

**FIND RELIEF FOR
YOUR PERSISTENT
NECK PAIN WITH
PHYSIOTHERAPY**

ALSO INSIDE

**DON'T LET YOUR INSURANCE GO TO WASTE!
EXERCISE ESSENTIALS • HEALTHY RECIPE • STAFF SPOTLIGHT**



FIND RELIEF FOR YOUR PERSISTENT **NECK PAIN** WITH PHYSIOTHERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. However, at PhysioPlus Health Group, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that the neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physiotherapy can help you regain your normal, pain-free function. In fact, thousands of people are able to find relief from their neck pain every year with the help of physiotherapy.

How Does Physiotherapy Help With Neck Pain?

Physiotherapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of

manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physiotherapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At PhysioPlus Health Group, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.

Continued inside.

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

www.physioplushealth.com



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSIOTHERAPY

Continued from previous page.

How PhysioPlus Health Group Can Help

At your initial evaluation, one of our licensed physiotherapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Manual, or "hands-on" treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physiotherapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact PhysioPlus Health Group today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!

Call PhysioPlus Health Group Today at

(647) 484-3345

DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2021, your physiotherapy costs could be **free!**

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!

Call Today!

EXERCISE ESSENTIALS

RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.



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



PATIENT GRADUATION! CONGRATS GORDON!

"I can honestly said that PhysioPlus changed my life."

"I can honestly said that PhysioPlus changed my life. I would not be able to have the quality of life that I have now without their help over the years. I would recommend the service to anyone and have told a number of friends, over the years, to see them." - **Cathy P.**

STAFF SPOTLIGHT



LAUREN RIMMER
Registered Physiotherapist

Lauren graduated from the University of Toronto with a Masters of Science in Physical Therapy. She also holds an Honours Bachelor of Health Sciences from Western University.

She has experience in treating a wide range of orthopedic conditions, including post-surgical rehab, sports-related, and general muscular strains and sprains. During her time at U of T, she worked with individuals ranging in age from five days old to 95 years old.

Lauren is passionate about helping people maintain an active lifestyle and she understands, first hand, the pain and frustration that an injury can cause. During her time at Western University, Lauren played on the varsity soccer team until an ACL injury cut her varsity career short. She continued her sports passion by playing a variety of intramural sports throughout her years at Western and U of T. Today, Lauren continues to live an active life through hockey, soccer, running, cycling, and weight training.

FREE ONLINE WORKSHOP AND PANEL DISCUSSION FOR YOU!

**WHAT IS PELVIC
PHYSIOTHERAPY,
AND IS IT RIGHT
FOR YOU?**



What: **A Live Online Workshop**
Where: **On a Secured Zoom Webinar**
When: **November 24th, 12pm**
Price: **FREE!**

Do you suffer from incontinence? Organ prolapse? Diastasis Recti? Are you pregnant? Postpartum? Then this workshop is 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 discuss the many conditions related to pelvic floor pain and dysfunction, while discussing the current practices and experiences in the pelvic health world.

Our physiotherapists have helped thousands of women overcome a wide variety of issues, all through assessment and treatment of the pelvic floor!

We are going to have a LIVE guided discussion with experienced Pelvic Floor Physiotherapists! Plus, you'll discover so much more, including...

- Pelvic floor anatomy that EVERYONE should know!
- Top conditions that are treated by Pelvic Floor Physiotherapy
- What treatment entails and what to expect in your first visit
- Strategies you can start TODAY to help with pelvic floor dysfunction
- Is Pelvic floor physiotherapy right for YOU!
- And a LIVE Q&A to get answers to your questions!

**The workshop is free but space is limited.
To register or for more information, call:**

(647) 484-3345



HEALTHY RECIPE

SWEET POTATO PECAN CASSEROLE

INGREDIENTS:

- 3 1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

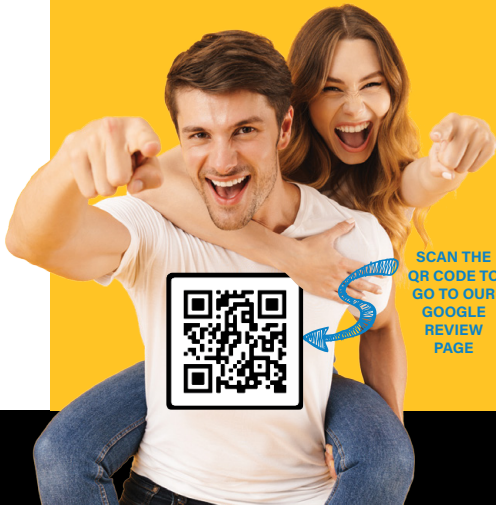
DIRECTIONS:

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.



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REVIEW
PAGE

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

DR. JEFF'S

TOP 3 PLACES IN/NEAR TORONTO TO SEE THE FALL COLOURS!



Dr. Jeff Belgue,
Registered Chiropractor

On the weekends, I like to get outside and walk/hike with my family to stay active! Below are my 3 favourite places to see the fall foliage:

1. Evergreen Brick Works

This is one of Toronto's most famous historical landmarks. Some weekends there will be vendors set up, or even a farmer's market!

2. High Park

It's right around the corner and it's plenty big for a nice long walk! Take your young ones to the zoo while you're there!

3. Rouge National Urban Park

Located just outside of the city, Rouge National Park is home to more than a dozen walking trails! A lovely place to spend an afternoon getting some exercise and checking out the trees.