



Stefanska and her almost one-year-old granddaughter, Nika. Photo: courtesy of Barbara

Activa Physiotherapy: a clinic with a personal touch

Activa Physiotherapy has been operating in the New Edinburgh area at 202-200 Rideau Terrace for the past 21 years. It is owned by Barbara Stefanska, a registered physiotherapist who received her Master's in Physical Education from the University of Poland. With 40 years' experience, Barbara is

continually advancing her education to provide her clients with the utmost care.

As part of her cohesive team, Barbara acknowledges her two key staff members: 1) Chris Downar-Zapolski, a Registered Massage Therapist with more than 10 years' experience, is a graduate of the International Academy of Massage in Ottawa, where he taught as a faculty member; and 2) Brian Ferrone, a Certified Personal Trainer (from YMCA), who brings more than 20 years' experience working with clients of all ages and different fitness levels to help them achieve their goals.

When I meet Barbara at her clinic, I am immediately impressed by her warm and genuine manner (not to mention her delightful accent). I arrive after her last booking of the day and also have the fortunate pleasure of being greeted by Lola, her loving and affectionate Labradoodle (freshly washed after an adventurous walk with her husband). Barbara describes her clinic as a family one: "I know three generations of patients. My main source of referral is client based. I have a lot of re-

turning clients. I think relationships are important; we have people coming back so we aim to provide a more personalized service. My philosophy is to invest a great deal of time on the individual assessment to develop a tailored treatment program to help clients achieve their goals. I strongly believe that I never keep a client a day longer than they need; a few visits usually suffice once I give them the tools to help themselves."

In addition to providing a lot of hands on therapy, Activa is equipped with the most modern equipment to provide shock-wave therapy, therapeutic ultrasound, heat and cold therapy, micro-current therapy, and low-level laser therapy (to name only a few). There is even an onsite 25-metre swimming pool in the building that is an excellent resource to help clients with mobility issues. Barbara also shows me an excellent program she uses called Physiotech; it allows her to assign a tailored video exercise program to her clients to assist them with their injury or pain. Patients receive their program by email and it's a great teach-

ing tool with easy-to-follow videos each with a clear description of the exercises. In essence, Barbara is a body mechanic, "Most of the problem of musculoskeletal condition would be due to some dysfunction, overuse, and underuse... its mechanical. We explain why it's important that people have to move. The surface of joints is covered with cartilage, which doesn't have a blood flow; unless you move, you don't provide nutrition. So you only provide nutrition and lubrication to the joints when you stretch, or provide movement."

Barbara is passionate about her clinic and derives much satisfaction from the results she sees in her client's progress when they utilize the tools she provides them. Being able to assist clients in a respectful and dignified manner is important to Barbara, enabling her to establish trusting relationships with them. To run an efficient operation and deliver the stan-

dard of care she likes to give her clients, Barbara emphasizes that it is important that people are timely.

In her spare time, Barbara enjoys playing golf and spending time with her family, especially with her soon-to-be 1-year-old granddaughter, Nika. Business is clearly going well for Activa and they are currently seeking a registered physiotherapist to add to the team — anyone interested in applying should check out their website: www.activa.com or follow them on Facebook.

Edward Jones: financial advisors with a personal touch

Karim Gwaduri is a Financial Advisor who took over the Edward Jones branch on 361 St. Laurent Blvd. in April 2008 (adjacent to The Works). Congratulations are in order as he celebrates his 10th year with an investment firm that is making great strides in investment services. When I ask him what the keys to success are for Edward Jones in the Manor Park area, he replies: "We deliver a unique experience that helps clients achieve their goals. We make it a priority to ensure our clients feel understood, informed, and secure about their financial well-being. Our focus, since the firm first came to Canada in 1994, remains the same — helping serious, long-term individual investors achieve their financial goals by understanding their needs and implementing tailored solutions. We believe that this experience, the Edward Jones experience, is what many of our clients in Manor Park have

