



IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

ALSO INSIDE

STRENGTHENING YOUR CORE MUSCLES
EXERCISE ESSENTIALS • HEALTHY RECIPE • PATIENT SPOTLIGHTS



IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How Is Your Posture?

Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact PhysioPlus Health Group today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Exactly Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic floor, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

*Are you looking for assistance with increasing your health, strength, and physical activity?
Call us today to begin your new chapter toward becoming a healthier you!*

**HAS YOUR BACK PAIN COME BACK?
CALL (647) 484-3345 TODAY!**

www.physioplushealth.com

STRENGTHENING YOUR CORE MUSCLES

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At PhysioPlus Health Group our licensed physiotherapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength, to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. Improving your posture.

Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. Avoiding injury.

Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. Getting adequate rest and exercise.

Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are

especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. Eating nutritious meals.

If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. Getting expert help.

The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results.

At PhysioPlus Health Group our physiotherapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

(647) 484-3345



GIVE US A SHOUTOUT!

We Want To Hear Your Success Story!

Click below to go to our Google Reviews page. We look forward to hearing from you!

CLICK HERE TO REVIEW US



EXERCISE ESSENTIALS

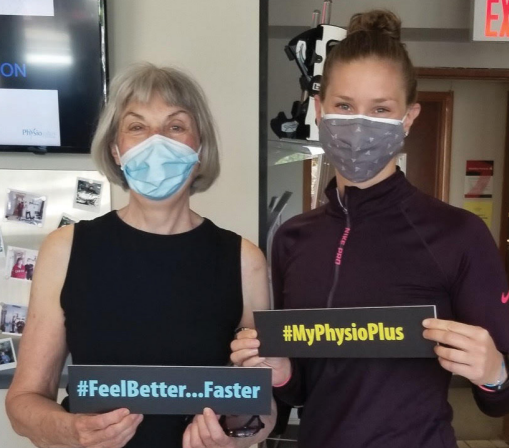
Helps strengthen your core!

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raised upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



Call **(647) 484-3345** to schedule your consultation today!



PATIENT GRADUATION! CONGRATS RENEE!

PATIENT SPOTLIGHTS

"My body feels renewed"

"My body has been aching from inactivity; sitting too much at my computer. I scheduled time with Christine for physio and a massage with Jon. Exceptional experience with both. My body feels renewed."

- **Christine M.**

STAFF SPOTLIGHT



GARY BOARDMAN Registered Chiroprapist

Gary graduated from the Podiatric Medicine program at the Michener Institute in Toronto and holds a D. Pod. M. designation. In addition, Gary has earned two degrees from the University of Toronto, including a Master's degree in Business Administration. His clinical experience

includes the founding of Foundation Chiroprapy and working with many other private and public clinics in the GTA.

Gary has a keen interest in treating and preventing foot and lower limb pathologies through therapeutic, orthotic or palliative means. As a father of three he understands the importance of assessing entire families since many foot conditions are inherited. So bring the whole family!

Gary enjoys hiking in Ontario and abroad (most recently in Norway). He also loves baking a little too much (ask for his flourless peanut butter cookie or chocolate chip walnut cookie recipes!)

HEALTHY RECIPE



Spicy LEMON GARLIC BAKED TILAPIA

INGREDIENTS:

- 4-6 Tilapia Fillets
- 1 tbsp Lemon Juice
- 3 tbsp Butter
- 1 tsp Garlic Minced
- 1/2 tsp Red Chili Powder
- Salt to taste
- 1/2 tsp Black pepper
- Freshly Cracked
- 1 lemon Cut into thin slices
- 2 tbsp Fresh Parsley Chopped

DIRECTIONS: Wash the tilapia fillets and pat them dry. Arrange the fillets in a baking tray. Mix lemon juice, butter, garlic, red chili powder, salt and black pepper in a bowl. Pour this mixture over the tilapia. Arrange lemon slices in between the fillets. Pre-heat the oven to 180 degrees C (350 Degrees F). Bake the fish for 15-20 minutes. Garnish with fresh parsley. Serve hot.

Source: soun.e.me/2019/05/spicy-lemon-garlic-baked-tilapia-dinner.html?m=1

ARE YOU OR SOMEONE YOU KNOW IN PAIN?

Did you know that we offer a complimentary 20 minute phone or virtual consultation with one of our local Toronto physiotherapists to discuss your issue, and provide honest advice about treatment options?

**CALL PHYSIOPLUS HEALTH GROUP TODAY
AT (647) 484-3345 AND START FEELING
BETTER.... FASTER!**

Physioplus
health group