

## YTC REHABILITATION SERVICES AT O'CHIESE FIRST NATIONS

### Occupational Therapist:

***Evelyn Wevik***

Evelyn works with people who require aids for daily living and adaptations for living with short or long term physical disabilities (NIHB).

OT in your community works in close cooperation with community health and homecare programs, housing and other public agencies.

Evelyn is in your community on Thursdays.

### Physical Therapist:

***Sharon Petkau***

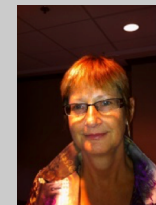
Sharon helps clients with re-building strength, flexibility and endurance, pain management and injury prevention.

Therapy usually includes passive and active treatments. Passive treatments include orthopaedic techniques, electrotherapy, acupuncture, hydrotherapy (heat/ice). Active treatment includes therapeutic exercise, exercise on special equipment. Sharon is in your community on Mondays.

### *Our Team*



Evelyn



Sharon



John



Jackie

### **Access to Service**

Therapists provide services during *scheduled clinic days at the community Health Center.*

**Appointments** are scheduled by receptionist at your Health Center.

**O'Chiese HC: (403) 989-3900**





*YTC Rehabilitation Team*

### *WHAT IS REHABILITATION?*

*Rehabilitation is a treatment or treatments designed to facilitate the process of recovery from injury, illness, or disease to as normal a condition as possible. Rehabilitation often focuses on*

- *Physical therapy to help your strength, mobility and fitness*
- *Occupational therapy to help you with your daily activities*
- *Massage therapy to help with stress management, muscle aches and pains, relaxation*
- *All above named disciplines provide treatment approaches and modalities for acute and chronic physical pain.*

## **YTC REHABILITATION SERVICES AT O'CHIESE FIRST NATIONS**

### **Pediatric Occupational Therapist:**

***John Walker***

**Therapist works in cooperation with early childhood development programs (I.E. Headstart, daycare, pre-school and school programs).**

**It is therapy that helps children perform everyday skills and activities. Pediatric occupational therapists focus on fine motor, visual-motor, and sensory processing skills needed for basic activities of daily living.**

**Referrals/appointments for John are booked by Vera, YTC RS**

**Coordinator: (587) 524-0180 or at your community Health Center.**

### **Massage Therapist:**

***Jackie Willier***

**Massage therapy can be beneficial to people of all ages and conditions and is widely used to help obtain relief from many specific problems.**

**The purpose of massage therapy is to prevent injury, develop, maintain, rehabilitate or augment physical function, decrease stress, provide relaxation or relieve pain.**

**Jackie comes to your community every second Tuesday.**

*A sound mind in a sound body*