

Academic

Over the past year Jennifer Harwood and Darcy Trefiak challenged and successfully completed the Advanced Diploma of Manual and Manipulative Therapy entitling them to the designation of Fellow of the Canadian Academy of Manipulative Physiotherapy. The continuing education diploma recognizes advanced orthopaedic manual therapy and manipulation skills and excellence in clinical reasoning. Courses within the diploma are strongly research based and encourage candidates to be aware of the most current de in orthopaedic physiotherapy. Other clinical practitioners on staff who have achieved this distinction are Heather Gillis, who is an instructor within the Diploma program, and Michael Wonderham. In April 2011 Darcy Trefiak completed the year-long contemporary acupuncture course offered at McMaster University. He is enjoying putting his expanded acupuncture treatment skills into practice, with excellent results.

On a special note, Physiotherapy Alliance is pleased to announce that Michael Wonderham was nominated by University of Western Ontario physiotherapy students and the Department of Physiotherapy as Clinical Instructor/Mentor of the Year. Michael has provided excellent mentoring and clinical insight to physiotherapy students over the past couple of years. We commend him for his teaching excellence and congratulate him on his nomination. Physiotherapy Alliance is pleased to provide physiotherapy students the opportunity to enhance their clinical skills as a clinical education site of the University of Western Ontario.

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Sports Event Coverage

In late November, Physiotherapy Alliance had the distinct privilege of providing physiotherapy coverage for the OFSAA AA Boys Senior High School Volleyball Tournament at the Stratford Agriplex, hosted by F.E. Madill Secondary School in Wingham. The Physiotherapy Alliance medical team consisting of Darcy Trefiak, Jennifer Harwood, Heather Gillis, Robert Docking and physiotherapy student Taryn Brown provided physiotherapy treatment to the 20 teams representing their OFSAA districts. The Gold medal match saw Eden High School defeat Franco Cité in 5 sets over 2 hours of riveting head to head volleyball. It was the 6th consecutive OFSAA win for Eden High School. What an amazing accomplishment!

The Physiotherapy Alliance team treated a wide range of shoulder, wrist, finger, knee, and ankle injuries including an ankle fracture. Taryn, UWO PT student, had the opportunity to learn several tape techniques and acute fracture assessment. Congratulations to Convenor Pat Donnelly and OFSAA Past-President/Organizer Martin Ritsma for orchestrating a well run tournament. The Physiotherapy Alliance team thanks the organizers for the opportunity to cover this exciting tournament and we are looking forward to the OFSAA AA Girls Tournament this spring.



Physiotherapy Alliance at OFSAA volleyball

In December Michael Wonderham and his University of Western Ontario Physiotherapy Student Taryn Brown provided event coverage at the Northwestern High School Wrestling Tournament in Stratford. Exciting matches were witnessed throughout the day in all weight classes. This event provided Taryn with new learning opportunities as she was able to assess more shoulder strains and attend to the inevitable nose bleeds. Thankfully there were no major injuries. Physiotherapy Alliance would like to thank teacher/organizer David Finnie for allowing Taryn to have this valuable learning experience. We hope to have the opportunity to continue to involve University of Western Ontario Students in sports events coverage during upcoming physiotherapy students in the spring.

Community Involvement

Physiotherapy Alliance was once again proud to be a presenting partner and organizer at the Festival City Run in October. This year's event was a tremendous success with excellent participation and some great individual times. We were lucky that the weather held out again and many supporters came and braved the cold to cheer the runners on. This year the Festival City Run raised \$10,000 towards the Stratford General Hospital MRI campaign and development of a multi-use trail system in Stratford. Physiotherapy Alliance staff are proud to be involved in this event and renew our commitment to the communities in which we are involved through health promotion, injury prevention, and rehabilitation.

Upcoming Events

Community

Look for us at Soup's On. Saturday, January 14th from 11 a.m. – 2 p.m. at the Stratford Rotary Complex.

Sports

Physiotherapy Alliance is delighted to provide Physiotherapy coverage at the Northwestern High School Rugby Miller Cup



The 8th annual Festival City Run gets underway at Upper Queen's Park in Stratford

Clinics

Physiotherapy Alliance opened its latest location in Mitchell in October. We are excited about this new opportunity to provide local, quality physiotherapy coverage within the community. The clinic provides physiotherapy and acupuncture services. Sport specific and injury prevention programs are also available.

Other News

Physiotherapy Alliance is delighted to welcome Kinesiologist Jennifer Hawley to our staff. Emily Van Bakel joins us as an administrator. Welcome to them both.

Services

Physiotherapy Services:

- Manual and Manipulative Physiotherapy
- Acupuncture
- Injury specific exercise programming
- Lifestyle recovery programs
- Sport specific training

Other clinic services include:

- Chiroprody
- Pedorthics
- Sports Medicine



Soup's On Recipes!

South African Butternut Squash Soup

Ingredients

- 1 butternut squash, cleaned, peeled and diced
- 2 T. dark brown molasses sugar or dark brown sugar
- 2 T. honey
- 4 T. unsalted butter
- 1 ripe banana, unpeeled
- ½ medium onion, peeled and chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, peeled and chopped
- 1 clove garlic, peeled and chopped
- 1 tsp. medium hot curry powder
- ½ tsp. ground coriander seeds
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cinnamon
- 1 c. coconut milk
- 1 c. chicken or vegetable stock, plus extra
- Juice of 1 lime
- Kosher salt and freshly ground black pepper to taste
- Garnish: fresh cilantro, pumpkin seeds, pumpkin oil

Method

1. Preheat oven to 350 degrees.
2. Sprinkle diced squash with brown sugar, honey and 2 tablespoons butter and roast in 350-degree oven until caramelized and soft to the touch, about 20 minutes; roast the unpeeled banana in the oven at the same time. Melt the other 2 tablespoons butter in a large saucepan on medium-low heat and sweat the onion, celery and carrot for a few minutes until tender and onion is translucent. Add the garlic, curry powder, coriander, nutmeg and cinnamon and cook slowly for a few more minutes.
3. Remove the banana from its skin, slice and add it with the butternut and its juices to the pan, along with the coconut milk and chicken (or veggie) broth. Simmer until hot. Remove from heat and ladle the soup into blender in small batches. Blend the soup in a blender until smooth. Adjust to consistency desired with more broth, if necessary. Add fresh cilantro, lime juice and salt and pepper to taste. Blend again until smooth and if you want a very delicate soup, pass the soup through a chinois or household strainer using a rubber spatula to press the soup through the strainer.

Mediterranean Vegetable Bean Soup

Ingredients

- 12 plum tomatoes (3 lbs/1.5 kg), chopped
- 2 sweet red peppers, chopped
- 1 small eggplant, about 1 lb (500 g), peeled and cut into ½-inch (1-cm) cubes
- 1 large onion, coarsely chopped
- Salt and freshly ground pepper
- ¼ cup (60 mL) olive oil
- 6 cloves garlic, peeled
- 1 tbsp (15 mL) chopped fresh oregano
- 2 tsp (10 mL) chopped fresh thyme
- ½ tsp (2 mL) chopped fresh rosemary
- 4 cups (1 L) water
- 1 can (540 mL) white pea (navy) or kidney beans, drained and rinsed
- ½ cup (125 mL) crumbled feta cheese

Method

1. Preheat oven to 425°F (220°C).
2. Line 2 large baking sheets with parchment paper.
3. Combine tomatoes, red peppers, eggplant and onion. Sprinkle with 1 tsp (5 mL) each salt and pepper and drizzle with oil. Toss to evenly coat. Divide among baking sheets and spread out into a single layer. Toss garlic with oil left in bowl and arrange together on one of the baking sheets. Roast in upper and lower thirds of oven, rotating sheets halfway, for about 45 minutes or until vegetables are soft and browned.
4. Set roasted garlic aside. Transfer remaining roasted vegetables and all juices to a large pot. Stir in oregano, thyme, rosemary and water and bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, for about 10 minutes or until flavours are blended.
5. Using a slotted spoon, transfer about 3 cups (750 mL) of the vegetables to a blender or food processor. Add reserved garlic and half of the beans to blender. Purée, adding a little of the broth from the pot if necessary, until smooth. Stir back into pot along with remaining beans and return to a simmer over medium heat, stirring often. Season to taste with salt and pepper. Garnish each bowl with feta cheese (optional).