

## Welcome to Main Street Health Recovery!

We would like to welcome you to our rehabilitation clinic! By now you will have recognized that **Main Street Health Recovery** is dedicated to you and your family when it comes to providing the best rehabilitation therapy available. Not only are you in the hands of some of the most talented clinicians in this area, we treat you like a member of our family and provide you with the individualized care you deserve. Our facility has a comprehensive range of services, view the details at [www.mainstreethealthrecovery.ca](http://www.mainstreethealthrecovery.ca).

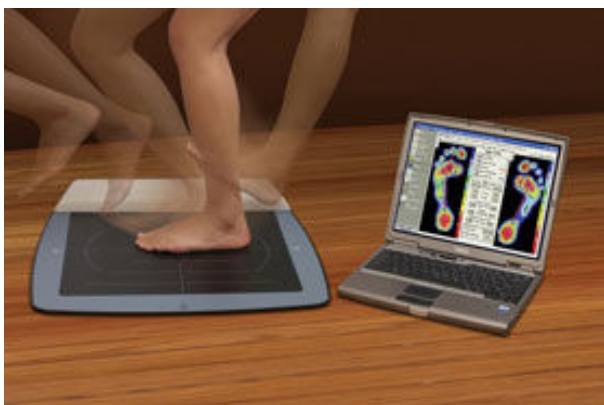


### Our Services:

- Motor Vehicle Accident Injuries
- Work Related Injuries (WSIB)
- Chiropractic
- Physiotherapy
- Massage Therapy
- Sports Injuries Orthotics
- Laser Therapy
- Exercise Therapy
- Aquatic Therapy
- Psychotherapy
- Health and Rehabilitation Support Devices
- Naturopathic Medicine
- Decompression Therapy
- Functional Abilities Evaluations
- Work Conditioning

### Footmaxx Custom Orthotics

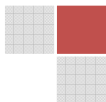
Footmaxx, custom foot orthotics can be made from the digitized data translated through the Metascan system (as mentioned in our Diagnostics section) or from static casts. Our custom labs manufacture



orthotics from static casts by pouring a positive plaster cast and then vacuum-forming material to form the corrective orthotic.

The overall aim of the orthotic therapy is to normalize the biomechanical patterns of the feet. This is one of the parameters that Footmaxx uses to determine orthotic module shape.

The **MaxxLife™** premium orthotic is perfect for those who want comfort and biomechanical control guaranteed for one year. Complete with a genuine leather top cover and a full-length suede bottom, MaxxLife provides great versatility and style for those who are on the go. Our extensive footwear line incorporates brand name products and provides a complete therapeutic regime when matched with custom foot orthotics. Our footwear line includes therapeutic, orthopaedic and comfort shoes, sandals and boots for every activity and lifestyle.



## Motor Vehicle Accidents

At Main Street Health Recovery Centre we provide [treatment and rehabilitation services](#) to people who have suffered injuries in motor vehicle accidents. Our experienced and knowledgeable team can assist on the road to recovery from various injuries sustained in a motor vehicle accident.

If a patient is involved in a motor vehicle accident, it is recommended that they begin physiotherapy and / or massage therapy as soon as possible in order to allow for a faster recovery. The following conditions are often found after a car accident:

- Whiplash Associated Disorders
- Thoracic or Lumbar Spine Sprains and Strains
- Joint Dysfunction
- Musculoskeletal injuries
- Chronic Pains
- Dizziness and Vertigo
- Post Traumatic Stress Disorder
- Tension Type Headaches
- Fear of Driving

### Top 10 Reasons to be Examined After a Motor Vehicle Accident.

1. A patient may be injured and **not know it**.
2. Injuries such as whiplash usually may not show any symptoms for hours, days or weeks.
3. Medical professionals all agree that the first 72 hours after an accident or injury are the most critical and a time treatment can be the most effective.
4. The majority of injuries from automobile accidents occur at speeds of 10-20 km/hr. A patient's car might not show much damage, but their body might.
5. A soft-tissue injury can be permanent, as scar tissue can form in a patient's muscles leaving them less flexible and prone to re-injury in the future if they don't receive treatment.

6. If you act quickly a patient preserves their legal rights. A personal injury lawyer listed things to do after an accident and #1 on his list was: **Get prompt medical treatment;**



**otherwise you may get benefits denied or limited.**

7. In most cases treatment can cost you nothing out of pocket, even if it's the patient's fault or they don't have any health insurance.
8. If a patient is not injured they can sleep better at night knowing they had an extensive exam and tests and found out everything was fine.
9. Statistics show the longer a patient waits for treatment after injury; the longer it takes to heal and this requires more treatments. If a patient is injured their injuries usually will not heal on their own if untreated.

### Additional Points about Motor Vehicle Accidents.

- **The amount of physical damage to a patient's vehicle doesn't always reflect the stress and injury to the body.** (Soft-tissue injuries at speeds less than 20 km/hr.)
- **Neck and back pain commonly doesn't surface until hours or days after the car accident.**
- Painkillers, anti-inflammatories, muscle relaxants and other prescription drugs often only mask the condition and make daily functioning difficult.
- **Auto insurance's personal injury protection can pay 100 percent for medical massage, therapy and other treatments with no deductible.**