



## PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE

**Contact PhysioPlus  
Today to Find Out  
How to STOP THE  
SUFFERING!**

**ALSO INSIDE**

**ERICA'S TOP 5 MUST READ BOOKS  
EXERCISE ESSENTIALS - STAFF SPOTLIGHT**

## PELVIC FLOOR THERAPY COULD CHANGE YOUR LIFE



Pelvic pain is no joke. The pelvic area is an important part of the body that serves many purposes, especially for women. Pelvic pain can happen at different points throughout your menstrual cycle, during pregnancy, after giving birth, and even as a result of an underlying condition. Some pelvic conditions may also result in painful intercourse or infertility issues.

Dealing with pelvic pain alone can be very confusing and scary, but luckily, it can be addressed and possibly fixed through pelvic floor rehabilitation. Some of the most common pelvic conditions that our pelvic floor physiotherapists treat include postpartum pelvic pain, pain following abdominal surgery, dyspareunia, and endometriosis.

Take a look at the following reasons for pelvic floor pain:

### Why Am I Experiencing Pelvic Floor Pain?

- **A recent abdominal surgery.** If you are recovering from a recent abdominal surgery, pelvic floor rehabilitation can assist with breaking up scar tissue, improving strength, and regaining range of motion in your abdomen/pelvic region.
- **Endometriosis.** Endometriosis is a condition many women suffer from without even knowing it. This condition can affect the bones, muscles, ligaments, and nerves in the pelvic region and cause excess scar tissue. Pelvic floor rehabilitation can help reduce the pain and bloating that you may be experiencing with endometriosis, in addition to strengthening the pelvic floor muscles.

- **Urinary leakage or frequency.**

If you're struggling with urinary incontinence, a physiotherapist can help determine the root of your problem. Instead of simply treating the symptoms, your physiotherapist can focus on the cause and focus on strengthening the muscles under your bladder. This will help treat and eliminate your incontinence issues.

- **Constipation.** Pelvic floor therapists can loosen and relax the muscles in your pelvic and anal areas, which can help relieve and eliminate constipation.

- **You recently had a baby.** After giving birth, it is common for new mothers to experience strained muscles and/or connective tissue damage in their pelvic floor. Pelvic floor rehabilitation helps with postpartum pelvic pain, in addition to strengthening and restoring any damaged muscles or tissues.

### What To Expect From Pelvic Floor Therapy

Pelvic floor therapy focuses on strengthening tendons and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our pelvic health physiotherapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, manual therapy, and at home exercises to reduce pain and strengthen or loosen your pelvic

*Continued inside.*

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

[www.physioplushealth.com](http://www.physioplushealth.com)

Continued from previous page.

muscles, depending on your condition. Did you know that pelvic floor rehabilitation is a common option with women who are preparing for childbirth? It ensures an easier delivery and will aid in recovery.

Some common techniques used during pelvic floor rehabilitation include:

- **Diaphragmatic breathing.** Your physiotherapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Physiotherapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physiotherapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls. Your physiotherapist may suggest that you purchase one to use at home on your own as well.

Pelvic pain is caused by a number of different factors, and pelvic floor rehabilitation can help reduce or eliminate the pain and symptoms you are experiencing. If you are suffering from pelvic pain, endometriosis, having issues with urinary incontinence, have recently given birth, or just want to make sure that all is well with your pelvic floor, it's a great idea to see a physiotherapist!

**At PhysioPlus Health Group, your pelvic health physiotherapist will conduct a thorough examination, find the source of your pain, and create a customized treatment plan to help reduce the severity of your symptoms. We want to make sure you feel seen and heard, and leave our office knowing you're in good hands. Give us a call today to schedule an appointment and get back to living your life without that nagging pelvic pain!**

## HEALTHY RECIPE



### SICILIAN EGGPLANT CAPONATA

#### INGREDIENTS:

- 3 tbsp golden raisins
- 1 1/2 tsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

#### DIRECTIONS:

Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>

## EXERCISE ESSENTIALS

### PELVIC TILT ON BALL

Sit on an exercise ball with tall, relaxed posture. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.

*This exercise will help strengthen the pelvic floor muscles.*



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

# ATTENTION DIZZINESS & VERTIGO SUFFERERS, FREE ONLINE WORKSHOP FOR YOU!

What: **A Live Online Workshop**  
Where: **On a Secured Zoom Webinar**  
When: **January 26, 11:00 am**  
Price: **FREE!**

## HOW TO IMPROVE YOUR DIZZINESS, VERTIGO AND BALANCE PROBLEMS TODAY!

If you or a loved one wants actionable advice on how to improve dizziness, vertigo and improve balance problems, I have some good news for you...

Our clinic is holding a **FREE Online Dizziness, Vertigo and Balance Workshop for you.**

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

Our Physiotherapists will **walk you through a workshop specifically designed to address your dizziness, balance, and vertigo concerns...**

Our team has used this information and techniques to help patients suffering from dizziness or vertigo just like you.

**We're going to show you the secret to addressing your dizziness, balance and vertigo, and teach you what to do NOW so you can start to feel better.**

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

- Common causes of vertigo and dizziness
- How to recognize the difference between vertigo and dizziness... and why it's important
- 3 things you can do NOW to TAKE ACTION and overcome dizziness and vertigo
- Tests to check your balance today!
- AND a live Q&A so you can get answers to your questions

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

**(647) 484-3345**

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## PATIENT GRADUATION! CONGRATS MALVIKA!

### "... an incredible source of insight and healing"

"Jeff has been an incredible source of insight and healing. Highly recommend. The staff is also friendly and on the ball." - **Michael G.**

## STAFF SPOTLIGHT



### INTRODUCING CLAUDIA NORAMBUENA- BENAVIDES

Claudia has more than 10 years experience providing hands-on treatment for a wide range of injuries and conditions including pelvic pain, back pain, sciatica and hip pain. She is passionate about helping people recover from injury and incorporates her training in Pilates matwork to help her patients improve their core strength, mobility, stability and balance so they feel stronger and move better!

Claudia completed a Bachelor of Science in Physiotherapy in South America and a Doctorate of Physical Therapy with Evidence in Motion. She has done courses in Soft Tissue Release, Mulligan, McKenzie, APTEI Acupuncture and Dry Needling, Pilates Matwork training, Temporomandibular Joint Management and Pelvic Physiotherapy!

Outside of the clinic, Claudia enjoys indoor cycling and running!

# NOW IS THE TIME FOR RESOLUTIONS

## WHAT WILL BE YOUR RESOLUTIONS IN 2022?

### 1. Be purposeful in everything you do. Strive for purpose in your daily activities.

Do you just eat lunch or do you enrich relationships while you eat? What purpose do those two sitcoms serve you every night? What is the purpose of eating that bag of chips? More importantly, what types of consequences await you now that you've indulged?

Be purposeful in everything you do. Walk with purpose and people are more likely to respect your time.

### 2. Resolve not to be mediocre, even in how you eat.

Use the freshness of the new year as an excuse for avoiding mediocrity. This can be a challenging task because industry markets products and services to the lowest common denominator.

Junk food is marketed to the lowest common denominator. Fast food, for example, is produced cheaply and sold cheaply. Sitcom television is geared toward the masses.

The people who produce sitcoms even provide a laugh track

so that you'll know when most people laugh. Give yourself an upgrade. Resolve to distance yourself from average.

### Schedule exercise and stretching.

Exercise is more effective when it is regular and systematic. It can be difficult to schedule exercise unless time is pre-committed. If you need help with exercise or if you have pain that is holding you back, contact us at PhysioPlus Health Group and we can help you meet this resolution.

### 4. Mend fences and help others resolve issues.

Call, or better yet, visit the person with whom you want to make peace.

Use this exact wording: "I feel bad about what's happened between us and want to take responsibility for everything. I'm sorry about the past and I'm going to be a better person for you in the future."

Whether the other party accepts your apology, rebuffs you or otherwise tries to continue the conversation, do not pursue the topic. Allow them to respond, then gracefully end the meeting or phone call. Give the person time to think about what you said.

## 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  
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## SUDOKU

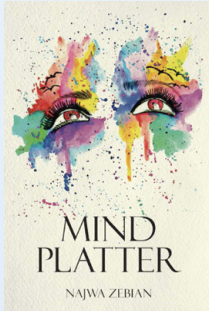
The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 4 |   |   |   |   |   |   |   |
|   | 3 |   |   |   |   | 8 | 9 | 6 |
|   |   | 7 | 8 |   |   |   | 2 |   |
| 4 |   |   | 1 | 8 |   |   |   |   |
| 9 | 7 |   | 3 |   | 5 |   | 4 | 1 |
|   |   |   | 9 | 4 |   |   |   | 3 |
|   | 2 |   |   |   | 7 | 1 |   |   |
| 5 | 8 | 6 |   |   |   |   | 3 |   |
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Call (647) 484-3345 to schedule your consultation today!



# Erica's TOP 5 MUST READ BOOKS

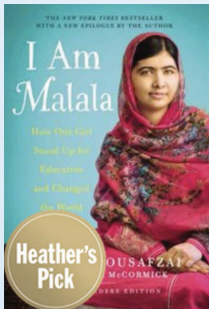


### 1. **Mind Platter** by Najwa Zebian

Mind Platter is a book of one-page reflections on many topics we encounter in our everyday lives. It talks about love and friendship, hurt and motivation, and overall inspiration. It is an amazing self-help book that changes one's way of thinking and interpreting feelings. Mind Platter is a very easy read and a great pick me up. I tend to read a few reflections a day and because I love it so much, I have read the book multiple times. It's great for all ages and is a must have!

### 2. **Hopeless** by Colleen Hoover

First off, Colleen Hoover is one of my favourite authors as her books always keep you on the edge and wanting to read more. I have read so many of her books but this one is my favourite. Hopeless is a book about two young people with devastating and complicated pasts who embark on a journey together to discover the truth.

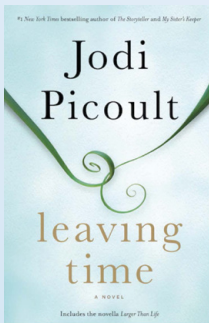
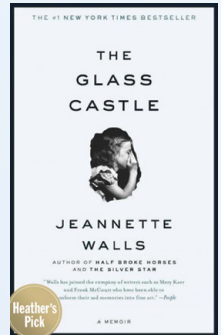
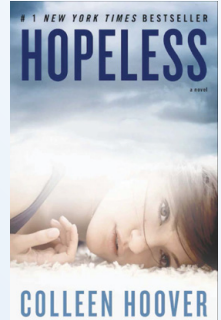


### 3. **I am Malala** by Malala Yousafzai

I am Malala is a classic book that is very inspiring. It is a best selling memoir by Nobel Peace Prize winner Malala Yousafzai. It tells her story about living in Pakistan under the Taliban control and her fight for education. This book is incredibly powerful and is an amazing read for all age groups. It really changes our perspective on how lucky we are in Canada to have education.

### 4. **The Glass Castle: A Memoir** by Jeannette Walls

The Glass Castle is a memoir of Jeanette Walls' dysfunctional but loyal family and the hardships that her and her siblings went through during their childhood. This book is one my all time favourites and was actually turned into a motion picture in 2017! This book takes you on a rollercoaster of emotions but is actually surprisingly funny at times too.



### 5. **Leaving Time** by Jodi Picoult

Jodi Picoult is also one of my favourite authors and I have read many of her books. Leaving Time is a story of a daughter searching for her missing mother. It is an incredible book that creates extreme suspense. It is deeply moving and the long-lasting love between a parent and their child is appreciated in the end.

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