

# Port Elgin Chiropractic: Shocking results with proven shockwave therapy

Are you suffering from chronic foot (heel) pain? Have you been diagnosed with plantar fasciitis, shoulder, elbow or knee tendonitis? Port Elgin Chiropractic may have a treatment that could help you. Extracorporeal "Shock" Therapy is a highly effective, non-invasive therapy that is being used to treat a variety of soft tissue and tendon injuries. This non-surgical treatment has no side effects and promotes accelerated recovery of soft tissue and tendon injuries, bone, heel, and joint pain.

A "shockwave" is an intense, but very short vibrational energy wave which travels faster than the speed of sound. Shockwaves help breakdown, damaged, inflamed and/or calcified soft tissue, allowing for tissue regeneration and healing. The technology for shockwave therapy has been used for decades in Europe, but has only recently been introduced as an effective modality to treat people in North America.

Shockwave can be used to treat a variety of conditions, but is primarily used in effectively treating "tendinopathies". Research and studies report a range of 75 to 95 per cent success rate in treating the following common conditions:

- Plantar Fasciitis •Achilles tendinitis

- Medial or lateral epicondylitis (golfer's or tennis elbow)
- Patellar tendinitis (knee problems)
- Calcific rotator cuff (shoulder) tendinitis

The appointments are typically very short and results may be seen within 72 hours, while other results might take longer. Typically only six visits are needed for full resolution of most conditions. Usually, no further maintenance is necessary because the affected tissue becomes healthy.

Port Elgin Chiropractic offers chiropractic care, laser therapy, custom foot orthotics and acupuncture for the whole family. For

the month of October, you can receive a complimentary consultation to find out if shockwave could help treat your condition. Just present this article at the time of your appointment. As primary health care professionals with a holistic and multidisciplinary approach to wellness, you don't need a physician's referral. Contact the clinic today.

They now offer the services of two Registered Massage Therapists. Port Elgin Chiropractic, 369 Goderich St., Port Elgin, 389-9355, Mon, Wed, Fri 9am-6pm and Tues and Thurs 10am-7pm.\*

[www.portelginchiropractic.com](http://www.portelginchiropractic.com)



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# Crime Stoppers - Making your community safe

Crime Stoppers is a civilian community organization devised to acquire information that assists law enforcement agencies in the resolution of crime. Crime Stoppers pays cash rewards of up to \$2,000 for information leading to the arrest of criminals, recovery of stolen property and seizure of illegal drugs while maintaining total anonymity to the caller and complete confidentiality of the tip.

Crime Stoppers of Grey Bruce and your local police services are asking for the public's assistance in solving the following crimes:

- the theft of a Schwinn mountain bike from outside Allan's Fireside Grill in Port Elgin on July 30th. The bike is described as white and black with a gel seat cover.
- a theft from a vehicle on Eastwood Drive in Port Elgin overnight on July 31st. The victim reported that a brick had been thrown through the driver's side window and an iPod, wallet, and some change were stolen.
- the theft of potted plants in Port Elgin. On July 31st a planter was reported stolen from the front of a house on Piccadilly

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Drive. A dark blue Dodge Caravan was observed leaving the area. Police then received another complaint of the theft of a large white ceramic flower pot from the front porch of a residence on Highland St.

- a theft from a garage in the 700 block of Gustavus Street in Port Elgin. The theft occurred sometime during the first week of August. The victim reported that a Stihl trimmer, a Black and Decker saw, and a Milwaukee saw were taken.

- a break and enter to a storage area at the rear of Gerry's Fries on Beach Road in Southampton. The theft was reported on August 13th. Items were removed from the building and a Chapman's Ice Cream sign was stolen.

- the theft of a paddle board from Southampton Beach in the area of Lambert

Lane on August 13th. The board is inflatable, and red/gray in colour.

Crime Stoppers and the South Bruce OPP are seeking the public's help in solving the theft of a vehicle. Between August 13th and 17th a white Honda CRV, bearing plate BRMF 962, was taken from a shed in the 7000 block of Highway 21 in Arran-Elderslie Township. The vehicle was decorated with a Trillium Insurance logo on its hood, blue decals over the front wheel wells, and purple decals over the rear wheel wells.

Crime Stoppers and the West Grey Police Service are seeking the public's help in solving the theft of a racing bicycle. On August 30th between 7pm and 7:30 pm a men's racing bicycle was stolen from the Mac's Gas Bar located at Bruce Road 10 and Grey Road 28 just north of Hanover in West Grey. The stolen bicycle is a two tone gray and yellow carbon-framed Devinci Leo SL model, valued at \$5,000.

If you have any information about these crimes you can call Crime Stoppers at 1-800-222-TIPS (8477) or submit a secure Web-Tip at [www.cstip.ca](http://www.cstip.ca).