

ABOUT ESTER FINK

Ester Fink received her physical therapy education in Israel and a degree in physiotherapy from McMaster University. She completed many courses in Canada, USA, South America and Israel.

Ester Fink has more than twenty five years of experience in the treatment of children with neurological and musculoskeletal dysfunction. She has given lectures in North America, Europe and Israel.

Ester Fink teaches clinical skills to students and professionals and has been on the executive board of several professional associations including serving as the Eastern Canadian Chairperson for the American Neurodevelopmental Treatment Association.

Ester Fink introduced the MEDEK approach in North America and Israel after she visited Ramon Cuevas, the originator of MEDEK in Caracas. She trained and worked with Cuevas for many years and established the Canadian MEDEK Centre™ in 1992 to introduce and share her knowledge with therapists and parents of children with disabilities. Her patients include infants and children from all over the world. Ester Fink is a MEDEK instructor, certified by Cuevas, and is the owner of the clinic.

M.E.D.E.K

[Metodo Dinamico
de Estimulacion Kinesica
Dynamic Method for
Kinetic Stimulation]



INFORMATION IS KNOWLEDGE AND KNOWLEDGE IS POWER

For more information about MEDEK and our educational program, please call the office.

No Medical Referral is Required



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Paediatric Physical Therapy
The Canadian MEDEK Centre™
we get little people moving

ABOUT THE CLINIC

The Canadian MEDEK Centre™ and Physiotherapy Clinic is a specialized clinic providing physical therapy for children with movement disorders.

The goal is to keep children moving because independent mobility is the key to a life with quality.

We believe that mobility acts as a vehicle for the child's cognitive, emotional and social development.

“Early assessment and early intervention makes all the difference... if you see any warning signs, don't delay!”

WHO ARE OUR CLIENTS

We meet the unique needs of paediatric clients. We assess and monitor “high risk” infants and provide hands on therapy to children with movement difficulties.

We treat children with conditions such as: *High Risk Infants, Prematurity, Hypotonia, Developmental Delay, Cerebral Palsy and Down Syndrome.*

“IF YOU ARE CONCERNED ABOUT YOUR CHILD'S DEVELOPMENT CALL THE OFFICE. NO REFERRAL IS NEEDED.”

MEDEK BELIEVES

:: The brain is affected by functional activity. Early stimulation is essential.

:: Appropriate exercises induce the child to actively respond with a motor reaction.

:: Skilled movement has both postural and voluntary components.

“MEDEK is a therapeutic intervention for the development of functional movement in children.”

THE CLINIC PROVIDES

Assessments

Hands on therapy

Structured home programs

Information and support for parent and child

Workshops for parents and caregivers

Courses for Occupational and Physical Therapists

Mentorship to therapists



FEES

We are not covered by OHIP. Services are paid to the clinic. Some insurance companies cover all or part of the fee. There are charitable organizations that assist with funding.

OUR THERAPEUTIC APPROACH

We use different models of practice and work closely with your paediatrician or therapist to provide comprehensive care. Our therapists are experienced in the MEDEK approach.

:: Postural control or the ability to pull against gravity and maintain the body in space is necessary for the development of any movement.

:: A delayed or abnormal postural system constrains the ability to develop independence.

:: Early intervention can correct postural maladjustments before leading to more severe deficits.

:: Practice is essential and does not require the cooperation of the child.

