



**LIVE A
HEALTHIER
LIFE WITH
PHYSIOTHERAPY!**

**Contact PhysioPlus
Today to Find Out
How You Can
Live Healthier!**

ALSO INSIDE

**JEN'S TOP 5 PIZZAS • FEBRUARY IS HEART HEALTH MONTH!
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**



*Is Virtual Physiotherapy
Right for You?*
DETAILS INSIDE

LIVE A HEALTHIER LIFE WITH PHYSIOTHERAPY!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physiotherapists at PhysioPlus Health Group are dedicated to relieving your pain, whatever the cause may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physiotherapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact PhysioPlus Health Group today!

How Physiotherapy Can Help You To Be Healthier

Physiotherapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being.

A physiotherapist is trained in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physiotherapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physiotherapy Treatments Target Your Needs and Goals!

Our physiotherapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physiotherapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities, or even stronger!

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Continued inside.

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

www.physioplushealth.com

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Your physiotherapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physiotherapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physiotherapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What to Expect from Your Physiotherapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physiotherapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physiotherapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physiotherapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

If you want to improve your health, strength, and physical activity, PhysioPlus Health Group is here to help. Schedule a consultation with one of our physiotherapists today and get started on your journey toward better health and wellness!



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

EXERCISE ESSENTIALS

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg.

This exercise will help relieve knee pain, strengthen your core and help prevent injury.



HEALTHY RECIPE



INGREDIENTS:

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish

DIRECTIONS: Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

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FREE ONLINE BACK PAIN WORKSHOP

What: **A Live Online Workshop**

Where: **On a Secured Zoom Webinar**

When: **February 15, 7:00 pm**

Price: **FREE!**

HOW TO GET BACK PAIN AND SCIATICA RELIEF AT HOME... TODAY! !

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 Back 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 Chiropractor and Physiotherapist will walk you through a workshop specifically designed to help you relieve YOUR back pain and sciatica...

They have helped many patients who had some of the most debilitating back pain one could experience and gave them the tools to conquer their symptoms.

We're going to walk every attendee through simple exercise techniques live, step-by-step.

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

- Avoid this #1 mistake that stops and reverses healing
- The 3 most common causes of lower back and sciatica pain (are you doing these?)
- When imaging, injections, or surgery is recommended, OR NOT?!
- Live Q&A with our Chiropractor and Physiotherapists!

**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 RACHEL!

"... Sarah, my physiotherapist works magic..."

"Very professional office and Sarah, my physiotherapist works magic on loosening up my hip and ankle to help with current tightness as well as offering great at home exercises to build strength and alignment" - **Susan O.**

STAFF SPOTLIGHT



SARAH DEBOER

Sarah completed her Bachelors of Science in Kinesiology at the University of Western Ontario, and her Master's of Science in Physical Therapy at the University of Toronto. She is certified to treat both concussions and post-concussion syndrome, and she frequently works with a wide variety of injuries in athletes and individuals of all ages and capabilities.

Her philosophy is to develop treatment plans that cater to each client's unique lifestyle, empowering them to regain their full potential. Sarah believes in using a combination of manual therapy, soft tissue techniques, education, and exercise as the pillars for her treatment. She is passionate about proper exercise form, muscle activation, and overall movement patterns being the central component to not only healing but injury prevention.

When not in the clinic, Sarah stays active through running, weight training, and kickboxing. On the weekends, Sarah can be found golfing, hiking, snowshoeing, playing various sports, or spending time with loved ones at the cottage!

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

FEBRUARY IS HEART HEALTH MONTH!

Celebrate heart health by practicing these 8 simple health tips:

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
 - 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
 - 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
 - 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
 - 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
 - 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
 - 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
 - 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).
- If you are looking to improve your heart health, get stronger, healthier, and more active, or need help with a pain or injury, PhysioPlus Health Group is here for you! Give us a call today and start living your best life.**

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

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!

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HERE TO
GO TO OUR
GOOGLE
REVIEW
PAGE



VIRTUAL PHYSIOTHERAPY

- Get treatment in the comfort of your own home or office
- Avoid long travel times, traffic and waiting rooms
- Reduce your time away from work
- If you are having difficulty with mobility, it means less discomfort by eliminating travel
- Access specialized treatment that may not be offered in your community
- Save the cost of parking
- Save the cost and avoid the challenge of arranging child care

With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!

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



Jen's TOP 5 PIZZAS

Friday night is Pizza Night in my household. Therefore, I thought I would share my top 5 go-to places to enjoy a pizza in TO.



1. Blondie's

www.blondiespizza.ca

Amazing and wide-range selection of specialty pizzas that are fun and delicious.



2. Pizza e Pazzi

www.pizzaepazzi.ca

This authentic Italian pizzeria on St. Clair has a beautiful brick oven and open kitchen where you can watch your pizza in-the-making.



3. Descendant Detroit Style Pizza

www.descendantdsp.com

If you like deep-dish pizza, this is a must-try. The TRUFF-GHI is my favourite.



4. Revolver Pizza

www.revolverpizzaco.com

The Etobicoke pizzeria offers fresh toppings that they rotate seasonally on their menu.



5. Pizza Nova

www.pizzanova.com

For those times when you are feeding lots of people, Pizza Nova is always a crowd pleaser, quick and convenient.

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