain” can speed up healing of this most commonly seen condition. Many other speakers shared their clinical experience using laser light therapy.

All of these presenters had one thing in common – the light therapy they referred to is the exact same technology we have had at our office for almost 2 years now.

Many of you have already experienced the treatment of phototherapy with myself or one of the other therapists within our office, either on it's own or in conjunction with massage and Neuromuscular Therapy. I have treated children as young as 10 years old for Sever's Condition (see page 3) with tremendous success to patients as old as 81 for arthritis with equal success.

As an aging Massage Therapist (24 years thus far), I find my client base is aging along with me. And with this comes conditions that massage and Neuromuscular Therapy alone is not as effective. Arthritis and chronic inflammatory conditions respond slower as we age, thus inhibiting some of the effects we are trying to achieve



with our body therapies. Thus, I find that some of the conditions that once only took a few treatments to help in the younger patient are now taking much longer to heal in the Baby Boomer population. Phototherapy offers us, as Massage Therapists, another tool, as with ice, heat, and various techniques such as Neuromuscular Therapy, Muscle Energy Technique or

Movement Therapy, to treat the low grade inflammation and stimulate the healing process quicker than ever before, without drugs, or invasive intervention.

This conference was without a doubt one of the most informative and applicable meetings I have ever attended in my 24 years in the Health Care Profession. Using light therapy, this non-invasive, non-painful modality along with Massage and Exercise Therapy techniques bring a fuller level of treatment and care to my patients.

Properly used, LILT is a safe, effective natural therapy for an extensive variety of health problems. It may eliminate the need for many medications and surgical procedures by allowing the body to naturally heal itself. And this is the core philosophy of every Massage Therapist. Feel free to talk to me about how this type of modality may help you.

Peter Roach, RMT, CNMT
Laser Therapist

Artists' in our midst...er, office

You may have noticed over the past year new artwork adorning our walls. It's part of our effort to help display local work by artists that come to our office as patients.

We have been so fortunate to have artists such as Heidi Burns (www.heidiburnsphotography.com), Sheila Neufeld (www.sheilaneufeld.com), Elida Rey, Natalie Fischer (www.nataliefischer.com) and

currently Penny Lim display their work. Thank you to all of you.

If you are an artist and would like to display your work on our walls please do not hesitate to contact me. I would be happy to consider your work.

Peter Roach, RMT, CNMT
Laser Therapist

Sever's Condition

Children with heel pain

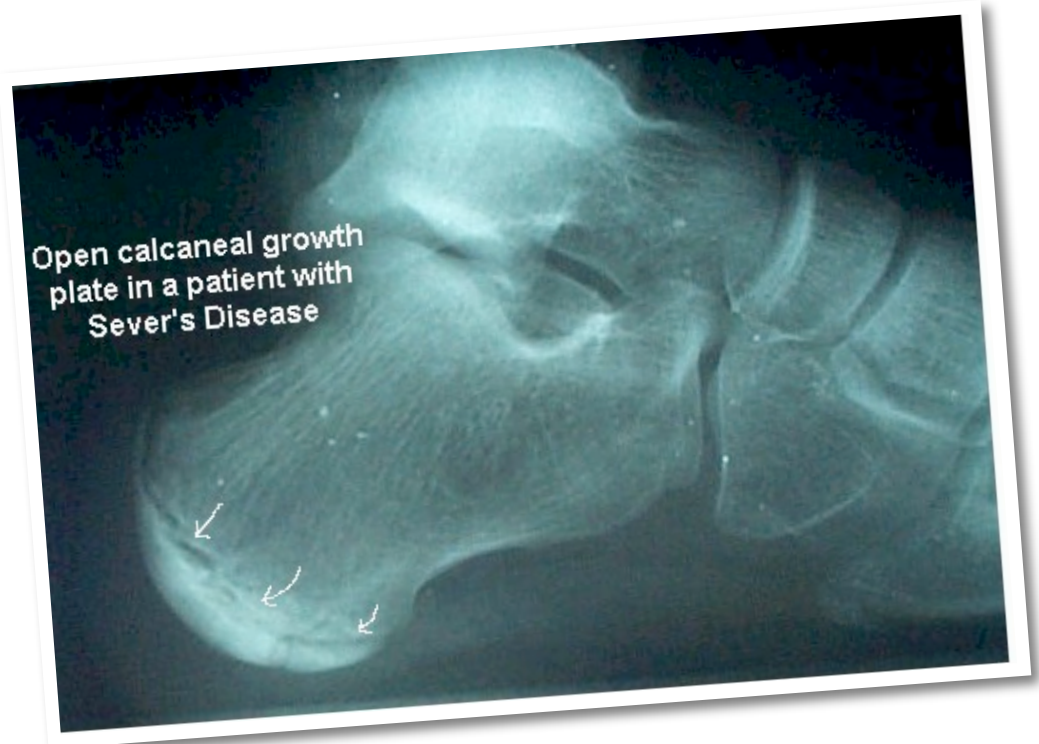
Working with children is one of the most satisfying treatments to give. But what is strange is treating the children of patients I began seeing some 24 years ago. How time flies!

At Bayswater Neuromuscular we have been successfully treating the pain and discomfort these kids have been experiencing.

Recently I have seen seven boys with a condition known as Sever's Disease. Sever's Disease is seen during periods of active bone growth, particularly between the ages of 10 and 14 years old. Sever's Disease is a self limiting condition, meaning that all cases of Sever's Disease will disappear once bone growth is finalized and the growth plate closes. Skeletal maturity and closure of the growth plate occurs for most boys at about 15-16 years of age.

Sever's Disease is much more common in boys than in girls. Most cases of Sever's Disease are found in children who are moderately to highly active. Sever's Disease is common in periods when activities for these children increase such as twice daily soccer practices in the fall or at the onset of track season.

The symptoms of Sever's Disease include pain that tends to increase with activity. Pain is present at the onset of activity and continues to increase with prolonged activity. Pain is in the body of the calcaneus (heel). Direct pressure, side to side on the medial and lateral walls of the heel is most common location of pain. Swelling and redness are uncommon in cases of Sever's Disease.



Typically we massage the lower leg, calf and achilles tendon in its entirety as it attaches to the heel. We then apply ice followed by Low Intensity Laser Light Therapy to the heel directly using specific parameters to administer the light directly to the tendon attachments on the calcaneus.

It's not uncommon to have the patient pain free within 3-4 treatments, followed by the occasional treatment thereafter. Feel free to talk to me about this condition.

Peter Roach, RMT, CNMT
Laser Therapist

On another note...

Many of you know that I believe in proper posture, biomechanics and Neuromuscular Therapy to maintain a healthy body. I also strongly believe that Low Intensity Laser Therapy (or photobiomodulation) is an important part of stimulating the healing process. And to maintain the healthy body, exercise following your rehab is vital.

I am so pleased to introduce Jennifer Morris to our office. Jennifer comes to us with an association with our affiliated rehabilitation center Trilogy Fitness, owned by long time friend and colleague Astrid Mills. Trained as a Laser Therapist and Certified Rehab Specialist, Jennifer will be running our Laser Therapy practice, along with myself. She will also be taking patients through their rehabilitation exercise programs, either here

at Bayswater or for further training at Trilogy Fitness (16th and MacDonald). You may see Jennifer running around the office in training wear, as she divides her time between the 2 offices daily. Try to catch her if you have any questions regarding Laser Therapy or your exercise program.

I am also pleased to introduce Brenda Colaire to our office. Brenda graduated from the West Coast College of Massage Therapy and is busy studying for her board exams. She will have a tough job filling the shoes of Kathie Smithson, who retired from Massage Therapy and took up residency on Salt Spring Island, however my professional opinion of Brenda is she will become an outstanding therapist.

Peter Roach, RMT, CNMT
Laser Therapist

e-mail ???



Have we got your email? If you haven't been receiving links to our on-line newsletter, special offers, or general information regarding current treatments for medical conditions, then we may not have your current email address. If you wish to receive information from us, please ask your therapist to update you file.

Laser Therapists



PETER ROACH

Peter graduated in 1984 with honours from the

Canadian College of Massage Therapy. As a Neuromuscular Therapist Peter uses various techniques, including Low Level Laser Therapy, allowing the natural healing processes of the body to take place.



MIKE BERGER

Michael is a 1995 graduate of

WCCMT. Mike's approach to therapy is one that encourages his patients to be actively involved in their rehabilitation. Mike uses Laser, Neuromuscular Therapy, Muscle Energy, Muscle Balance & Function to bring about healing of the body.



JENNIFER MORRIS

Jennifer grew up being involved in competitive

sports; she has been passionate about health and fitness since a young age. Jennifer graduated with a BHK from Trinity Western University. She strives to motivate, educate and help her clients attain a higher level of fitness and achieve their goals. She believes in training clients with a holistic approach using the mind, body and spirit.

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"An Answer to your Pain"