

ORTHOKINETICS has proven effective in the treatment of:

Orthopedic Conditions

- Neck and back pain (acute and chronic)
- Injuries from motor vehicle and other accidents
- Sports injuries
- Scoliosis
- Poor posture

Neuromuscular Disorders

- Cerebral palsy
- Spinal injuries
- Multiple sclerosis
- Stroke

Fibromyalgia

Osteoarthritis

Infertility & menstrual pain

Respiratory conditions

And more...

"After a car accident, I reached a plateau in my rehabilitation with other therapies. OrthoKinetic treatment with Katerina Pek dramatically improved my mobility and reduced my pain with long lasting positive results."

– Dale, Ottawa, On.

About Katerina Pek

Katerina Pek obtained her medical degree from Charles University in Prague. She worked as a physician in the Czech Republic for six years, specializing in internal medicine and rehabilitation.

After coming to Canada, Katerina chose to focus her work entirely on rehabilitation and prevention. She has continued to broaden her knowledge and skills to include the most current and effective manual therapy techniques and natural healing methods from North America and Europe. She has worked as a natural health counselor and a registered massage therapist since 1989.

Nepean clinic:
58 Larkspur Dr.
Nepean, ON K2H 6L1
613-726-2950

Kanata clinic:
10 Mowbray St.
Kanata, ON K2K 1X7
613-839-2758

Do you suffer from pain or reduced mobility?

ORTHOKINETICS

for pain-free movement

Katerina Pek

M.D. (cz), M.T.

Rehabilitation & Massage
Therapy

For an appointment call:
(613) 839-2758

Covered by major medical
insurance plans

ORTHOKINETICS:

Addresses the entire spectrum of injuries and disorders related to the muscular-skeletal system.

Provides immediate and lasting relief from pain, as lasting improvements in strength and mobility.

Works for people of all ages and walks of life, from athletes to office workers, from teens to seniors.

Improves your day-to-day life and health.

How is it Different?

OrthoKinetics:

- Engages you in your own healing process in an **active**, **progressive**, and **dynamic** way.
- Takes a **global approach** by dealing with your particular local injury or problem, as well as the overall core strength and stability issues at its root.
- **Teaches** you to incorporate correct movement into your daily activities.

Benefits

Improved mobility and strength, as well as protection from future injury and enhanced functioning of the internal organs and nervous system.

What is ORTHOKINETICS?

OrthoKinetics means "correct" or "healthy" movement.

It is a new exciting and clear way to teach you to move freely and painlessly.

Within the scope of massage therapy, OrthoKinetics uses:

- **manual therapy**
- **therapeutic exercises**
- **movement re-education**
- **stress/pain management**

These are drawn from the most advanced and effective soft-tissue manipulation therapies used in Europe and North America.

Manual Therapy

Osteopathy based, including:

- **Craniosacral Therapy**
- **Muscle Energy Technique**
- **Ortho-Bionomy**
- **Visceral Manipulation**

provide precise, gentle ways to heal joints, muscles and connective tissues.

Czech **Reflex Postural Therapy** and Swiss **Spiraldynamik®** play a pivotal and complementary role.

They focus on correcting posture and improve the mobility and strength of the overall muscular skeletal system, with emphasis on the core (deep stabilizing muscular system). To be truly successful, any therapy must first restore the proper functioning of the core muscular system.

Key Components

Exercises

During your visits, you'll be shown a number of simple, highly-effective exercises that are specifically targeted to your condition. As you incorporate them into your daily routine, you'll quickly experience improvements to your physical condition, posture and strength.

Education

Over the years, many of us learn "faulty" patterns of movement that can contribute to pain and lack of mobility. You'll be taught:

- To recognize your incorrect patterns.
- The underlying physiology and mechanics of correct movement.
- How to incorporate these correct patterns of movement into your daily activities.

Stress/Pain Management

Stress is a major contributor to disease and is often a companion to pain or reduced mobility.

OrthoKinetics incorporates body and mind integration, deep relaxation and visualization techniques to support and accelerate your healing process.