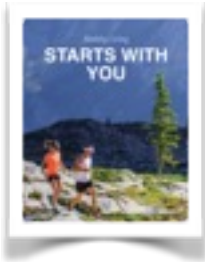


Rise BC Wellness Centre



Occupational Therapy at Rise

We would like to welcome Bronwyn Cormack, Occupational Therapist to our team.

How can Occupational Therapists help in the treatment of chronic pain?

Self-management of pain: Clients are taught to use treatment modalities pro-actively to reduce pain levels and enable participation in activities of daily living.

Neuromatrix education - Education of clients about pain & the pain neuromatrix, clients are educated to transition from anticipatory responses using graded exposure to increase functional independence.

Ergonomics - assessment of a clients' home, work, school or leisure environment to optimize function.

Energy conservation - functional methods to manage energy and reduce pain responses thus improving quality of life.

Daily Living - assessment of a clients' activities of daily living, recommendation of compensatory and adaptive techniques to improve quality of life.

Motivational interviewing - a client centred interview technique to empower clients and their commitment to change.

Return to work or school - graduated return to work or school plans.

Mindfulness - use of technique to improve body awareness and increase ability to focus on important information and tolerate change.

Desensitization - used for common diagnosis of CRPS (complex regional pain syndrome), TGN (trigeminal neuralgia) and NeP (neuropathic pain). Treatment to improve body awareness and ability to tolerate contact.

Sleep - assessment of sleep and education of treatment modalities to improve the quality and quantity of sleep.

Common diagnosis we treat: fibromyalgia, anxiety/depression, arthritis, complex regional pain syndrome, stroke clients, post-traumatic stress disorder



Tara Emery
Chronic Pain
Counselling at
Rise BC Wellness
Centre



Andrea Wilson
Traditional
Chinese
Medicine/
Acupuncturist



The HUB
Studio space available
for rent. Available
classes to attend are
listed online at
thehubnelson.co

Yoga for Chronic Pain

Join us for 8 weeks of integrative gentle Yoga classes. Each class is an informative presentation prior to each class by a medical doctor who specializes in Chronic Pain Management.

Recent advances in pain neuroscience and yoga with simple and safe asana, pranayama and meditation can be the most powerful means of chronic pain relief. This is the science of yoga and the benefits of yoga for chronic pain.

Eight weeks starting April 23rd, 2018
Wednesdays 1:00-2:15 PM
Pre-registration for 8 sessions: \$75
Drop-in: \$12

To register or for more information:
info@risebc.ca

Developed by the Chronic Pain Centre in collaboration with Rise BC Wellness Centre.

YOUTH PAIN GROUP

Come socialize and learn with us!

APRIL 9, 16, 23, 30
4-6 PM

CO-INSTRUCTED BY DR. JOEL KARLIN OF RISE BC

FREE OF COST
REGISTRATION REQUIRED

For more information:
1-800-663-8888
www.risebc.ca

Mary Houle, RMT
Massage Therapist

Over 15 years of experience with the National Massage Therapy Institute. Specializing in deep tissue, sports, prenatal, and postnatal massage. Also offering hot stone, Swedish, and reflexology.

Massage Treatment Room:
100-1100
100-1100
100-1100
100-1100

Located: Rise BC Wellness Centre in Burnaby
Phone: 604-754-8888

Anna Topf

Kinesiologist

Anna Topf is a certified kinesiologist (a.k.a. ‘exercise therapist’). She can help you identify the source of your body’s innate intelligence to heal from aches and pains through a series of tests, including the Functional Movement Screen and a CHEK postural analysis. Soreness is often caused by a number of issues resulting from muscle imbalances in the body caused by past injuries, bearing a child, work ergonomics and/or lifestyle habits. She will guide you through a personalized home program, towards releasing and stretching out the tight restrictions whilst strengthening and revitalizing the weak areas. In each session Anna will also provide hands-on massage and myofascial release to help facilitate your body’s healing process. Ultimately, the goal is for your body to have adequate stability as well as sufficient mobility.



Kinesiology one hour initial assessment \$80.00

Kinesiology 45 minute follow up session \$50.00

Rise Above Pain 6 week program

Dr, Kailia and his group at Rise Above Pain are putting on another free program in the Slokan Valley. This Six week Integrative Chronic Pain Self Management program starts April 30th in the New Denver Gym. T

Come join us to learn more about pain education, functional medicine for chronic pain, movement and yoga, sleep and mindfulness, friend loss, medication and cannabis, self management skills, stress and health options.

To register email vincezenarosa@risebc.com

