



HEALTH CARE



Your Health, Your Choice:

A Clinic that Empowers Clients

By Courtney Tait Photos DeAnne Bell

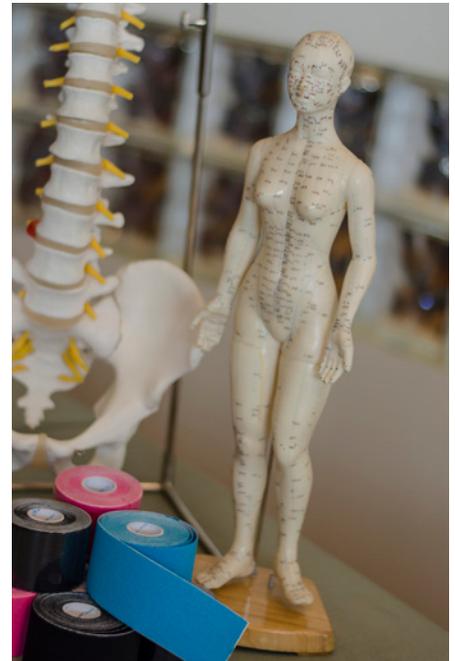
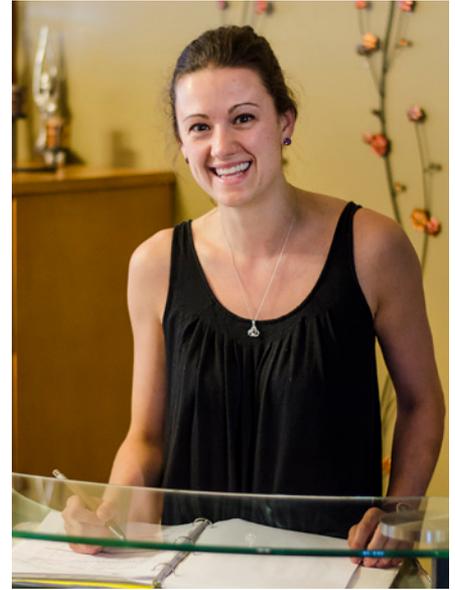
Whether you're an athlete recovering from an injury, dealing with headaches caused by stress, or simply want to gain strength to improve your health, understanding the root cause of your condition and being given options for care is essential to enable you to reach your health goals.

At Brownstone Health — an allied health clinic that provides everything from physiotherapy and chiropractic care to acupuncture, massage therapy, yoga programming and personal training — a team of healthcare professionals with international experience offer customized treatments designed to motivate and encourage patient empowerment.

Formerly called Shuya Physio, Brownstone Health was founded in 2009 by owner Daysha Shuya, a physiotherapist and educator in health and injury prevention. The clinic has since expanded its team and services, and now features eight healthcare professionals across a range of specialties. “Our practitioners work together as a team to utilize their best skills and diverse training,” says Shuya, who changed the clinic’s name in 2013 to align with its expansion.

Located in the Brownstone Plaza in Regina’s Warehouse District, Brownstone Health is a 4,500 sq. ft. custom-designed facility with a warm, inviting atmosphere, complete with stained glass windows and the original 100-year-old hardwood flooring. From the comfortable leather chairs in the waiting area to the clinic’s unique treatment rooms and spacious gym, Brownstone’s ambience reflects a welcome approach to healthcare: one that prioritizes the client experience.

Known for its personalized treatment plans, Brownstone Health helps its clients reach their health goals by empowering them with knowledge and choices. During an initial appointment, a client and their Brownstone healthcare professional will discuss relevant medical history, personal health goals, and the primary reasons they are seeking care before undergoing biomechanical, functional and neurological screening.



MAIN Ainslie Myrah, physiotherapist and Jordan Zook, trainer ABOVE L-R Matthias Karner, physiotherapist; Daysha Shuya, physiotherapist; Lindsay, reception

Rather than simply telling a client what treatment he or she will receive, practitioners at Brownstone Health offer different treatment options, explaining each one and enabling clients to choose what they feel is best for them at their current state, which fits their individual lifestyle. “We make sure our clients understand what the diagnosis he or she was given by the physician actually means, and which treatment options are available,” says Shuya. Along with helping their clients regain function, Brownstone practitioners teach them what they can do to prevent future injuries. “We are honest and flexible, valuing education and understanding,” says Shuya.

Brownstone Health strongly believes in using the latest evidence-based

techniques from research within their treatments. In addition to their roles as health care professionals, the Brownstone practitioners are educators in the community and across the country. They teach treatment techniques at clinics as well as injury prevention concepts to sports teams, support groups, and at universities. They discuss everything from proper warm-ups and cool-downs to natural movement patterns, along with finding the balance between muscle strength and flexibility for optimum function. Since inception, the clinic has proudly donated 10 per cent of its yearly profit back to Regina through on-field sport coverage, education sessions and injury prevention programming.

Shuya says that the sense of empowerment Brownstone patients gain from their experience at the clinic makes them excited to proceed with treatment. “People know that our practitioners really listen to them and help them understand what is happening in their bodies,” she says. “We truly are a patient-centred clinic.” ■

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