

# PARTNERS IN PRIMARY CARE

Team Care Centre Newsletter



## EXERCISE AND MOVEMENT : THE COMMON DENOMINATOR

Windsor Team Care Centre's (WTCC) wholistic model of care embraces maximizing client's mobility and movement through exercise, stretching and treatment delivered by a Registered Kinesiologist.

Kinesiology is a relatively new regulated health profession and still not widely understood for what it is and what it does to help clients. Kinesiology is the practice of assessment of human movement, performance, rehabilitation, management and functions to maintain, rehabilitate or enhance movement and performance.

Uncovering the biomechanical, physiological, neurological, and psychosocial mechanisms that drive human function.

Approximately 63% of Ontarians are affected by one or more chronic conditions. Physical activity has been shown to reduce the risk of over 25 chronic conditions including: coronary heart disease, diabetes, certain types of cancer, high blood pressure, stroke, Alzheimer's disease and certain mental health conditions.

At WTCC, Kinesiology is an important component of our services. Clinical exercise therapies are combined with education and in-scope treatment to support clients in reaching and maintaining their goals for mobility and movement with a focus on maintaining the clients' progress and wellness after they leave the program.

As primary care providers, the following clients would benefit from treatment and support from a kinesiologist:

- ▶ Chronic Disease Management (Diabetes, Hypertension, COPD, Metabolic Syndrome, Rheumatoid Arthritis, Asthma, CHD, PAD, Parkinson's Disease, Multiple Sclerosis, Hyperlipidemia, Fatigue, Headaches)
- ▶ Mental Health (Depression, Anxiety, Stress)
- ▶ Chronic Pain (Back Pain, Osteoarthritis, Osteoporosis, Fibromyalgia)
- ▶ Weight Management (Obesity)
- ▶ Neurological Disorders (BPPV, mTBI, TBI, Stroke, Vestibular, Ocular Motor, Epilepsy, Cerebral Palsy)

As experts in human movement and exercise science, Kinesiologists can help clients develop, improve and sustain healthy exercise and physical activity habits to help prevent chronic disease and achieve a better state of overall wellness.

## MEET TEAM CARE CENTRE'S KINESIOLOGIST

Daniel Szymanski is a Registered Kinesiologist with the College of Kinesiologists of Ontario. He prides himself on his assessment skills in effectively determining the intervention required to help clients achieve their goals for wellness. Educating clients is always a priority, giving them the best understanding of their condition and treatment plan and how to sustain their mobility and movement on their own through self-efficacy. Daniel has specialized training and experience with neurologic conditions and is able to treat vestibular and ocular motor issues related to mTBI's, TBI's, and Strokes.





## ONE TEAM RECOVERY

## FREE, 5-WEEK OUTPATIENT SUBSTANCE ABUSE PROGRAM

## IN-PERSON AND VIRTUAL DELIVERY

TUESDAYS AND FRIDAYS  
1:00PM-4:30PM @ WINDSOR FAMILY HEALTH TEAM

NEXT SESSION: SEPTEMBER 13TH, 2022  
- OCTOBER 14TH, 2022

ACCOMMODATES JOB, SCHOOL AND FAMILY OBLIGATIONS

## FRIENDS &amp; FAMILY SUPPORT GROUP

A SUPPORT GROUP THAT PROVIDES EDUCATION AND SUPPORT FOR  
INDIVIDUALS OF LOVED ONES WITH ADDICTION.

NEXT IN PERSON SESSIONS OFFERED: SEPTEMBER 28TH, OCTOBER 5TH, AND OCTOBER 12TH

[REGISTER TODAY!] 519.250.5524



## We Accept Ocean eReferrals



Windsor Team Care Centre is a receiver site for Ocean eReferrals. We encourage you to use this portal to refer your patients to us. If you are not set up for Ocean or need more information please contact our practice facilitator Diane Quadros.



519-250-5524 ext.311

RAPID ASSESSMENT CENTRE  
LOW BACK PAIN CLINIC

Windsor Team Care Centre is a satellite clinic of the regional Low Back Rapid Assessment Centre (RAC), serving Windsor. This OHIP Covered program allows patients the opportunity to understand their back pain, learn how to manage it, plan to keep moving, decrease frequency of unmanageable chronic low back pain, and be referred for additional treatments.

## WANT TO REFER YOUR PATIENTS?

You must meet the eligibility criteria below:

- ☒ You **must be a Primary Care Provider** (Family Medicine Physician, Sports Medicine Physician or Nurse Practitioner in a family practice) in Ontario.

If you meet the above eligibility criteria, please proceed to completing the RAC-LBP Registration and Onboarding Module which includes referral criteria, an overview of the RAC-LBP Model of Care as well as the crucial role primary care plays in managing low back pain patients (**approximately 5-10 mins**).

To register, use the contact information:



519-255-2269

lowbackrac.ca

