

## Loaring Physiotherapy & Health Centre

*A Complete Range Of Treatments For Your Well-Being*

A fall at work. An auto collision. Surgery. A stroke. Arthritis. A crash into a goalpost during a pickup hockey game. There are many ways active people are stopped in their tracks. When it happens, the next move is to Loaring Physiotherapy & Health Centre.

"We have many health care providers gathered under one roof," says Charlotte Loaring, the centre's owner, a registered physiotherapist who is certified in acupuncture (AFCI). Clients of all ages with a variety of challenges are put back on the path to wellness and movement by registered physiotherapists, certified kinesiologists, registered massage therapists, a certified strength and conditioning specialist, a registered dietitian and seminar instructors.

"We have an active, keen staff who are dedicated to our clients," Charlotte says. They also care for the community, volunteering at local sports events and charity fundraisers, donating their medical services, including first aid, physiotherapy and massage therapy.

The team stays current, takes courses, and shares knowledge by hosting educational seminars for the public. Through teaching and leading interactive activities, staff help people achieve new levels of healing and fitness.

Although the centre is an active place, it is deliberately low volume to ensure ample one-on-one time between client and health provider.

Motivational energy thrives in the open, spacious environment. Private cubicles are also available when needed. "We all work together as a team. Clients get to know one another," Charlotte explains. Encouragement and empowerment are shared as clients progress toward their goals.

Clients can learn their current levels of health and fitness through VO2 Max and Metabolic Testing, employing the same device used by the NASA Space Program, U.S. Olympic Training Center and the National Strength & Conditioning Association. "Our machine gives accurate, in-depth measures of body metabolism and heart, lung, and muscle function, all of which are important in gauging disease, and meeting fitness and weight-loss goals," says Charlotte. The assessment is useful for people in sports training, weight management, cardiac rehab, and fire and police department training.

The facility has a registered dietitian on staff who will meet with individuals or groups on-site, although home visits or grocery store tours can be arranged as well.

Engaged in the centre's holistic approach, clients can save on new multi-service plans such as the weight management package or

the complete competitive edge package. To further assist clients in reclaiming their health, mobility and physical power, Loaring Physiotherapy & Health Centre carries a large line of fitness, medical, and health-related products, books and DVDs; all of which appear on their website. The centre also produces a free newsletter to which anyone can subscribe online at [www.loaringphysio.com](http://www.loaringphysio.com).

Anybody can receive treatment at Loaring Physiotherapy & Health Centre, with or without a doctor's referral. Charlotte believes that everyone has the right to choose and access services that will improve quality of life. "You have options; you can decide to go to the treatment facility of your choice," she says. "You deserve to be treated by a good health practitioner who provides hands-on care; someone who is focused on your needs and is sensitive to you as an individual."



# LOARING PHYSIOTHERAPY & HEALTH CENTRE

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**Your one stop location for quality health care.**



### SERVICES:

- Registered Physiotherapy (Hands-on / Manual)
- Registered Massage Therapy
- Acupuncture
- Registered Dietitian Services
- Fitness Testing & Personal Training
- VO2 Max & Metabolic Testing
- Fitness / Medical Products
- Educational Seminars & Workshops
- Special Event Medical Coverage (off-site)



### SERVICING:

- Sports and Leisure Injuries
- Motor Vehicle Accidents
- Pre and Post Surgery
- Weight Management
- Extended Health Care
- WSIB
- Pre and Post Natal
- Cancer, Diabetes, Heart & Stroke, and Arthritic Populations



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