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Accelerated Health and Wellness is excited to welcome *Dr. Brett Dykstra BSc.Kin, DC* to the team!!



Dr. Dykstra started his education by completing a Bachelor of Science degree in Kinesiology from McMaster University. During his time at McMaster, he worked in a lab researching the areas of exercise and muscle physiology. He also worked as a personal trainer during his undergraduate studies, completing multiple certifications in fitness, which is where he found an interest in understanding movement and injury prevention of the human body. Dr. Dykstra then went on to complete his Doctor of Chiropractic Degree at D'Youville College. During his clinic training, he completed rotations at an outpatient neurosurgery clinic and a teaching hospital in Buffalo, New York. At D'Youville, he worked in the anatomy lab as a teaching assistant and also took on a research project focused on muscular anatomy, which was then published in a scientific journal.

Dr. Dykstra has a particular interest in treating neck, back and sports related injuries. He uses treatment techniques such as joint manipulation, rehabilitation exercises, muscle release techniques and biomechanical corrections to manage injuries. He focuses his care not only on treating the symptoms but finding and treating the cause of the symptoms.

You can find Dr. Dykstra living a healthy lifestyle of running, golfing, and working out at the gym and playing hockey. During his spare time, he also enjoys reading and hiking.

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy

July 5th is National Injury Prevention Day



Facts

- Every day 48 Canadians die and 634 are hospitalized because of injuries.
- Preventable injuries kill more Canadian children than any disease, such as falls, car accidents and poisonings.
- Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.



Ways athletes can reduce the risk of injury:

- Take time off
- Wear correct gear
- Strengthen muscles
- Increase flexibility
- Use proper technique
- Take breaks
- Play safe
- Do not play through pain

Ways seniors can reduce the risk of injury:

- Improve balance and strength. Take regular exercise classes that include moves or postures that require balance, such as yoga or Tai Chi
- Maintain health
- Wear the right glasses
- Reduce your drug dosage or eliminate unnecessary ones
- Focus on your mindset








There are several types of therapies that help people of all ages to prevent, manage and rehabilitate injury. These include Physiotherapy, Chiropractic care, Massage Therapy, and Occupational Therapy.

With the right treatments, therapies and exercises, our providers can help patients restore mobility, build strength and endurance and increase their energy levels. It is the recovery and restrengthening of muscles, tendons, ligaments and soft tissues that can help prevent reinjury later.

Preventative medicine is becoming extremely popular. This type of medical care is where patients take preventative steps to help prevent illnesses, injuries etc.

Should you become injured it is very important to follow the *PRICE* rule

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
Protect your injury from further damage, for example, by using a support or splint.	Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.	Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.	Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.	Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

We will be CLOSED Thursday July 1st for

CANADA DAY

Have a safe and happy Holiday!



Coronavirus update;

We are now operating in the **Step 2**. This means our waiting room is currently open and our gym is partially open. We still ask that you try to arrive no earlier than 5 minutes before your scheduled time to reduce the traffic in our front reception area, unless you have been told to arrive earlier.

Please be aware there are several new safety measures in effect.

Each patient will need to complete a verbal screening when entering our clinic.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk.) We do accept CASH, however paying with contactless form of payment is preferred.

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

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