



**HAVING A
HEALTHY SPINE
PREVENTS
BACK PAIN!**

ALSO INSIDE

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



HAVING A HEALTHY SPINE PREVENTS BACK PAIN!

Do you find your back aching and nagging you when you first get up in the morning, or after sitting in a chair? You may even notice your back start to bother you with standing for more than 10 minutes or having to walk distances. Back pain can come in different sensations from dull aches, to sharp stabbing pains, or even radiating pain into the legs. The bottom line is with a healthy spine, back pain can be prevented and even reversed.

Is Your Spine Healthy?

Compare yourself with the ideal healthy spine below to see if your spine has the following:

- Good posture and spinal curves
- Strong abdominal and core muscles

- Strong spinal and gluteus muscles
- Good flexibility and balance with side-bending and rotation
- Good nutrition and rested well at night

How Can You Improve Your Spinal Health?

You think about eating right, exercising and having a healthy heart, but what about your back? Your spine is what gives you the ability to move around, protects your spinal cord and allows you to breathe properly. In fact, almost every function in your body is directly connected to the health of your spine. Therefore, it stands to reason that you should care for your back like you do your heart. Anybody with back pain can tell you that it interferes with your life, but with the right help, back pain can be a thing of the past.

*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!**

6 STEPS TO A HEALTHY SPINE



Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles and nerves. Every second of every day your spine is moving in a delicate balance, even while you breathe! Take care of it and it will take care of you.

1. Eat Right Nutrition is critical to having a healthy body. The same goes for your spine. Protein rebuilds spinal muscle tissue, ligaments and tendons. Healthy fruits and vegetables contain the vitamins and antioxidants to make the spine function. They rebuild bone, muscle and connective tissues that are constantly being used throughout the day.

2. Rest Throughout the day your spine is compressed with standing, sitting and bending. You can actually lose about ½ an inch of height over the course of a day. Adequate rest in a good position while sleeping, helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up. This allows the discs to rehydrate. Then continue sleeping on your side with a pillow between your legs or roll onto your back. Avoid sleeping on your stomach.

3. Stop Smoking Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

4. Improve Your Flexibility and Strength

Your spine and body is designed to move. Keep your spine flexible by stretching or moving it for 10 minutes every day. It is best to get up and move around when possible at work. Stretch your spine out by reaching overhead and leaning over to one side, then the other. Also, work on gently twisting at the waist and don't forget to stretch your hamstring muscles frequently. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, squats and other exercises to keep your spine and core muscles strong. This supports your spine and allows you to move without stressing the discs or nerves in your back.

5. Improve Your Posture and Balance

Make sure that you sit properly with a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods as this keeps your spine in a flexed position. Make sure that you keep your spine straight when lifting, using your legs and avoiding twisting. Keep your balance tip-top to activate the small muscles of the spine and use your nervous system. Enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

6. Have a Spine Check-up

Have a physiotherapist check your spine alignment and function every 6 months to ensure your back is moving how it should. Our physiotherapists are the medical experts in helping your back operate as it should.

If you are suffering from backaches and pains, come in for a check-up sooner rather than later. Long term aches and pains can mean permanent damage is being done to your spine. Catching back pain early, leads to a healthy spine for life.

Call **PhysioPlus Health Group Today at**
(647) 484-3345

EXERCISE ESSENTIALS

Good stretch if you sit at a computer all day!

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



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



PATIENT GRADUATION! CONGRATS MARIA!

“... he solved the problem”

“Jeff was the chiropractor who worked on my TMJ (jaw) problem. He was friendly, knowledgeable, and most importantly, he solved the problem.” - **Kovalum C.**

STAFF SPOTLIGHT



LAUREN KANKO
Registered Physiotherapist

Lauren has an interest in sports, running, and concussion rehab, and enjoys helping people get back to the activities they love. As a competitive runner and triathlete, she understands people’s passion for sport and physical activity. She uses a

combination of education, exercise, and manual therapy to provide an individualized treatment plan based on her clients’ goals.

In her spare time, Lauren enjoys staying active, running, biking, and playing many sports including volleyball, soccer, basketball and hockey!

**CALL THE CLINIC TODAY TO BOOK YOUR
APPOINTMENT WITH LAUREN!**

FREE VIRTUAL WORKSHOPS

HOW TO GET RID OF ROTATOR CUFF OR SHOULDER PAIN AND GET BACK TO NORMAL – WITHOUT INJECTIONS, MEDICATION AND SURGERY!

FREE ONLINE SHOULDER PAIN WORKSHOP



What: **A Live Online Workshop**

Where: **On a Secured Zoom Webinar**

When: **October 26th, 7:00 pm**

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 Shoulder 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 relieve YOUR Shoulder Pain...**

Our team has used this information and techniques for years to help patients suffering from shoulder pain just like you.

We’re going to show you the secret to relieving shoulder pain for good and teach you what to do NOW so you can start to feel better.

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

- The 4 most common causes of shoulder pain
- 3 exercises everyone with shoulder pain MUST try
- The #1 thing you CANNOT forget
- And a live Q&A with shoulder pain experts

The workshop is free but space is limited.

To register or for more information, call:

(647) 484-3345



HEALTHY RECIPE

BUDDHA NOODLES

INGREDIENTS:

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

DIRECTIONS:

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute.



Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/

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SUDOKU

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

3			8					
		1	6	3				4
	4			7	5	3		
					6		7	
	5	9				6	2	
	7		9					
		7	5	8				4
2				6	7	1		
					4			6

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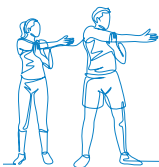
As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular dynamic stretching/mobility program helps to lengthen your muscles and makes daily living activities much easier.

Everyone can do mobility exercises, regardless of your age or flexibility. Mobility based exercise should be a part of your daily routine, whether you are flexible or not. It does not have to involve a huge amount of time, but regular mobility exercises can end up giving you huge results.

Our body wants to be mobile! You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

Here are just a few of the benefits you can expect from performing regular mobility exercises:

- **Reduced muscle tension**
- **Increased range of movement in the joints**
- **Enhanced muscular coordination**
- **Increased circulation of the blood to various parts of the body**
- **Increased energy levels (resulting from increased circulation)**



**CALL PHYSIOPLUS HEALTH GROUP TODAY AT (647) 484-3345!
WE CAN HELP YOU GET STARTED WITH A MOBILITY PROGRAM TO
HELP YOU START FEELING BETTER..... FASTER!**

Call PhysioPlus Health Group Today at (647) 484-3345 or visit our website at www.physioplushealth.com to schedule your consultation today!