

The Westcoast Rehab & Conditioning Team will work with you to achieve, "strength, health and confidence." They are experienced professionals who are strongly committed to helping individuals through a graduated exercise and education program.

- Injury or disability as a result of work, sport or motor vehicle accident
- Neck & Back Chronic Pain
- Pre/Post Surgical Rehab
- Sports Injuries
- Poor Posture
- Muscle Strains
- Ligament Sprains
- Fractures - upper or lower extremities
- Cardiac Event/Surgery
- Osteoporosis
- Rheumatology Management

Athletic Therapist

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Kinesiologist

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Personal Trainer



For an appointment please call 475-7112
Hours: Monday-Friday 6:00am-6:00pm



PARKS & RECREATION
 Gordon Head Centre

www.saanich.ca

Note: ICBC, insurance and work place referrals are welcome.

GORDON HEAD RECREATION CENTRE
REHAB & CONDITIONING

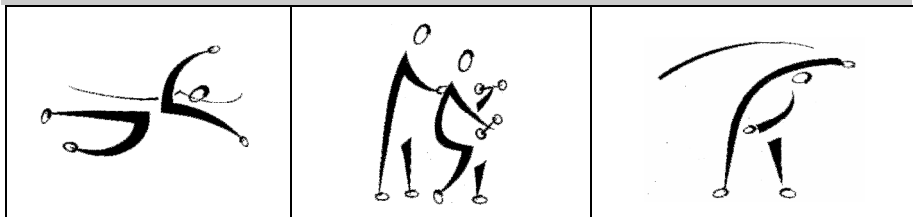
Services



PARKS & RECREATION
 Gordon Head Centre

4100 Lambrick Way
Victoria, BC
V8N 5R3
Phone: 475-7112
Fax: 475-1771

WELCOME TO THE WESTCOAST REHAB & CONDITIONING PROGRAMS AT GORDON HEAD RECREATION CENTRE!



CUSTOMIZED REHABILITATION PROGRAM

This comprehensive program guides you on a one-on-one basis and is specifically designed to meet your individual needs. The program is designed to improve your strength, endurance, flexibility and posture.

Most programs are four to twelve weeks in length and include:

- Individual instruction and supervision.
- Up to three sessions per week, approx. 1 hour each.
- Use of our fully equipped gym facility or develop your program to be done at home or using a facility in the community.

WORK CONDITIONING & RETURN TO WORK

Our rehab team of an Athletic Therapist and a Kinesiologist will combine their expertise and develop an effective, closely monitored rehabilitation program to facilitate a safe return to work.

This four to twelve week program includes:

- Three to five sessions per week, each session lasts between two to four hours.
- Individualized program that is injury specific.
- Strength and endurance training, spine stability, stretching and postural exercises.
- Work stimulation activities.
- Education sessions (e.g. body mechanics, soft tissue injury healing).

AQUATIC THERAPY

Our staff can provide you with an assessment and recommendations for the most suitable for your needs. There will be a focus on core stability, co-ordination, flexibility, balance, strength and endurance. Water devices are used to challenge you as you progress back to an active lifestyle.

ACUTE INJURY TREATMENT

We provide a full musculoskeletal assessment. Focus on preparing active individuals to re-establish their pre-injury lifestyle through rehabilitation techniques, use of modalities (Ice, Massage, I.F.C., Ultrasound), manual therapy and active exercise rehabilitation programs.

IN HOME PROGRAM

We will come to your home to design a program to maximize your general health or assist you through a rehab program.

FRAIL ELDERLY EXERCISE PROGRAM

In partnership with the Vancouver Island Health Authority, Geriatric Care Program we offer an ongoing community-based program. This eight week program is designed to improve strength, endurance and functional abilities.

SPORT CONDITIONING

Our coaches have worked with athletes from many different sports, from high school level to national and professional teams, and we will share the training techniques of these amazing athletes with you! We will develop a program based upon your individual needs, and boost your conditioning to a whole new level. After a health and fitness assessment session has been completed, each athlete will receive a program that includes written descriptions and pictures of all exercises, and a detailed training schedule. Program involves speed, power, balance, co-ordination, agility, and footwork training and more!