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DIETITIAN



THE
DOWNTOWN
SPORTS CLINICS

THE DOWNTOWN SPORTS CLINICS

30TH ANNIVERSARY



THE Downtown Sports Clinics owners
Julie Moylan & Siobhan Duggan in 1985

Physio on the Leading Edge

THE Downtown Sports Clinics
has been keeping Calgary fit for 30 years

For three decades physiotherapists Siobhan Duggan and Julie Moylan have welcomed every twisted ankle, runner's knee, slipped disk and tennis elbow that has come through their door. And the good news for thousands of Calgary clients at THE Downtown Sports Clinics is they leave walking taller, feeling stronger and in less pain.

"Our expertise is in keeping people mobile," says Julie. "We empower people through education; how to prevent premature degeneration of their joints and how to keep their bodies mobile."

Mobility equals freedom and, Julie adds with equal parts humility and pride, "We've been keeping Calgarians mobile for 30 years."

The two physiotherapists went into business together back in 1985, opening

City Centre Physiotherapy and Sports Injuries Clinic. Within five years their clinic evolved into an integrated centre of holistic rehabilitation. In 1990, as their reputation and demand for their services grew, Siobhan and Julie opened a second downtown location.

Today, THE Downtown Sports Clinics' evolution continues in Bow Valley Square and a brand new clinic in Barclay Centre. The new facility is 3,600 square feet with access to an adjacent fitness centre and to the Centre's conference facility. This access will allow TDSC to expand and enhance their services even further. Their view of the Harley Hotchkiss Gardens, bronze horses galloping through wild grasses, offers a calming visual respite during clinic visits. And for easy access, especially for patients



THE
DOWNTOWN
SPORTS CLINICS

Barclay Centre +15

#250, 444 7th Avenue SW
(Northside of the LRT, kitty corner from
Holt Renfrew)

P: 403-233-7007


Bow Valley Square +30

#310, 205 5th Avenue SW
(Above the Food Court)

P: 403-234-7557

info@thedowntownsportsclinics.com

www.thedowntownsportsclinics.com

 @tdsccalgary

Hours of Operation:

Monday – Friday: 7 a.m. – 6 p.m.

coming from outside the downtown core, the clinic is located along the 7TH Avenue LRT line.

Both the Barclay Centre and Bow Valley Square clinics are connected to the Plus 15 system, so folks can get to and from the clinics in comfort, particularly during Calgary's cold winters.

But whether your pleasure is 20K of cross country skiing or running 42K, injury prevention is the key to maintaining healthy joints, muscles and an active healthy lifestyle. While many clients come in initially to treat injury, they leave knowing how to heal and stay healed. For Siobhan and Julie and their elite team, there's joy in educating people on how to prevent wear and tear on their body, keeping them in the game of life.

Between both clinics, the skills and talents of 13 physiotherapists and six massage therapists are available. Brand new to the Barclay Centre clinic is a yoga therapist who helps patients improve strength and flexibility during and after rehabilitation. Also caring for patients in the Barclay Centre clinic is a sports physician, who specializes in athletic injuries and a dietitian, who creates personalized nutrition programs and helps

patients discover eating according to their genetic profiles, through a new program called Nutrigenomix.

A pedorthotic expert conducts gait analyses to craft perfectly fitted orthotics, while a custom bracing specialist properly fits patients with the most effective devices to meet their needs. Evaluating the compatibility between patients and their workspaces, the ergonomic assessor proposes individualized

a patient was 27. Today it's 40, with rising star gymnasts and twilight-age golfers reaping the benefits at TDSC. Testing your sporting limits, particularly later in life can lead to injury. And without proper rehabilitation, joint injuries can develop into osteoarthritis and severe degradation can mean a joint replacement. Helping patients align the new body parts with all the old body parts is imperative to regaining proper body biomechanics.

Running injuries used to form the bulk of the clinic's business, but that's changing, too.

"What has taken us by surprise," says Julie, "is an increase in gym-related injuries — people hurting themselves

We empower people through education; how to prevent premature degeneration of their joints and how to keep their bodies mobile.

— Julie Moylan, THE Downtown Sports Clinics

strategies on strengthening that compatibility to improve health and productivity.

At the Bow Valley location, an occupational therapist focuses on assisting patients with hand and arm injuries to regain function and mobility. With all this activity, it takes five dedicated office administrators to create a smooth patient experience while making it all look so easy.

As Calgarians stay active later in life, THE Downtown Sports Clinics is seeing a shift in both the age of their clients and the type of injuries they suffer. In 1985, the average age of

training for sport and fitness." What is not so much of a surprise is the increase in posture-related injuries. "The invention of the chair has been the downfall of mankind."

Working with these clients is revealing the importance of being fit to sit at a desk and live in the electronic age. Sitting well is almost athletic in its requirements: strength, endurance and body awareness.

The professionals at THE Downtown Sports Clinics are also exercise specialists. An important component of rehabilitation is exercise as medicine. Their mandate is

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to ensure their clients learn new powerful knowledge on how to stay healthy and prevent recurring injuries.

TDSC offers proactive approaches to injury prevention and education. Sport specific, running, fitness and functional movement assessments are all available as is the Performance Golf Calgary physical assessment.

Clients seek out the experts at TDSC because they want to take up a sport, improve their performance or recover from a sport-induced injury. With these assessments, the specialists analyze posture, strength, mobility and muscle imbalances to create a program that will help them resolve musculoskeletal issues that may cause injury, aches or pains.

One of the great traits of the patients coming in, whether recovering from an injury or wanting to prevent injury, is their high level of motivation. "Compliance is not much of a problem," says Siobhan. "These people are willing to do the work."

One of those motivated patients is Wayne Fingas, a 66 year-old retired actuary

who came to see Duggan with major back distress. After a long flight home three years ago, followed by a spirited game of hockey that same evening, Fingas woke up the next morning with crippling back pain that seriously impeded his ability to walk.

Fingas was impressed with Siobhan and Julie's quarterbacking of the range of therapy modalities he used. "I was impressed by their willingness to explore and evaluate alternatives beyond physio that might help my condition."



Julie Moylan and Siobhan Duggan at Barclay Centre – 2015

That openness is core to Siobhan and Julie. And after more years than they care to count, both continue to upgrade and expand their skills and knowledge, practising what they preach to everyone who works with them. They lead their team by example, staying ahead of the professional development curve and making sure their staff maintain and enhance skills to deliver the most leading-edge care to their patients.

Linked to current training is the important work of The McCaig Institute for Bone and

Joint Health.

The team at the McCaig Institute conduct research to improve the lives of those who suffer from osteoporosis, rheumatoid arthritis, osteoarthritis and other bone and joint issues. It also works to reduce the

"I decided to trust the experts at THE Downtown Sports Clinics," Fingas says, "and within nine months I went from barely walking to the end of my driveway with ski poles to a full return to almost every activity I was involved in before my injury."





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THE Downtown Sports Clinics Team

number of people who will develop these diseases in the future.

THE Downtown Sports Clinics also demonstrates their support for that work by sponsoring the Institute's Music in Motion Encore 2015. Taking place at the Jack Singer Concert Hall on Oct. 6, Encore 2015 will be an evening of music and dance featuring the music of Holly Cole and the movement of Alberta Ballet.

When you combine the expert training, knowledge and a no-nonsense expectation of patient participation, THE Downtown Sports Clinics show a 90 plus per cent success rate.

"We stress quality over quantity. With the patient we discover the source of the problem, treat and educate," Siobhan says. "We only get one body and everyone

needs to optimize the performance of that body."

Attitude plays a role too. Move your body with strong mechanics and solid alignment; move your mind with healthy thoughts; move your relationships with positive interactions.

Whether you sit most of the day, run for kilometres or mix it up in oldtimers' hockey, THE Downtown Sports Clinics is there to make sure you are performing at your best.

They've been helping people move well. Every day. For 30 years. ■



**THE
DOWNTOWN
SPORTS CLINICS**

*It's Your Body. We can help you
make the most of it.*

THE Downtown Sports Clinics SERVICES & PROGRAMS

- Physiotherapy
- Massage Therapy
- Pelvic Health Physiotherapy
- Occupational Therapy
- Yoga Therapy
- Acupuncture/IMS
- Sport Physician, Dr. David Pow
- Registered Dietitian, Samara Felesky-Hunt
- Custom Orthotics by Orthotics in Motion
- Custom Bracing by Hi-Tech Bracing
- Sport & Fitness Assessments
- Video Running Analysis
- Performance Golf Assessments, TPI Certified
- Selective Functional Movement Assessments
- Office Ergonomic Assessments
- MVA and WCB Provider



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