



Back in Line Physiotherapy
with Julia Dawn and Team

Book at: juliadawnphysio.com

#102-13204 Kelly Avenue
Summerland, B.C, V0H 1Z0

PHONE: (250) 494-0144

FAX: (250) 494-0555

EMAIL: info@juliadawnphysio.com

Hello,

My name is Julia Dawn Mitchell, I am the Physiotherapist and Owner who has taken over for Julie Patan as of the past year at **Back in Line Physiotherapy** in **Summerland**. I would like to provide information about the Kinesiology programs we offer at Back In Line Physiotherapy. Our main goal is to enhance quality of life by increasing independence and mental wellness.

Below is an outline of the Kinesiology programs provided at Back in Line Physiotherapy:

- **Fall prevention program**
-Falls are one of the leading causes of hospitalizations. Strengthen and improve your balance. Learn how to move safely and more efficiently. Make sure your environment and your gait aids are properly set up. All of this is essential to help prevent falls and move with less fear.
- **Osteoporosis program**
-Understanding osteoporosis is important for preventing further bone mass loss and fractures/ injury. This can be done with posture and ergonomics, safe strengthening and aerobic activity and improved balance.
- **Osteoarthritis Program**
-Improve function and pain with improved understanding of how to move and strengthen your body.
- **Pelvic health**
-The pelvic floor helps support our entire body. Understanding how the pelvic floor works together with your inner core, dynamic movements and breathing is essential when: getting ready for pregnancy, postpartum, hernia rehab and preventing recurrence, back pain, incontinence, prolapse, urgency and more.
- **Return to Sport**
-Learn how to get back to sport with optimal performance and prevent future injury or reinjury.
- **Mobile services**
-Physiotherapist and Kinesiologist work as a team to promote independence, quality of life and mobility for individuals who have difficulty leaving their home, including after fractures and post surgery.

Each program's initial visit will be individual so a thorough assessment can be performed. Each program has an option to do 8 sessions over 6 weeks either individually or as a group of 2. Bundle packages and Group sessions of 2 people will be discounted and available.

We have two experienced Kinesiologists and Physiotherapists working as a team to help you reach your goal.