

**SCHEDULE YOUR
APPOINTMENT TODAY!**



CUSTOM BRACING, BRACING, AND COLD THERAPY SYSTEMS AT THE MSK CENTRE

At the MSK Centre, we're dedicated to enhancing your mobility and well-being with our bracing services including custom bracing. Whether you're recovering from an injury or need support for a chronic condition, our expert team is here to help you find the best brace most suited for you and your recovery. At the MSK Centre, we provide a wide range of bracing services for a variety of orthopaedic needs, including:

- 1. Injury Management:** Braces can be used to manage various types of injuries, including fractures, sprains, strains, and tendonitis. They help stabilize the injured area, reduce pain, and promote healing.
- 2. Post-Surgical Support:** Following orthopaedic surgeries, such as knee or ankle surgeries, braces may be prescribed to provide support to the surgical site, prevent excessive movement, and facilitate the healing process.
- 3. Joint Stability:** Individuals with conditions like osteoarthritis or ligament instability may benefit from wearing braces to improve joint stability, reduce pain, and prevent further damage.
- 4. Sports Rehabilitation:** Athletes recovering from sports injuries often use braces during rehabilitation to protect the injured area and gradually return to physical activity.

5. Corrective Purposes: Braces are sometimes used for corrective purposes, such as correcting posture or alignment issues, or preventing deformities in conditions like scoliosis.

6. Customization: We offer customized bracing solutions tailored to individual patients' needs. This may involve taking measurements, creating molds, or using advanced imaging techniques to design braces that provide optimal support and comfort.

7. Patient Education: We provide education and guidance on proper brace use, including how to wear, adjust, and maintain the brace.

At the MSK Centre, we provide a wide range of bracing services to provide comprehensive care to patients with musculoskeletal issues, helping them recover faster and improve their quality of life. Whether you're recovering from an injury, recovering from surgery, or managing a chronic condition, our expert team is here to provide you with a wide range of high-performance bracing solutions to enhance the level of your recovery and rehabilitation journey.

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GAME READY

Game Ready® is the leader in active compression and cold therapy technology for injury treatment and post-operative recovery. Game Ready is an unparalleled sports medicine and post-op recovery device that simultaneously delivers active pneumatic compression and adjustable cold therapies.

Game Ready offers several benefits for patients recovering from surgery:

- 1. Reduced Pain:** Cold therapy provided by Game Ready systems helps numb the affected area, reducing pain and discomfort during the early stages of recovery.
- 2. Swelling Reduction:** Cold and compression therapy helps decrease swelling and inflammation, which are common after surgical procedures. This can facilitate faster healing and improve mobility.
- 3. Faster Recovery:** By minimizing swelling and pain, Game Ready therapy may promote a quicker recovery process, allowing patients to return to their daily activities and rehabilitation exercises sooner.
- 4. Improved Range of Motion:** The combination of cold therapy and compression can help improve joint flexibility and range of motion, aiding in the rehabilitation process after surgery.
- 5. Minimized Dependency on Pain Medication:** With effective pain management through Game Ready therapy, patients may require fewer pain medications, reducing the risk of dependency and potential side effects associated with prolonged medication use.
- 6. Customizable Treatment:** Game Ready systems offer adjustable settings, allowing healthcare providers to tailor treatment parameters based on each patient's needs and comfort levels.
- 7. Convenience:** Game Ready systems are portable and easy to use, allowing patients to receive therapy in the comfort of their own homes under the guidance of their healthcare providers.
- 8. Enhanced Tissue Healing:** Cold therapy has been shown to enhance tissue healing by constricting blood vessels, reducing blood flow, and minimizing tissue damage.

Overall, Game Ready therapy can play a valuable role in post-surgery rehabilitation by providing effective pain relief, reducing swelling, and promoting faster recovery, ultimately helping patients regain function and mobility more quickly.

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BRACING

At the MSK Centre, we are dedicated to offering comprehensive orthopaedic braces to meet the diverse needs of our patients. Whether you require support for injury recovery, post-surgical rehabilitation, chronic condition management, or sports performance enhancement, our range of braces is designed to address various orthopaedic concerns. In addition to custom solutions, we offer a selection of high-quality off-the-shelf braces for a wide range of orthopaedic needs. These braces are available in various sizes and designs to accommodate different body types and conditions, providing effective support and protection.

WHY CHOOSE OUR BRACES:

- **Quality and Durability:** Our braces are made from high-quality materials and craftsmanship, ensuring durability and reliability for long-term use.
- **Expertise and Experience:** With years of experience and expertise in orthopaedic care, our team is dedicated to delivering exceptional service and results for every patient.
- **Comfort and Mobility:** Our braces are designed with wearer comfort in mind, allowing for greater mobility and ease of movement compared to traditional static braces. This encourages patients to stay active during their recovery or while managing chronic conditions.
- **Expert Fitting and Adjustment:** Our bracing team are dedicated to ensuring that your brace fits flawlessly and functions optimally. We provide ongoing support and adjustments as needed to guarantee your comfort and satisfaction.



CALL 855.483.4817 OR VISIT WWW.MSKCENTRE.CA FOR MORE INFO

STAFF SPOTLIGHT

DENIS CHAN, ORTHOPAEDIC BRACE TECHNICIAN

With 42 years of experience as an orthopaedic bracing technician working closely with orthopaedic surgeons and physiotherapists, Denis brings a wealth of knowledge to the MSK Centre. Denis enjoys golfing and spending time with family, especially his grandkids.



SUCCESS STORIES

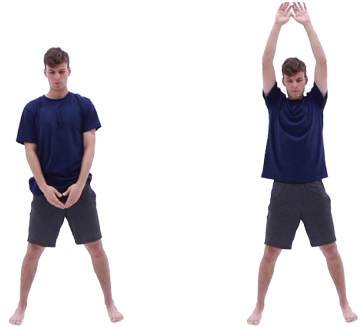
“I had a great experience today at MSK helping me get fitted for an air cast for my broken ankle. The staff was so friendly and the doctor made me feel so at ease about my situation. Thanks MSK!”



AT-HOME EXERCISE

DEEP BREATHING ARMS OVERHEAD

Start by standing up straight with your feet spread apart and your arms hanging in front of you. Slowly raise your arms straight out to the sides and up over your head as you inhale through your nose. Slowly exhale through your mouth as you lower your arms back down. 5 reps.



Always consult your physiotherapist or physician before starting exercises you are unsure of doing.



COME BACK TO MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

855.483.4817

Or request an appointment online at

www.mskcentre.ca

CUSTOM BRACES

CUSTOM BRACING

At the MSK Centre, our innovative bracing solutions are designed to cater to a wide range of orthopaedic needs. From post-injury recovery to proactive support, our custom bracing options are here to empower you on your journey to better mobility and comfort. At the MSK Centre, our bracing team works with Ossur and Spring Loaded to provide cutting-edge orthopaedic solutions for our patients.

WHY CHOOSE CUSTOM BRACING?

- 1. Personalized Fit:** Generic braces may not provide the exact support you require. With custom bracing, we tailor the fit to your body, ensuring maximum comfort and effectiveness.
- 2. Optimal Support:** Whether you're recovering from an injury, managing a chronic condition, or seeking preventive measures, custom braces offer targeted support where you need it most.
- 3. Enhanced Mobility:** Don't let discomfort hold you back. Our custom braces are engineered to promote movement while providing the necessary support to prevent further injury.
- 4. Long-Term Solution:** Investing in a custom brace means investing in your long-term health. Our team work closely with you to develop a solution that meets your needs now and in the future.



Custom braces are utilized for a variety of orthopaedic and musculoskeletal conditions, injuries, and rehabilitation needs. Here are some common uses:

- 1. Injury Recovery:** Custom braces are often used to support and protect injured joints, ligaments, or muscles during the recovery process. They help stabilize the affected area, reduce pain, and promote healing. This includes injuries such as sprains, strains, and fractures.
- 2. Post-Surgical Support:** Following orthopedic surgery, custom braces are frequently prescribed to provide support and immobilization to the operated area. They aid in controlling motion, protecting surgical repairs, and facilitating the healing process. Common surgeries where custom braces are used include ACL reconstruction, joint replacement, and spinal fusion.
- 3. Chronic Conditions Management:** Individuals with chronic orthopedic conditions such as osteoarthritis, rheumatoid arthritis, or degenerative disc disease often benefit from custom braces. These braces help alleviate pain, improve joint stability, and enhance function, allowing individuals to manage their condition more effectively.
- 4. Sports Injury Prevention:** Athletes may use custom braces as a preventive measure to reduce the risk of injuries or to provide support to vulnerable areas prone to overuse or trauma. Custom braces designed for sports-specific activities can improve performance and minimize the likelihood of sports-related injuries such as ankle sprains, knee injuries, and wrist strains.
- 5. Joint Instability:** Custom braces are frequently prescribed to individuals with joint instability, whether due to ligament laxity, muscular weakness, or neurological conditions. These braces provide external support to the affected joint, helping to prevent excessive movement and reduce the risk of dislocations or subluxations.

Overall, custom braces play a crucial role in orthopaedic care by providing targeted support, promoting healing, and improving functional outcomes for individuals with a wide range of orthopedic conditions and rehabilitation needs.



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