

Now available at Hollyburn Physiotherapy 604 926 6868

Physiotherapy for Neuro-motor Dysfunction and Chronic Illness Recovery

Jan Rudd, Registered Physiotherapist

Jan Rudd, Dip. Physiotherapy (NZ), MCPA, has extensive experience and specialized training in the rehabilitation of adults with neuro-motor dysfunction or those recovering from chronic illness, such as Multiple Sclerosis, Cerebrovascular accident, Parkinson's disease, Guillain Barre Syndrome, post-polio, post-trauma, fibromyalgia and chronic fatigue syndrome etc. She also teaches community Yoga classes for Special Needs.

Jan is available at Hollyburn Physiotherapy to see clients on Tuesdays. The initial session includes a thorough assessment before treatment goals and plans are determined jointly with the client.

ASSESSMENT

- Areas of difficulty in activities of daily living
- Balance and co-ordination
- Gait
- General exercise tolerance and fitness level
- Joint mobility
- Movement patterns
- Muscle tone
- Sensory impairments
- Strength

TREATMENT aims to

- Achieve maximum potential
- Delay muscle spasms
- Improve and maintain joint mobility
- Improve balance and co-ordination
- Improve postural stability
- Maintain or improve patterns of movement
- Maintain or improve general fitness
- Manage musculo-skeletal pain or dysfunction
- Optimize function
- Teach management strategies and skills

"I aim to help my clients to return to the highest level of function and independence, and improve their overall quality of life after injury or illness has occurred. We accomplish this with an exercise program to improve function, safety, efficiency of movement, mobility, balance, and endurance; to manage spasticity and pain; to develop the maximum potential of muscle, joint and respiration."

Please contact Jan at Hollyburn Physiotherapy (604 926 6868) to arrange an appointment.

Hollyburn Physiotherapy Clinic
301-1549 Marine Drive (behind Savary Island Pie Company)
West Vancouver 604 926 6868