

# MaxFit Movement Institute

## Integrated Care Keeps the Community in Motion

800 words

It all started with a flying baby. You know. Ecstatic new Dad. Joyfully launching child overhead to elicit squeals of delight. Holding misguided belief that his back is as flexible as airborne infant. Back eventually seizes up like concrete and the search for the big fix is on.

That search led us to the MaxFit Movement Institute where we found a lot more than a back fix. Dr. Wilbour Kelsick came highly recommended as a Sport Chiropractor to Olympic Athletes. But we had no idea what an amazing impact he and his team would have on all our lives. The amazing positive energy we encountered when we walked into his office should have been our first clue. By introducing us to a new way of living, and an integrated approach to our care, Dr. Kelsick has shown us how we can keep moving for life.

Dr. Kelsick and the MaxFit Movement team don't treat just symptoms but take care of the cause. And they don't do it in isolation. They take an integrated approach to care. They bring together their broad range of expertise, experience, and equipment, as well as organizing group activities and educational and community events. And at MaxFit, they actually include you in your treatment plan. MaxFit integrates everything.



Caption: The MaxFit Movement team:(Clockwise from centre back, Dr. Wilbour Kelsick, Heather, Nadine Nembhard, Dr. Khaled Dossa, Denise, Dr. Ron Reichert.

The MaxFit Movement team includes integrated expertise from complementary and alternative health care as well as conventional western medicine. This insures patients get the best of all worlds and creates synergies between the various therapies that contribute to the best overall results.

In nearly 20 years of professional practice Dr. Kelsick has gathered an amazing group of practitioners including; leading sports medicine physician Dr. John Mackie, former Olympic gymnast and the founder of the Section of Sport Medicine of the British

Columbia Medical Association; physiotherapist Nadine Nembhard, former international-level track and field athlete, member of the medical team of the Canadian National Track and Field team and physiotherapist for local teams including the Vancouver Whitecaps; and Dr. Khaled Dossa, an honours graduate of Memorial Chiropractic College and a sport medicine resident of the College of Chiropractic Sports Science.

In addition to the core team MaxFit draws on the additional expertise of a consulting team including; Dr. Tim Yeomans, one of the country's leaders in integrative medicine; mind/body medicine practitioner and one of the founders of the Tzu Chi Institute, Gina Dingwell; registered dietician and nutritionist Carol Ranger; personal trainer Debbie Suzuki; acupuncturist Gerard Tan; and naturopath Dr. Ronald Reichert.

MaxFit also offers specific programs such as running clinics and training with Olympic gold medalist and two time world champion Robert "Blast Off" Esmie and Olympian Tara Perry. Lyle Povah offers music, sound and wellness therapy. Tanya Takeuchi and Ron Stewart lead yoga therapy. MaxFit even offers golf specific training with Kendal Yonemoto.

All of the programs and therapies are complemented by MaxFit's state-of-the art equipment. The MaxFit Movement Institute is home to one of only two Aquacisers in Canada. The Aquaciser – a hydrotherapy chamber combined with an underwater treadmill – provides patients a more resistant environment with greater support than land based rehabilitation. MaxFit also has a running lab that enables computerized video analysis of your gait.

Not only does MaxFit draw on and integrate an incredibly powerful group of practitioners and the latest equipment, they actually integrate you into your own care. MaxFit works as your guide, the leader of your integrated health care team. But they make sure it is *you* that is the centre of the treatment program because healing and health begin with you. This client-centered approach also allows them to actually hear the patients experience and make shared decisions.

The MaxFit team also integrates their ever-expanding base of knowledge by conducting and participating in leading edge research in a broad range of topics across the integrated care model. These topics include human activity, movement wellness, mind/body medicine, mindful eating—learning to fuel your body—and ergonomics. And they share their knowledge by acting as a community resource, a place where you can come for not only treatment, but information and education.

And the MaxFit team doesn't just bring people together to teach them, they want patients and friend to share in fun activities that demonstrate the MaxFit philosophy. The recent sponsorship of a community drum circle led by performers from the South African and world-acclaimed theatre production, AFRICA UMOJA, is just one example.



Caption: Dr. Wilbour Kelsick organizes outdoor 'Movement' activities for his patients as a way to demonstrate how to integrate fun movement into their lives. He also provides a healthy and fabulous post-activity feast.

MaxFit now takes care of not only me, my kids and my child-chucking husband, but my 78-year-old mother, my niece and nephew, sisters, cousins and lots and lots of my friends. We in the Tri Cities are very, very lucky to have MaxFit based right here in Port Moody.

For more information on the MaxFit Movement Institute and their upcoming community events, health forums, running clinics and activities please visit [www.maxfit-movement.com](http://www.maxfit-movement.com). Or take a walk into the movement institute at 2703 Clarke Street, Port Moody. Phone 604-461-6888