

## Get Active with Dr. Elizabeth Radley-Walters

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Chiropractor, Dr. Elizabeth Radley-Walters of Active Chiropractic Family Health Centre started with a background degree in Kinesiology; the study of human movement. This provided her with a solid foundation of anatomy, physiology, and fitness as well as opening the door to many opportunities outside of what chiropractic medicine encompasses. “I’ve had the experience of working with different types of patients, such as being able to work with cardiac rehab patients, spinal cord injury rehabilitation patients, and university athletes,” Dr. Radley-Walters says.

Dr. Radley-Walters uses two chiropractic techniques: the Activator Method and Active Release Techniques (ART). Activator Method involves a gentle, low-force chiropractic technique using a special instrument called, the Activator. This treatment is ideal for treating a wide variety of patients, including children and the elderly. Dr. Radley-Walters says, “It is a gentle, quick and effective chiropractic care approach.”

The Activator is also gentle enough for expecting mothers. Using pregnancy pillows and examining the mother to determine baby’s position, Dr. Radley-Walters is able to make the adjustments safe and comfortable for both mother and baby.

Active Release Technique (A.R.T.) is soft tissue movement-base massage technique that treats muscles, tendons, ligaments, fascia, and nerve problems. Dr. Radley-Walters explains that the patient is the “active” part of the Technique by moving throughout the treatment while she gently applies

direct tension to the injured area. Using A.R.T. to treat injured or chronically tight scar tissue, Dr. Radley-Walters is able to release tightness in an injured area, relieve pain, and restore movement to the body.

Dr. Radley-Walters encourages those who have been considering chiropractic care to contact the Active Chiropractic Family Health Centre directly. “Chiropractors are a primary health contact,” she says. “You don’t need a referral from your medical doctor to see a chiropractor, nor do you need a referral from a doctor for your insurance coverage.”

### **BodySculpt Boot Camp**

A certified fitness trainer, Dr. Radley-Walters also offers BodySculpt BootCamp - a dedicated fitness program for women of all levels of fitness. BodySculpt BootCamp is a small group, personal training experience for women, with the addition of male only groups to be added in the near future. “The idea of training small groups of females is a new and popular type of fitness class that’s being offered all over, but wasn’t being offered in the Ottawa Valley,” she says. Having worked with similar training groups in the past, Dr. Radley-Walters decided to create the BodySculpt BootCamp program.

No matter what your age or health level, all five trainers on staff are specialists who help direct clients toward personalized programs. Dr. Radley-Walters says, “Lots of people within our program have varying health issues and are able to participate in our Boot Camp. We offer alternatives to different exercises so patients with health issues can still participate.”

Whether you have a chronic or repetitive injury that needs attention or simply want a personalized training program to help get you into shape, Dr. Radley-Walters and Active Chiropractic are here to help.