

Natan Gendelman of Health In Motion Talks About Health Treatments and Good Health

Maia Shani

What is the origin of Osteopathy?

Osteopathy was started by an American physician called Dr. A. T. Still who founded Osteopathy 130 years ago. After losing two of his children to an influenza epidemic, he left conventional medicine, returned to the study of anatomy, and developed the alternative therapy known as osteopathy.

How does Osteopathy work?

Osteopathy is a gentle hands-on technique that applies knowledge of anatomy, neurology, physiology, and all bodily systems to the goal of healing. This gentle treatment does not focus on symptoms of illness, but on the source of illness itself. For example, neck pain is often a symptom that something is not functioning properly elsewhere in the body.

The causes may originate in the internal organs, in the hard tissue or the nerve system. Osteopathy works to release the cause, which in turn alleviates the pain symptoms, thereby allowing the body to return to its normal state of health.

What causes the back pain suffered by so many people?

There are many causes of back pain. One cause can be stress. When a person experiences stress, the body often develops tension in the tissues of the chest. Tension in the chest may refer to the muscles in the back, creating tension there as well. These tensions may move the back or the spine out of its healthy alignment and cause back pain. The therapist's job is to release this tension and reduce or relieve the back pain.

I'd like to demonstrate this by using the metaphor of an apple tree that grows more fruit on one side than the other. The tree's natural tendency is to sway towards the heavier side. But if the apples are picked on that side, it will cause the trunk to straighten out. Another option, however,

is to pull the tree back to its original position. This resembles the condition we call back pain, but as long as we don't release the entire network of tensions, we cannot achieve full recovery. Osteopathy is the science that maintains that bodily aches and other symptoms are a sign that an entire network should be treated, not only the area where we feel the pain.

How did you arrive at this particular profession?

I've been a professional physiotherapist since 1986. When I was 21 I began working in the USSR. Between 1984-1986 I was stationed in Afghanistan, where I was injured and treated in a military hospital. The doctors there told me that I would need a cane for the rest of my life. A friend brought me to a Chinese healer who treated me successfully, and I stayed on in his village and later on lived,

learned, and worked alongside the healers there. I learned a lot from them. When I moved to Israel in 1989, I continued training at Assaf Ha Rofeh Physical Therapy School. After that I worked in several clinics around Jerusalem and in a nursing home as well. Coming to Canada

was a continuation of my training. I received my kinesiology certificate and graduated from the Canadian College of Osteopathy in Toronto. Then I opened my own practice.

How is Health In Motion Rehabilitation different from medical treatment?

First of all, I believe in working in conjunction with medical treatment. But one of the things I noticed when I came here is that in Canada treatment is different from Israel where I worked for many years. Here people who have suffered a stroke or any other neurological problem often do not know how to proceed with their recovery once they are released from hospital. In Israel patients receive automatic

recovery benefits under Israeli medical law. That is why I think it is important for people to know about Health In Motion. Our goal is to not only provide temporary relief, but to work with the patient until they are fully recovered or at least to become as independent as possible given their condition. Sessions at Health In Motion last at least 30 minutes, while neurological treatments are at least 45 minutes long. We make sure we get a full clinical history before we proceed with any treatment, in order for us to determine the best possible course of treatment. We also stress the importance of having family members and friends supporting the recovery of the patient. We also help family members learn how they can encourage and work with their loved ones at home.

What do you specialize in and who are the patients you treat?

Physiotherapists, massage therapists, orthopaedic experts, and osteopaths work in the clinic to restore patients to good health. We treat children suffering from Cerebral Palsy and Multiple Sclerosis, people who need hip replacements, people who suffer from Parkinson's and Diabetes, people who have suffered head injuries or any other kind of physical injury, including chronic aches and pains. We also treat premature babies with great care.



The Health In Motion team, with Natan Gendelman, head of the clinic, second from left, top row.

What is your philosophy?

I believe we must allow the wisdom of the body to take its own course. As therapists, we must be there to support the patient and help quicken the natural tendency of the body to heal itself. We teach people how to manage their illness or disease by encouraging them to be as independent as possible in the long run. We treat people who in the past were not able to overcome their disabilities or who thought their conditions were untreatable. We listen to what our clients tell us, and to what the conditions in their bodies

"It is not medication, nor a doctor or a device that heals. It is the deep wisdom of the body that restores us to good health."

tell us.

For more information on what Health In Motion has to offer patients, please contact us with any questions and concerns at 416-250-1904. We will help answer all your questions. Please visit our website at healthinmotionrehab.com.

16 YEAR STRIVES FOR A BETTER WORLD

Daniel Sorek is a high school student at Northern Secondary School. Only 16, he is already keen on making a difference

Avrum Rosensweig, founding director of Ve'ahavta, came to Northern Secondary School at an event held March 19, 2008 to collect a check of \$480.33 and to talk to students about genocide

Mr. Rosensweig addressed 150 history students about the issue of genocide over the last century and today. He spoke to them

about the important role they could play in stopping genocide by educating themselves and others. The students were moved by his words and offered their applause.

Ve'ahavta is a non-profit Jewish humanitarian and relief committee whose mandate is to accomplish tikun olam, the betterment of the world, through the Canadian Jewish community.

In an effort to raise more consciousness among young

students, Northern Secondary School will be offering a course about genocide beginning next year.

The total of \$480.33 was raised at a fundraiser, initiated by Northern Secondary School's Jewish Heritage Club. The event called "Eight Crazy Lunches" was sponsored by Dominion, Diacan.com, Shopper's Drug Mart (Eglinton & Yonge and Eglinton E & Mt. Pleasant), Silvercity, and Second Cup (Eglinton E. & Mt. Pleasant and



From left to right: Northern Secondary School principal, Varla Abrams; Avrum Rosensweig, founding director of Ve'ahavta; and Daniel Sorek, student and president of Northern's Jewish Heritage Club.