

# *Progression*

MBJ

## **Muscle, Bone & Joint Clinic**

Please read the following document carefully for important changes to Dr. Thomas's practice

# Progression

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## Muscle, Bone & Joint Clinic

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### Jennifer Thomas, MD

FAAPMR, CAQSM, ABEM (82699)  
3411 31st ave, Vernon, BC  
P: (778) 475-6070 F: (778) 506-2399

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2021-Jan-08

Dear Colleague,

Thank you for welcoming me to the Vernon community over the past 2 years. I wanted to share some exciting changes to my practice for 2021. I will be joining the Orthopedic group at Progression Muscle, Bone & Joint (Drs. Secretan, Sernik and Jarvie). I will do my Sports medicine and musculoskeletal based practice with their multidisciplinary team. Our vision is to be a centre of evidence based musculoskeletal medicine treating the continuum of acute to chronic injuries.

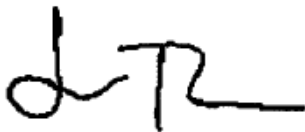
I will continue my inpatient and outpatient presence at Vernon Jubilee hospital where I will be doing electrodiagnostic assessments (Nerve conduction studies and electromyography), Amputee care as well as Spasticity management.

My waitlist has been slowly increasing due in part to the COVID pandemic. I will do my best to get to every patient, please indicate if the referral is urgent and I will make sure to see the patient as soon as possible.

Please send these referrals to: (778) 506-2399

Thank you

Sincerely,



Jennifer Thomas, MD, ABPMR, CAQSM

Dictated using voice recognition software. If any part does not read correctly, please contact our office.

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## **Muscle, Bone & Joint Clinic**

January 1, 2021

Hello to all Family Doctors!

My name is Dr. Elizabeth Ariano and I am a family doctor in Vernon. I have lived and worked in the Okanagan for eight years. For almost 6 of those years, I worked with Dr. Kate Ball, Orthopaedic Surgeon, triaging foot and ankle surgical and non surgical consults and OR assisting. The rest of the time I have been doing family medicine locums in various offices in Vernon.

I have always had an interest in Sports Medicine and received a Diploma of Sports Medicine from the University of New South Wales as well as a certificate of added competency in Sport and Exercise Medicine through the CFPC.

I am so excited to let you know that I will be moving my practice to Progression Muscle, Bone and Joint Clinic. This is a new venture and will be joining Drs. Charlie Secretan, Julian Sernik, Geoff Jarvie, Jennifer Thomas and Phillipe LePage as well as an incredible group of allied health care workers at Priest Valley Physio and Rehabilitation in this new multidisciplinary musculoskeletal clinic.

I have a special interest in Sports Medicine, in particular endurance athletes, female athlete health and conditions in masters athletes but am happy to see other sport injuries as well.

I will also be screening foot and ankle consults much like I was doing before with Dr. Ball. I will be involved in assessments at our planned acute knee injury clinic and hope to expand that service.

I will continue to perform a number of injections for arthritis or for various soft tissue conditions such as tenosynovitis, rotator cuff tendinopathies,

My new fax number for referrals is 778-506-2398. I am looking forward to receiving your consults and joining this dynamic team!

Sincerely,

Dr. Elizabeth Ariano, CCFP-SEM

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## **Muscle, Bone & Joint Clinic**

January 1, 2020

Dear Family Physicians,

**Re: Progression Muscle Bone and Joint Clinic ([www.progressionmbj.ca](http://www.progressionmbj.ca))**

As you are aware Carey Jones and Richard Healy of Priest Valley Physiotherapy and Rehabilitation, Dr Charlie Secretan and more recently Drs Julian Sernik and Geoff Jarvie, have spent the last three years in a shared space.

During this period, it has become very clear that there are significant benefits in terms of patient care by having a full integrated, multidisciplinary MSK clinic.

This will allow full collaboration between the surgeons, physiotherapists, occupational therapists and kinesiologists creating more appropriate, timely and quality care for your patients. Patient satisfaction with this model appears to be very high.

We are extremely excited by the fact that Dr Jennifer Thomas, Physiatrist and Dr Liz Ariano, family doctor with Sports Medicine designation have joined the clinic and will be receiving referrals for consultations at the beginning of the New Year.

Our, new entity will be known as **Progression Muscle, Bone and Joint Clinic**. The ultimate goal will be to establish this as a centre of excellence in the management of musculoskeletal problems in the Okanagan Valley.

We will provide a continuum of management of all MSK problems including assessment, treatment planning, Orthopaedic Surgery, Physio, OT and Kinesiology. This will include injections such as corticosteroid, hyaluronic acid and PRP in addition to comprehensive custom and off the shelf bracing options.

We have developed an evidence-based rehab program with an initial focus on hip and knee OA. In addition, we are also in the process of collaborating/partnering with Dr Jan Splawinski in developing a spine program for non surgical management of mechanical low back pain.

It is a clinical model that is being fully recommended nationally and internationally and has achieved significant success.

Referrals can be sent via e-mail or fax the surgeons and physio or directly through the patient for physio/rehab services.

We welcome the opportunity to work with you and your patients.

Kind regards,

Charlie Secretan, Julian Sernik, Carey Jones, Richard Healy