



## Therapist Profile

### Erin Hvidston

BHKIN, BED, MPT

Registered Physiotherapist



Erin Hvidston brings a Master of Physical Therapy, a Bachelor of Human Kinetics from UBC and a Bachelor of Education from Saskatoon's University of Saskatchewan to the North Shore Sport Medicine Clinic. She won the UBC Physiotherapy Foundation of Canada Award for excellence in team research.

## Previous Issue

### Ice Pack or Hot Pack?

One of the most frequent questions a physiotherapist is asked is, "I've injured myself. Should I use ice or heat?" Either of these options if used correctly can help to control and heal the injury.

## Community Contribution Award!

Small Group Physio Sessions  
Now Available! Led by  
Registered Physiotherapist  
Megan Drakeley.

Call 604 985 4135 loc 273 for more information.

### THANK YOU FOR THE COMMUNITY AWARD NOMINATION!!!

Our Deep Cove Physiotherapy Clinic and North Shore Sports Medicine Clinics have been nominated for a North Shore Chamber of Commerce Community Contribution business award!!! We are honoured to be nominated along with three other North Vancouver organizations who have demonstrated outstanding commitment and leadership in a variety of activities which have made the North Shore a better place in which to live and conduct business.

### Our Mission

The mission of our clinics has always been to provide the highest quality health care services to the people of North Vancouver. Over the past few years, we have also worked on improving the health and health knowledge of the broader public as well. We have been achieving this through community events, sponsorships as well as newsletters! Speeding up the recovery of physical ailments will help BC athletes compete, and will help individuals attain their personal health and fitness goals. In the owners own words: "We need to be out in the community, looking after sports teams, providing information at Blueridge Days or Parkgate health fairs and setting up booths at Capilano University to educate students on what services we can provide them. We must be committed to sharing our knowledge in a variety of ways that help people learn. Makes you feel good when you can help somebody in a way that works for them!"

### Thank you!

We really appreciate the support from the community, our patients and our partners who have helped us grow over the past 23 years. We will continue to work hard to fulfill our mandate:

Meeting the needs of active people from beginners to recreational and elite level athletes.

Over time, we hope to achieve our long term goal:

To become North Vancouver's Choice for Physiotherapy and Massage Health Care.

