



Apple Creek Sports Medicine Centre

Summer 2010 Newsletter



Osteopathy is now available at Apple Creek!


What is Osteopathy?

Osteopathy utilizes advanced manual techniques to treat a wide array of conditions and health concerns. Osteopaths treat everyone from newborns and children all the way to seniors. These manual practitioners see the person as a whole; where the body functions as an integrated unit such that no part truly operates independently.

Who is Gennady Vaserbakh?


B.Kin, CK, D.O. (mp)

As a certified Kinesiologist and Osteopathic manual medicine practitioner, Gennady's work focuses finding health, by removing physical, emotional, and psychological barriers that prevent the expression of health. He also uses neuromuscular physiology and osteopathic principles to improve athletic performance. **Gennady is available to see patients on Tuesdays from 3pm-8pm and Thursdays from 8am-1pm.**


 Dr. Kristin Heins, ND will be leaving Apple Creek to be able to spend more time her Toronto practice, closer to home. However, we are happy to be welcoming **Dr. Joanne Dawe, ND** to Apple Creek.

Joanne graduated from the Canadian College of Naturopathic Medicine (CCNM), and previously attained an Honours degree in Bio-Medical Sciences from the University of Guelph. She is passionate about health and empowering her patients to take the steps required for optimal health, using education and individualized treatment plans. Joanne has a general family practice with a special interest in preventative medicine, cardiovascular disease and diabetes.

If you would like to have an opportunity to see Kristin and meet Joanne, they will be treating patients together on Wednesdays through the month of August. **In September, Joanne will be available to see patients on Mondays, Wednesdays and Fridays.**

 Barb Reesor will also be leaving Apple Creek to pursue her studies. We are pleased to welcome **Jenn Sutherland**, who will be taking over for Barb at the end of July.

All of us at Apple Creek wish Dr. Kristin and Barb the best of luck in all their future endeavors!

 **Hockey coaches!** Are you ever unsure about when it's safe to put an athlete back into play after a concussion. **ImPACT Concussion Testing** at Apple Creek can help and this is the time to set up baseline testing for your athletes. Ask one of our athletic therapists about how you can incorporate this easy to use, inexpensive software tool into your teams' upcoming season.

Patients of STEF, JOHN & SARAH, WE NEED YOUR HELP!

(If you would be so kind)

Do you have Athletic Therapy Coverage?

YES	NO
<p>Please fill out the "YES Insurance Form" information sheet (attached to this email) and email it back to us at (applecreek.sarah@gmail.com). This information will help us be more informed about which employee benefit programs have coverage for Athletic Therapy.</p>	<p>Please take the 2 "No Insurance Forms" (attached to this email):</p> <ol style="list-style-type: none"> 1 Submit the first to your HR contact in an effort to have Athletic Therapy services added to your plan. AND 2 Submit the second to your insurance company to request Athletic Therapy be added to your plan. <p>If you feel Athletic Therapy is a beneficial service, please encourage your colleagues, friends and family members to make the same request.</p>

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