

2489 Bloor Street West

Toronto, ON, Canada

(416) 760-8280

help@physioplushealth.com

Have questions about your injury?

Unsure if our physios or chiropractor can help you? We offer a complimentary phone or online consultation with one of our physios or chiropractor to discuss your issue and provide honest advice about treatment options.

Call or email us to book!



IS **BACK PAIN** SLOWING YOU DOWN?

YOU CAN LIVE **PAIN-FREE.** COME BACK IN FOR THERAPY!

ALSO INSIDE

WE HAVE BACK PAIN SOLUTIONS FOR YOU
EXERCISE ESSENTIALS • HEALTHY RECIPE • PATIENT SPOTLIGHTS

IS **BACK PAIN** SLOWING YOU DOWN?

YOU CAN LIVE **PAIN-FREE**. COME BACK IN FOR THERAPY!



Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints. In a six-month period, five in 10 Canadians suffered low back pain. The pain itself can interfere with your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

WHAT CAUSES BACK PAIN?

Some of the most common causes of low back pain we see in the clinic are:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination



Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

**HAS YOUR BACK PAIN COME BACK?
CALL (416) 760-8280 TODAY!**



WE HAVE BACK PAIN SOLUTIONS FOR YOU

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, Physiotherapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counterirritants are the most popular. Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Back Pain Prevention. A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly. You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture. When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training. Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements. It never hurts to visit a physiotherapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.



EXERCISE ESSENTIALS

Perform This Exercise To Help Your Back Pain!

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip-distance apart. Place your feet close enough so they can be touched by your fingertips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.



HEALTHY RECIPE

CARROT, GINGER, LIME RAW SOUP



INGREDIENTS

- 1 cup fresh carrot juice
- Juice of 1 lime
- 1-inch chunk ginger root, juiced
- 1/2 large avocado
- 1/2 ear of fresh organic, non-GMO raw corn

DIRECTIONS

Pour the carrot, lime, ginger juice into a blender and add the avocado. Blend until smooth. Pour in a bowl and top the soup with fresh raw corn, shaved off the cob.



How To Get Back Pain And Sciatica Relief At Home

What: A Live Online Workshop

Where: On a Secured Zoom Webinar

When: Wednesday April 28th • 7 p.m. ET

Price: FREE!

If you or a loved one wants actionable advice on how to relieve aches, pains, and stiffness while stuck at home, I have some good news for you...

Our clinic is holding a FREE Online Back pain Workshop for you.

You can participate from the comfort of your own home and get actionable at-home pain relief tools and self-care tips to help you get back to normal.

Our physiotherapists will walk you through a workshop specifically designed to help you relieve YOUR back pain and sciatica...

Our physiotherapists have helped many patients who had some of the most debilitating back pain one could experience and gave them the tools to conquer their symptoms.

We are going to walk every attendee through simple exercise techniques live, step-by-step.

Plus, you'll discover so much more, including...

- Avoid this #1 mistake that stops and reverses healing
- The 3 most common causes of lower back and sciatica pain (are you doing these?)
- When imaging, injections, or surgery is recommended, OR NOT?!

Live Q&A with Physiotherapists and Physiatrists

Spots are limited to the first 100 attendees

**REGISTER
ONLINE TODAY,
Or Email:
better@physioplushealth.com**



Physioplus
health group

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PATIENT SPOTLIGHT

“The physiotherapists and chiropractor were amazing.”

“My experiences at Physioplus have been outstanding. Their COVID safety protocols made me feel extremely comfortable and allowed me to continue with my treatments. I had a severe low back and leg pain because of a herniated disc and could barely walk. The physiotherapists and chiropractor were amazing. They treated my pain, got me moving again and taught me what to do to strengthen my back and prevent this from coming back. It is a relief to know that I can count on them even in the midst of this pandemic.”

-Luciana C.

STAFF SPOTLIGHT



JEFF BELGUE, CHIROPRACTOR

Have you heard? We've got a new practitioner on the team!

We'd like to introduce you to Jeff Belgue!

He's NOT your typical chiropractor!

He doesn't just “crack” your joints, he uses soft tissue techniques to release the muscles, gives you specific home exercises for longer lasting results, and uses acupuncture! (Quite similar to our physiotherapists)

Jeff's a golf injury specialist. He has a Titleist Performance Institute Level 2 Medical Provider Certification! He's also trained in acupuncture, ART and Functional Movement Screening.

So, if you're looking to get ready for the golf season or struggling with a nagging issue/injury that you just can't seem to kick... call and book your appointment with Jeff today!

Jeff's ready to get you back to doing the things you love!