

Find Out How Herniated Disc
Treatment at PhysioPlus Health
Group Can Help You...

ENJOY THE WINTER PAIN-FREE

ALSO INSIDE

**A HOLISTIC PLAN FROM OUR PHYSIOTHERAPISTS
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**

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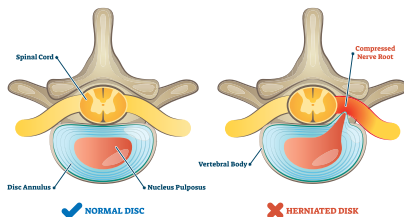
A herniated disc doesn't always cause symptoms -- but when it does, it can prevent you from playing your favorite sport, driving comfortably, performing your essential job tasks, or even getting a decent night's sleep. The good news is that you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs. Here at PhysioPlus Health Group we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back or extremities. Let's take a look at how you can conquer your herniated disc issues the natural way.

Annoying Symptoms and Debilitating Physical Challenges

As explained inside this newsletter, a herniated disc is a bulge in one of the cartilaginous discs that cushions your spinal vertebrae. The bulging section of a herniated disc may cause no symptoms as long it makes no contact with the surrounding spinal structure. If the disc pushes against major nerve roots, however, it can interfere with the normal

passage of nerve signals. That's when you experience low back pain, neck pain, and neurological problems in your arms or legs. This can include numbness, tingling, weakness, and changes to your reflexes!

HERNIATED DISC



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

www.physioplushealth.com

A HOLISTIC PLAN FROM OUR PHYSIOTHERAPISTS



Physiotherapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or neuropathy from this annoying problem. Your physiotherapist will start by evaluating your condition carefully. We will discuss your medical history, any specific incident (such as a heavy-lifting mishap) that may have herniated a disc, and analyze your symptoms in detail. These initial steps enable us to give you the most accurate and effective care possible.

Your personalized treatment prescription may call for a mix of physiotherapy techniques. For instance, if your herniated disc has caused your back or neck muscles to seize up painfully, you may benefit from massage therapy to ease those spasms and make your muscles limber enough to exercise. Ice and/or heat can also reduce pain and inflammation; this may prove especially helpful if your herniated disc was accompanied by other soft tissue injuries. We may even recommend manual therapy or traction to help take pressure off of the nerve tissue.

Physiotherapist exercises may play a key role in easing your herniated disc troubles. Examples may include:

- Core exercises to help you build the strength and stability in your lower back, thus straightening and normalizing your posture
- Flexibility exercises to help improve your range of motion and reduce your risks for future neck or back injuries
- Extremity or balance exercises to help you rebuild muscle atrophy caused by nerve compression

Once you have recovered from that herniated disc, you want to make sure you don't give yourself another one. Anything you can do to keep musculoskeletal stresses and strains at a minimum will help you ward off disc issues going forward. We may recommend lifestyle changes such as weight loss or improved workplace ergonomics to help you protect your spine. We can also provide ongoing fitness counseling and exercise recommendations for a lifetime of better health, comfort, and function.

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact PhysioPlus Health Group to schedule an evaluation. We can arm you with a safe, practical plan for regaining your quality of life!

EXERCISE ESSENTIALS

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



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



PATIENT GRADUATION! CONGRATS KEVIN!

**“I can honestly said that
PhysioPlus changed my life. ”**

“I’ve been coming to PhysioPlus for a few years for various treatments: Physio, osteo, massage, pilates and chiropractic. The staff are always friendly and professional, and they’ve been running it all safely during the pandemic” - **Karen M.**

STAFF SPOTLIGHT



ERICA RUNNALLS
Osteopathic Manual Practitioner

Erica is an Osteopathic Manual Practitioner and is a member of the Ontario Osteopathic Association. She completed her Bachelor of Kinesiology at Brock University in 2017, and completed her Master in Practice Diploma of Manipulative Osteopathic Sciences (M.OMSc) at the Canadian Academy of Osteopathy in 2021.

Erica is passionate about Osteopathy and the holistic form of manual manipulative therapy. Erica has been very athletic and played competitive soccer for 18 years. Playing a high impact sport caused numerous injuries resulting in her turning to manual therapy. She is driven to help people achieve their optimal health and creates treatment plans unique to every individual!

When not treating at the clinic, Erica stays active through weight training and loves reading to continue her learning, spending quality time with family and friends and exploring new and exciting adventures.

HEALTHY RECIPE



TURKEY MEATBALLS

INGREDIENTS:

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

DIRECTIONS:

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

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BE SURE TO REWARD YOURSELF WHEN YOU'RE DONE!

5 SIMPLE TIPS FOR SHOVELING SNOW

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

We Want To Hear Your Success Story!

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



SCAN THE QR CODE TO GO TO OUR GOOGLE 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.

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

LAUREN'S TOP 5 NO SUGAR ADDED TREATS

Are you looking for a healthy option to satisfy your sweet tooth? Try making one of my top 5 no sugar added treats.



Paleo Morning Glory Bread: a healthy, yet, delicious quick treat to have before heading out for the day. <https://www.plentyandwell.com/recipes/paleo-morning-glory-bread?rq=Morning%20glory%20bread>



Cinnamon Coffee Oat-Coconut No-Bake Energy Bites: I can't have a list of refined sugar free treats without including energy bites. They are the perfect snack for busy mornings or a midday pick me up, and these cinnamon coffee ones, just so happen to be my favourite. <https://www.spicesinmydna.com/cinnamon-coffee-oat-coconut-no-bake-energy-bites/>



Twix Bars: these homemade twix bars are by far my favourite healthy treat. These bars require quite a bit of time to make, but it's highly worth it for the tasty end result. <https://rachaelsgoodeats.com/healthy-twix-bars-gf-df-refined-sugar-free/#wprm-recipe-container-10189>



Almond Flour Cookies: this was the first recipe I came across when searching for a no sugar added recipe, and it's been a go-to ever since. <https://www.healthyfoodforliving.com/recipes/dessert/chocolate-chip-coconut-almond-flour-cookies-paleo/>



Chickpea Blondies: filled with protein and packed with flavour. Who knew chickpeas could be used a treat. <https://www.theconsciousplantkitchen.com/chickpea-blondies-recipe/>

Note: most of these recipes call for chocolate. In order to make them sugar free, substitute the chocolate chips for cacao nibs. For the twix bars, you can melt Hershey's sugar free chocolate or mix a combination of cocoa powder, coconut oil, and dairy free milk.