

## **YMCA MEDICAL REHABILITATION**

### **YMR ASSESSMENT SERVICES**

#### **Functional Ability Evaluation**

Testing of the worker's functional ability versus the critical pre-injury job duties. No more than 2 hours in length. Report provided.

#### **Functional Capacity Evaluation**

Purpose of an FCE is to identify the critical job demands of a person and determine if following their injury and period of rehab they have the physical ability to perform those demands.

If a person does not have a job to return to or are trying to determine what they are physically capable of doing an FCE will determine their physical work strengths.

An FCE is performed over 2 half days. It includes a biomechanical screen, monitoring of heart rate and blood pressure, and a comprehensive functional assessment.

#### **Ergonomic Evaluation (Job Site Visit)**

Purpose of an ergonomic evaluation is to determine the ergonomic risk factors of a job. These may include awkward postures, repetitive motion, force, workplace conditions, and others. Based on the analysis, evaluator will present strategies to control or eliminate the potentially harmful effects. An ergonomic evaluation could take 1-3 hours depending on the job.

#### **Healthy Workplace In Service**

Performed over a 1-2 hour period. This includes general ergonomic education and recommendations. Workers are given a brief overview of their common work related injuries and what they can do about them, including prevention. Appropriate exercises instructions are provided along with an exercise chart/ brochure.

#### **Fitness Testing**

Total evaluation of a client's level of fitness. Components evaluated include aerobic capacity, upper and lower body strength, core strength and endurance, and flexibility. Fitness testing can be a good indicator of a client's ability to tolerate the physical demands of work, as well as a good measure of progress for those looking to improve their current level of fitness.

#### **Exercise Programming/Lifestyle Consultation**

A comprehensive approach to changing and modifying lifestyles for the purpose of improving overall health status. Includes a complete and individually tailored exercise program and nutritional education to help clients meet their health and fitness goals. The process involves identification of goals, evaluation of current lifestyle patterns, strategies for change, planning for possible relapse, maintenance and program instruction.

#### **Physical Therapy Assessment**

A comprehensive physical evaluation to identify sources of pain/ dysfunction from which a treatment plan is developed  
(Excluding incontinence)

#### **Occupational Therapy (limited)**

A comprehensive upper extremity biomechanical exam, focusing on hands. Treatment plan will be developed to work on problems identified. Fabrication of custom thermoplastic splints for various conditions. Recommendations and fitting of pre-fabricated splints.

**Rates maybe subject to change without prior notice**

#### **Massage Therapy**

Manual manipulation or mobilization to affect normalization of the soft tissue of the human body. Our therapists work to alleviate pain, relieve stress and improve the health and well being of clients. Currently limited to non WCB and SGI clients only.

### **YMR TREATMENT SERVICES**

- Physical therapy treatments
- Occupational therapy (splinting and work site visits)
- Massage Therapy
- Rehabilitation and Conditioning
- Return to work and work hardening
- Exercise therapy
- Other: free public education seminars on neck pain, low back pain, chronic pain management/stress and relaxation, and health and fitness, as well as other specialized topics as advertised.

#### **Conditions Treated:**

- Cardio respiratory
- Neurological (Limited)
- Orthopedics/musculoskeletal
- Sports injuries
- TMJ dysfunction
- Incontinence
- Pre and Post Natal
- Osteoporosis
- Chronic Pain

#### **Third Party Payer Services:**

- Primary assessment and treatment.
- Secondary assessment and treatment (SGI only)

#### **Coverage:** Fee for service

Third party insurers

### **DR. ATA STATIONWALA PODIATRY SERVICES**

Equipped to treat a full scope of podiatric conditions including:

- Diabetic screening

- Pediatric biomechanics
- Sports Medicine
- Nail disorders: acute/ chronic
- Callus, corns and warts

**Rates:**

***We Build***

***Strong Kids***

***Strong Families***

***Strong Communities***



For more information please call or visit us.

**[www.moosejawymca.ca](http://www.moosejawymca.ca)**

YMCA Medical Rehabilitation

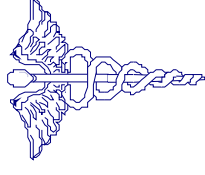
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**YMCA Medical  
Rehabilitation**

Assessment and Treatment  
Services