

# The Sibley Report

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**Sibley**  
& ASSOCIATES INC.

... the place to find valuable information to help make your job – and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, over 300 healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the “small business” customer service philosophy of our dedicated Insurance Services Division.

## Are We Properly “EQUIPPED” to Exercise?

*Exercise Equipment - What is the ideal choice for optimal physical rehabilitation?*

After an accident/injury, it is common for a client to be referred to a physiotherapy clinic to receive a combination of “passive treatment” (e.g., heat, ice, TENS, ultrasound, etc.) and “active treatment” (e.g., exercise). Ideally, the client’s physical fitness gradually improves and he/she is discharged with a home and/or community-based (health club) exercise program to further improve his/her fitness level.

Although conceptually sound, the approach to exercise prescription is not always ideal for optimal physical rehabilitation. The main issue is whether the prescribed exercises are really “functional” – do they realistically prepare the body for the stresses of daily activities or do they create a dependency on external support like machines and therapists? What further confuses the issue is a lot of information about physical rehabilitation and fitness that is biased by person prejudices and financial interest, as well as numerous myths and misconceptions.

This has led to a tremendous growth in popularity of training machines (e.g., Universal™, Nautilus™, Cybex™, etc.) for strength development in most modern physiotherapy clinics and community health clubs.

One of the most lucrative and competitive aspects of the fitness industry and wellness market is the sale of specialized training equipment. It has almost reached the stage that no fitness or rehabilitation facility is able to compete successfully for clientele unless it boasts the most up-to-date machines. However, a pulley machine, a stability ball, free weights, and an exercise mat can actually provide clients with a circuit training facility which cannot be equaled by fewer than 100 ‘state of the art’ specialized machines – at less than 20% of the cost.

The reality is that many exercises are recommended – especially using exercise machines - that are not really “functional” and have limited results for the injured individual or the Insurer.

*Please refer to The Canadian Independent Adjuster September 2002 issue for the full article.*

**Steve Sibley**  
President & C.E.O.  
**Jim Richings**  
Vice-President, Operations  
**Cam Lowther**  
Vice-President, Sales and Marketing  
3027 Harvester Road, Suite 401  
Burlington, Ontario L7N 3G7  
**Tel: 905-633-7800 or**  
**1-800-363-8900**  
**Fax: 905-633-7900**