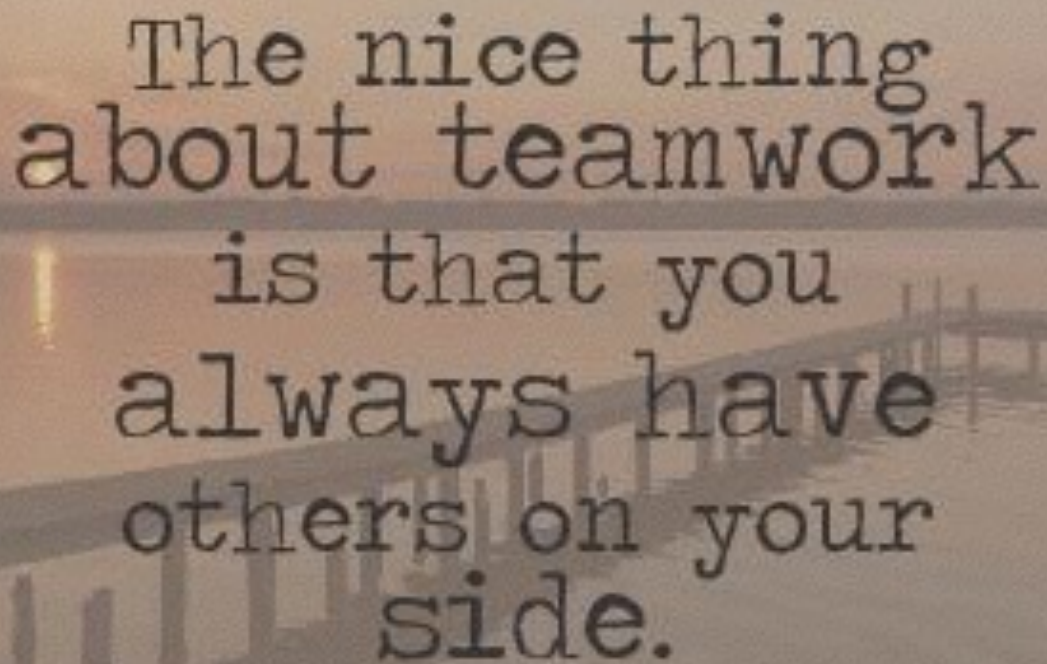


## RISE BC WELLNESS CENTRE

### What is Interdisciplinary Pain Management?

It involves a team of health care providers working directly with you to address your pain using a variety of measurements, interventions, and strategies for self-management designed to offer a complete program from assessment, treatment, communication, education, and follow up. The treatment is never focused on just the pain, it takes a holistic approach.



The nice thing  
about teamwork  
is that you  
always have  
others on your  
side.

Your TEAM can be made up of a variety of people including but not restricted to; you, your significant others, physicians, mental health professionals, occupational therapists, physical therapists, kinesiologists, recreational therapists, massage therapists, acupuncturists/TCM doctors, counsellors, pharmacists, nutritionists, social workers, support staff, volunteers and so much more. Who is your TEAM made up of and how can the staff at RISE BC WELLNESS CENTRE help?

Dr. Kailia and his team at RISE work together to help guide each patient to create their own unique treatment plans. They are able to work together to ensure that each treatment plan is uniquely designed for each client's unique circumstances.

Currently Dr. Kailia's team of private service practitioners consists of Tara Emery (medical social worker), Anna Topf (registered kinesiologist), Mary Houle (registered massage therapist), Andrea Wilson (acupuncturist, traditional Chinese medicine), and Bronwyn Cormack (occupational therapist).

**Who is your team made up of? How can the Staff at Rise BC Wellness help with being part of your team?**

Dr. Kailia recently gave a talk on chronic pain. Here is the link if you would like to watch it on youtube.  
<https://www.youtube.com/watch?v=fWnDfpLyBYE>



## Massage with Mary Houle

Massage therapy can be a useful treatment for various conditions patients might not be aware of

Massage can serve as an alternative form of pain management for chronic pain conditions. Breast massage has been found to improve limited range of motion resulting from restrictive scar tissue after a mastectomy or biopsy procedure. Massage has been found to decrease pain with activities of daily living in seniors with limited mobility. Shortened muscles caused by postural imbalances can benefit from lengthening with muscle energy techniques using isometric contractions and stretching programs. Massage treatments for constipation can help promote peristalsis, decrease colonic transit time and increase frequency of bowel movements. Reducing muscle restrictions involved in nerve compression syndrome conditions including thoracic outlet syndrome and piriformis syndrome can help improve symptoms. Massage can be an effective tool to deal with temporomandibular joint dysfunction (TMJ) issues. Massage with multiple sclerosis patients and stroke victims can help improve circulation in atrophied muscles and address connective tissue restrictions with myofascial release. Reducing increased muscle tone associated with spasticity from a central nervous system injury such as stroke or head trauma can help maintain range of motion at a joint experiencing connective tissue restrictions and assist in preventing secondary changes such as muscle adaptations. If there is a condition you are unsure could benefit massage therapy, the best option is to ask.



## Tara Emery: Medical Social Worker

### Are You Comfortable with Your Use of Alcohol?

Dr. Kailia and Tara Emery have implicated the use of the Sinclair method ([www.the-sinclair-method.com](http://www.the-sinclair-method.com)) for the treatment of alcoholism at Rise. The method has a high success rate for recovery.

The Sinclair Method is a treatment for alcohol addiction that uses a technique called pharmacological extinction- the use of an opiate blocker to turn habit-forming behaviours into habit erasing behaviours. Most people can cut down their alcohol consumption to safe levels and many stop drinking for good.

How does it work? You take a tablet one to two hours before your first drink of the day for the rest of your life as long as you continue to drink. The chemical disrupts the body's behaviour/ reward cycle causing you to want to drink less instead of more. By using the Sinclair Method on days you do not drink you can enjoy increased levels of dopamine (one of our happy hormones) when meeting your health goals such as going to the gym. Whether you are also struggling with your mental health or are just wondering if it would benefit you to decrease your alcohol use Tara can help you develop a plan to meet your goals.

[https://www.youtube.com/watch?v=6EghiY\\_s2ts](https://www.youtube.com/watch?v=6EghiY_s2ts)

Don't forget to check The HUB webpage to see what group classes are happening this month.

[thehubnelson.com](http://thehubnelson.com)

If you are interested in renting the studio space to put on your own classes please contact me to set up a viewing of the space.

### Planned Closures

**May 21st Victoria Day**

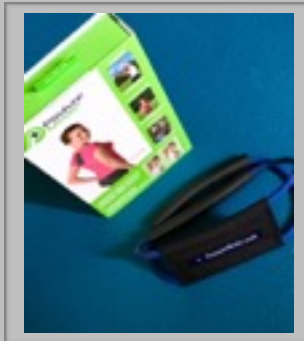
**May 25th Baker Street Clinic will be closed**

**June 1st We're away**

**July 2 Lieux of Canada Day**



## Featured Product: Posture Medic



We just received these in office early May. I was excited to try it out as I work long hours at a desk. They come in 5 sizes and are very comfortable. Working at a computer all day it is easy to forget your posture and the forward slumping position soon follows by tension and pain in the shoulder blades, upper back and neck. I found an immediate result with the assist to sit in the appropriate position which gave relief to the muscles I had been straining. It was very simple to use as you just slip it on to your shoulders.

After wearing it for the rest of the day at work I decided I would try it out in the gym. I was surprised at how it allowed me to be more efficient in my work out routine. I usually struggle to hyper extend over my head as I have broken my collar bone 3 times and I was able to achieve these exercises without the pinching and

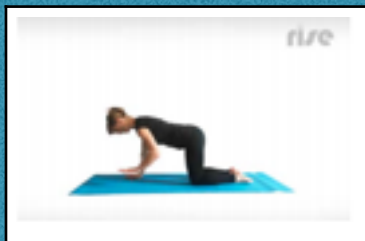
straining sensation I usually have.

If you are interested in picking one up we have them available at the front desk. Please make sure to ask if we are out of your size so we can add your size to the next order.

## EXERCISE OF THE MONTH FROM ANNA

### Hand Lift

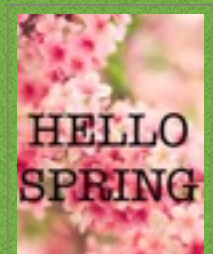
- 1) Start on the hands and knees with shoulders/ elbows/knees stacked
- 2) Position spine in neutral with head in line
- 3) Draw belly button up and in without losing lumbar curve.
- 4) Inhale-lift one hand off of the floor
- 5) Keep body as still as possible
- 6) Exhale-slowly return hand to floor and repeat on the other side



## ANDREA WILSON TCM Acupuncture

In Chinese Medicine, the season of Spring is represented by the element of wood and is commanded by the liver. The season of spring has the following elemental characteristics:

- Cleansing
- Clarity of vision/Goals
- Direction
- Purpose
- Harmony



After resting all winter, the energy of wood bursts forth in the process of renewal. This is the time to plant seeds for a future harvest, to make new plans, set your direction and move forward. Acupuncture treatments can be utilized to move liver energy (Qi), and to help unblock any stagnant energy which arises from the frustration of not being able to move forward as quickly as the natural spring energy dictates.

In spring, choose fresh green foods (liver foods) such as sprouts, lemon, wheatgrass, alfalfa, apple cider vinegar, radishes, dandelion and tender young leafy greens. This is a good time of year to gently cleanse the liver to support the clear flow of its rising energy, clarity of vision and harmonious movement. Get outside and move your body with regular exercise, essential for spring Qi as it reaches up and outward like a tree strongly rooted but which is flexible like bamboo and able to bend with the winds of change.