

TUXEDO PHYSIOTHERAPY

Neurological Physiotherapy & Rehabilitation

We have experienced therapists with a special interest in treating:

- * Stroke
- * Brain Injury
- * Multiple Sclerosis
- * Parkinson's
- * Spinal Cord Injuries
- * Brain Aneurysm
- * Dystonia
- * Cerebral Palsy
- * Movement Disorders
- * Other Conditions of the Nervous System



Physiotherapist, Lisa Mills- Hutton has a special interest in treating individuals with conditions impacting the nervous system such as stroke and brain injury.

The goal of treatment is to enable the brain to re-learn, adapt, and change itself. Together with the individual our goal is to maximize independence, function, physical ability and balance.

Neurological Physiotherapy works to assist our clients to return to meaningful roles within their home, social setting, recreation and workplace.

At **Tuxedo Physiotherapy** we recognize the importance of liaising with different health care team members and providing rehabilitation in a variety of settings such as the physiotherapy clinic, home, gym, and swimming pool.



Your First Appointment: What to Expect?

We start by getting to know you. All our patients are different and it is important that we understand your goals, your concerns and what you want to achieve.

Next, we will complete an objective physical analysis of your movement and function. This is done in a safe and supportive environment. Your family or support people are welcome to be part of the process.

At the end of the consultation you will have an understanding of your presenting condition, an honest explanation of what the possibilities of change are and what to expect in treatment sessions.

Lisa Mills-Hutton has completed several post graduate courses in neurological rehabilitation including the Bobath Concept and the Neuro-Developmental Technique.

What is the BOBATH CONCEPT?

The Bobath approach is an evolving model in the assessment and treatment of adults with a variety of neurological conditions such as stroke, brain injury, incomplete spinal cord injury and multiple sclerosis. The Bobath concept is a treatment approach to help people move in the most efficient manner to optimize balance, conserve energy, lessen body wear and tear, and reduce the feeling of strain.

The Bobath concept is based on two key ideas:
1. People with neurological problems can have potential to improve movement skills and
2. It is important to treat the person holistically.

The basis of the Bobath concept lies in maximizing the individuals' realization of movement potential. It includes "hands-on treatment" to facilitate movement by lengthening short muscles, mobilizing or moving tight joints, strengthening weak muscles, and helping to keep your body in better alignment. This can be summarized as "stabilizing wobbly bits and mobilizing stiff bits".

Tuxedo Physiotherapy
156-2025 Corydon Ave
Winnipeg, MB. R3P 0N5
Phone: 204-885-1109
tuxedophysiotherapy.com