

SERVICES

Prota Clinic was created with the philosophy to provide proactive detection and guidance to assist you in improving your health, longevity, and quality of life.

Our goal is to provide a holistic and integrative approach to health and wellness. This ensures that all clients have the opportunity to receive comprehensive assessments from a multidisciplinary perspective, all in one convenient location.

Prota Clinic offers the following services:

- **Physiotherapy**
- **Pelvic Floor Physiotherapy**
- **Massage Therapy**
- **Athletic Therapy**
- **Nutrition Counselling**
- **Comprehensive Body Composition Analysis**
- **Extensive Fitness Assessments**

DIRECT BILLING

We offer direct billing to insurance providers including, but not limited to:

- Manitoba Public Insurance
- Manitoba Blue Cross
- The Great-West Life Assurance Company
- Workers Compensation Board of Manitoba

Please inquire with your insurance provider for specific details regarding your individual plan.

PROMOTIONS

Massage Promotion Limited Time Offer

Gift Cards Available For The Holidays and Special Occasions

PROTA CLINIC THERAPISTS

Sean Edwards, Licensed Physiotherapist

Jamie Wheaton, Licensed Pelvic Floor Physiotherapist

Matt Romanychnyn, Licensed Physiotherapist

Charlene Bambalan, Registered Massage Therapist

Gretchen Rumbaua, Certified Athletic Therapist

Ashleigh Loewen, Registered Dietitian

CONTACT US

Please contact us to book an appointment, or if you have any questions regarding our services.

Call: (204)-83 PROTA (204)-837-7682

E-mail: protaclinic@gmail.com

Website: www.protaclinic.ca

Prota Clinic
4-930 Lorimer Blvd.
Winnipeg, MB
R3P 1C7

Hours: 8am - 9pm Monday to Friday

The Golf Dome

Centro Caboto Centre

Wilkes Ave

Wilkes Ave

Modu-Loc Fence
Rentals

Lorimer Blvd

Prota Clinic

Great Big Adventure



PROTA CLINIC

A First-Class Health Care Facility



Physiotherapy

Prota Clinic's Physiotherapists provide thorough assessment and comprehensive treatment in a modern and professional environment. Our highly skilled Physiotherapists assess:

- Soft Tissue Injuries (Sprains/Strains)
- Nerves
- Balance/Coordination
- Gait & Running Analysis

We offer the following at **no additional charge**:

- Comprehensive Exercise Programs
- Laser Therapy
- Myo-Fascial Release
- Acupuncture
- Kinesiotape/Rock Tape
- Work Reconditioning Programs
- Soft Tissue Release
- Joint Movement & Mobilization

We offer the following for an additional charge:

- Custom Orthotics
- Items for sale (Foam Rollers, Resistance Bands, Heating Pads, Rock Tape, Mint Oils, etc.)

Pelvic Floor Physiotherapy

Pelvic Floor Physiotherapists are specially trained in assessment and treatment of the pelvis, lower back, hips and pelvic floor through the vagina and/or anus. Our Pelvic Floor Physiotherapist can successfully evaluate the function of the urinary, bowel, and sexual components of the core to help treat the following:

- Bladder/Bowel Incontinence
- Pre/Post Natal Discomfort
- Blocked Milk Ducts
- Sexual Dysfunction/Discomfort
- Men and Women's Pelvic Pain
- Post Surgery/Cancer Treatment
- Prolapse and Menopause Related Vaginal Discomforts

Massage Therapy

Prota Clinic offers a professional, and first-class massage therapy experience. Our Registered Massage Therapists incorporate therapeutic and relaxation techniques to customize a massage specifically for you. Our Massage Therapists are specially trained in:

- **Pre/Post Natal Massage** to help alleviate pain and discomfort related with pregnancy
- **Deep Tissue Massage** to reduce muscular tension or stress, which can alleviate: headaches, TMJ, sciatica, and arthritic pain
- **Myo-Fascial Release** to reduce pain through muscle relaxation techniques
- **Swedish Massage** for a calm relaxing treatment

Athletic Therapy

Athletic Therapy concentrates on the prevention and rehabilitation of orthopaedic and sports injuries.

Athletic Therapy can benefit anyone with:

- Motor Vehicle & Workplace Injuries
- Back and/or Neck Pain
- Pre and/or Post Surgery
- Joint Pain or Stiffness
- Athletic Injuries & Return to Sport Rehabilitation

Nutrition

At Prota Clinic we recognize the essential role of good nutrition in achieving optimal health and wellness. Our Registered Dietitian can assess your nutritional health, and work collaboratively with you to develop a nutrition plan tailored to your specific needs or desired health goals. Our Dietitian can provide nutritional counselling for a variety of health-related topics, including:

- Sustainable Weight Management
- Prevention or Management of Chronic Diseases such as Diabetes, Heart Disease, Hypertension, Osteoporosis, Cancer, and Kidney Disease
- Digestive Concerns
- Sports Nutrition & Healthy Aging

Body Composition

Prota Clinic offers InBody 770 body composition testing. Using the latest body composition technology, the InBody 770 uses a non-invasive approach to provide a comprehensive assessment of health status. In less than 60 seconds, the InBody 770 can provide the following information:

- Segmental analysis of water, muscle, and fat mass
- Visceral fat area (relates to health and disease risk)
- Basal metabolic rate
- Targets for optimal fat and muscle distribution
- Impedance & whole body phase angle (analyzes cellular health and integrity)

InBody assessments include a half-hour consultation with a health care provider.

Fitness Assessment

Prota Clinic offers research driven fitness testing to assess and evaluate the following:

- Cardiovascular Capacity
- Mobility
- Strength, Power and Endurance
- Speed and Agility

Fitness assessments can be useful for:

- Evaluating general health status
- Setting fitness and weight loss goals
- Monitoring progress throughout your exercise/rehabilitation program

Acupuncture

Acupuncture is the insertion of very thin needles into specific areas of the body, referred to as Acupuncture points. Acupuncture is proven to be effective when treating:

- Arthritic Pain/Knee Pain
- Tennis Elbow/Carpal Tunnel
- Fibromyalgia
- Neck or Back Pain
- Migraines or Headaches