



Rehabilitation Inc.

Neurology & Traumatic Injury
Physiotherapy
Occupational Therapy
Speech Therapy

NEWSLETTER December 2012

Inter-Action Rehabilitation Inc.

WISHING YOU A HAPPY HOLIDAY AND A HAPPY & HEALTHY NEW YEAR

Welcome to our winter newsletter. We have been busy implementing the new programs and techniques introduced in our spring newsletter:

Constraint Induced Movement Therapy

Bioness H200 Upper Extremity Electrical Stimulation Orthosis

Cogmed Working Memory Training Program

NeuroTaping

These programs have been progressing well. The Bioness H200 is now available in wireless form and we are being trained in the use of this upgraded product.

We have recently integrated Micro Point Stimulation (MPS) into our treatment skills and are very excited to develop and track its effectiveness not only with our pain clients but also its application in neurology.

We'd be happy to speak to you about any questions you may have after reading the newsletter.

Anna Greenblatt and Nancy Katsouras

THIS ISSUE FEATURES:

MICROCURRENT POINT STIMULATION (MPS)

Head Office: 85 Scarsdale Road, Suite 302, Toronto, Ontario M3B 2R2
(416) 445-5125 1 800-216-0488 Fax (416) 445-3942 toronto@interactionrehab.com

Clinics in Toronto, Mississauga, & Whitby



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MICROCURRENT POINT STIMULATION (MPS)

In the summer of 2012 one of us attended a workshop on MPS. Because of the dramatic changes that were seen in both pain and posture (alignment), a workshop was organized to train the therapists at Inter-Action Rehabilitation Inc. in the use of the MPS unit.

MPS utilizes direct current on acupuncture points to act on the tissue and nerves responsible for causing pain, tightness and malalignment in the body. The handheld unit delivers low frequency direct current electrical stimulation to specific points through a point which resembles the nib of a ball point pen. The skin is not pierced.

MPS can be described as Drug Free manipulation of the autonomic nervous system.

MPS has been used over many years principally to treat pain problems. It is used to treat and control chronic pain as well as more acute issues resulting from such injuries as whiplash. The units are available for client use so that someone with chronic pain can purchase a unit and can be taught to apply it at home for self-management.

In addition to pain we have used the unit with a protocol for anxiety issues with a patient with a severe brain injury, with reported benefits including improved sleep and reduced anxiety overall and specifically when walking.

There is a protocol for parasympathetic calming which can result in reduced anxiety and improved sleep.

The system can be utilized with a large variety of diagnostic groups. In addition to our clients suffering with pain issues, we are starting to use it with clients with TBI, stroke, spinal cord injuries as well as our ADHD and ADD kids and more. In neurology, we are seeing changes in alignment which are impacting gait and upper extremity function.

MPS produces a low frequency acupuncture-like response to:

Release muscle tension and joint restriction

Balance functional asymmetries seen during activities

Repolarize and release scar tissue

Decrease pain and tissue sensitivity

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Release endorphins producing general relaxation

Decrease abnormal muscle tone and tension

Increase re-innervation of neural pathways

In our practice this is another tool to add to our pool of techniques and skills which we are hopeful will serve to assist us in working more effectively and efficiently. We will continue to use our specialized skills in manual therapy including orthopedic, myofascial and osteopathic techniques, Bobath-based therapy, sensory integration and more.



RECENT CONFERENCE PRESENTATIONS

Ontario Society of Occupational Therapist

***Beyond Weight Bearing: Integrating Modalities and Approaches in the
Rehabilitation of the Arm and Hand after Brain Injury*** Anna Greenblatt OTReg(Ont)
Cognitive Assessments for Clinical Decision- Making: Examining Your Option
Nancy Katsouras OTReg(Ont)

ABI Network Conference

Sharing Our Experience With CIMT Five Years Post Nancy Katsouras OTReg(Ont)

WORKSHOPS

For ongoing information on workshops taught by Inter-Action Rehabilitation Inc., please check our website at: www.interactionrehab.com

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POST GRADUATE TRAINING

*Workshops &
Conferences Attended
by Inter-Action
Rehabilitation Inc.
therapists Including
In-services
2012*

- ❖ Neuromechanical Therapy Introductory Course
- ❖ Neuromechanical Therapy Advanced Circuit Course
- ❖ ABI Network Toronto Bi-Annual Conference
- ❖ Mild Traumatic Brain Injury: Current Directions in Diagnosis and Treatment
- ❖ Treatment Financing: A Fresh Approach to Managing Claims
- ❖ Myofascial Release 111
- ❖ Neurobehavioural Issues following Mild to Moderate Traumatic Brain Injury Conference
- ❖ OSOT Annual Conference – Building Together, Reaching New Heights
- ❖ Mild Traumatic Brain Injury: Challenges and Controversies in Diagnosis
- ❖ From Hospital to Home: The Continuum of Care after SCI
- ❖ Toronto ABI Network conference 2012
- ❖ NDT (Bobath) Certificate Course in the Management and Treatment of Adults with Hemiplegia
- ❖ Pilates Reformer Instructor (Reformer Foundations, Reformer Intermediate, Reformer Advanced, Teaching Lab, Self-practice, Practice Teaching – Body Harmonics)
- ❖ Osteopathic treatment of concussions
- ❖ Handwriting Without Tears, Kindergarten – Grade 5, handwriting workshop
- ❖ The Sensory Integration Perspective
- ❖ COTO Information Session
- ❖ Update in Neuroproprioceptive Taping (Level 2)

Available Position

We currently have a part time position for a speech therapist with experience in neurology.

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