

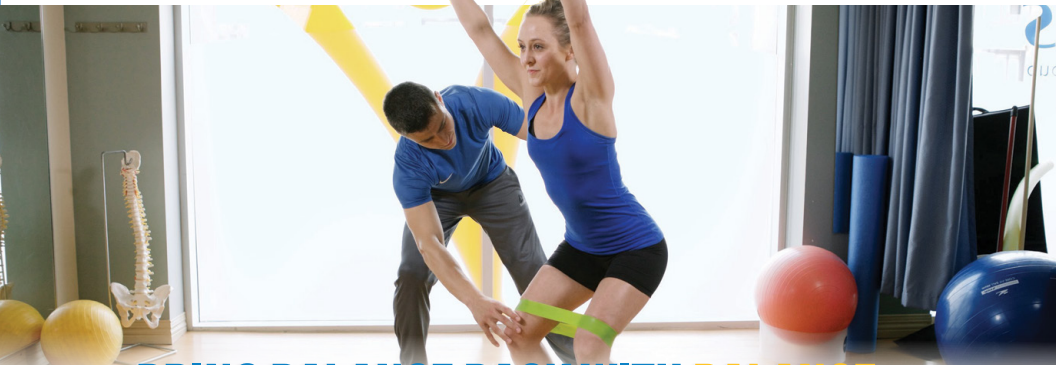


**BRING
BALANCE
BACK WITH
BALANCE &
VESTIBULAR
REHABILITATION**

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

ALSO INSIDE

**CHRISTINE'S TOP 4 FOOD PLACES TO ENJOY WITH FRIENDS
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**



BRING BALANCE BACK WITH BALANCE & VESTIBULAR REHABILITATION

Have you noticed yourself getting disoriented and having to grab onto furniture or lean against a wall to steady your body throughout the day? Has your dizziness made you feel off-balance or even caused you to stumble or fall?

A vestibular problem might be the cause of your dizziness. Fortunately, at Physioplus Health Group, our physiotherapists can help you figure out the source of your symptoms and guide you to a solution that works!

Dizziness is typically considered a symptom of various diseases of different causes. One of the most common causes is dysfunction of the vestibular system, both peripheral (inner ear, vestibular nerve) and central (brainstem, cerebellum).

Here at Physioplus Health Group our physiotherapists are trained to handle balance issues and vestibular rehabilitation. They can perform a thorough evaluation to recognize common vestibular conditions and provide treatment to alleviate symptoms effectively.

Contact our office today to set up an appointment and learn more about your vestibular rehabilitation treatment options!

Symptoms and Causes of Dizziness and Vertigo

Dizziness and vertigo are terms used to describe everything from feeling off balance and disoriented to feeling as if you are floating or as if the world is spinning. These symptoms can affect your balance and ability to stay standing still and upright.

Often the reasons for balance issues are related to the vestibular system. The vestibular system includes the parts of the inner ear and brain that help control the balance and movements of the eye.

The vestibular system can be affected by a disease, aging, or injury and are often associated with one or more of the following symptoms:

- **Dizziness:** A sensation of lightheadedness or unsteadiness.
- **Imbalance:** Unsteadiness or loss of equilibrium.
- **Vertigo:** A rotating or spinning perception of movement, either self or surrounding objects.
- **Brain fog:** Recalling details may become more complicated, and thinking might seem slow.
- **Tinnitus:** A ringing, hissing, whistling, buzzing, or clicking sound perceived in one or both ears.
- **Hearing loss:** You experience a reduction in the ability to hear sounds.
- **Vision impairment:** There is a link between the vestibular system and vision called the vestibulo-ocular reflex (VOR). It is a significant factor that needs to be considered.
- **Nausea:** The feeling of being sick to your stomach.

Feeling dizzy throughout the day as you try to work and get things done can be highly disorienting; however, dizziness rarely means you have a life-threatening condition. The good news is that Physioplus Health Group can help!

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

HOW VESTIBULAR REHABILITATION CAN TREAT YOUR BALANCE PROBLEMS

Treatment of dizziness depends on the cause and symptoms but is usually very effective. About 50% of all dizziness is due to the vestibular system, and most of these individuals get relief with physiotherapy-based vestibular rehabilitation.

The vestibular system gives our brains vital information about how we move and how our heads are positioned. It's also involved with motor functions controlling our overall balance, stability, and posture.

Vestibular rehabilitation is a process of adaptation and compensation to reprogram or reset the connections with the brain to restore balance and stability.

Our team of physiotherapists will thoroughly evaluate your joints, muscles, coordination, posture, inner ears, and eye-tracking capabilities. This way, they'll be able to pinpoint the exact issue affecting your balance.

No two exercise treatment plans are exactly alike. Every program is developed by identifying your deficits. For example, if your symptoms are due to an inner ear problem, you will need to learn how to do some self-treatment exercises.

In addition, we will conduct a specific balance assessment to complement vestibular rehabilitation therapy.

Our programs focus on:

- Vision stability training enhances the stability of your gaze
- Posture training to improve your stability
- Stretching and strengthening exercises
- Balance retraining
- Walking exercises
- Neck mobility/stretching exercises
- Restoring your ability to perform the activities of daily living you have been avoiding.



We will prescribe a treatment plan of specific exercises, targeted stretches, and movement techniques to reset and improve your vestibular system and regain your balance!

If your dizzying symptoms are holding you back from living your everyday daily life, call to schedule an appointment with one of our physiotherapists.

Our specialized services will help you get back on your feet as quickly as possible and help you stop your world from spinning today!



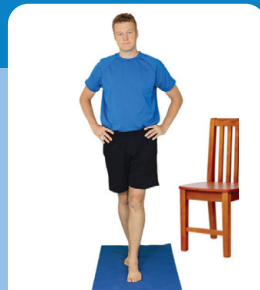
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EXERCISE ESSENTIALS

BALANCE TANDEM STANCE

Start by placing one foot in front of your other foot in a heel to toe position. Maintain your balance. Return to starting position and repeat. Attempt this exercise alternating the opposite foot in front. For an added challenge while in this stance, slowly turn your head to the left and hold for 3 seconds. Repeat by turning your head to the right, up, and down, all of which holding for 3 seconds. If feeling confident in your balance, challenge yourself further by standing on a thick pillow or with your eyes closed.

This exercise will help improve your spatial coordination and stability.



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



PHYSIOPLUS
PATIENT WINS!

PATIENT GRADUATION! CONGRATS CASSIE!

"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



BRANDON MAGGEN, REGISTERED CHIROPODIST

Brandon completed his podiatric medicine training at the University of Johannesburg. With over 20 years of experience in many areas, he specialized in diabetes medicine, completing a MSc from the University of South Wales, UK and then a PhD in Physical Medicine and Rehabilitation.

He is a member in good standing of the College of Chiropractors of Ontario and the Ontario Society of Chiropractors. Brandon also served as an Executive of the Podiatry Association of South Africa for 18 years, serving in various roles, culminating in the Presidency for two terms.

Brandon and his family moved from beautiful Cape Town to Toronto in 2019 just in time for their first proper winter. Family, travel, adventure and learning how to shovel snow are things that you'll find him doing (preferably all at the same time), when not helping his patients get back on their feet!

Physioplus
health group

FREE ONLINE WORKSHOPS!

What: **Live Online Workshops**

Where: **On a Secured Zoom Webinar**

Price: **FREE!**

NECK: FIX YOUR NECK PAIN AND IMPROVE YOUR POSTURE!

Wednesday Mar 9th, 2021 at 12 pm EST

It's time to solve your "desk neck" and "text neck!"

We're going to show you the secret to relieving neck pain and improving your posture! Plus, you'll discover so much more, including...

- The 3 most common causes of neck pain
- The #1 mistake that promotes poor posture and causes symptoms to flare up again
- Simple techniques to relieve pain and stiffness at home
- The secrets to improving your home office setup
- Open Q&A so you can get answers to your most pressing questions!

SHOULDER: MAKE YOUR SHOULDERS MOVE PAIN FREE AGAIN!

Wednesday Mar 30th, 2021 at 12 pm EST

Stop suffering through persistent shoulder pain alone!

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...

- Where does shoulder pain come from?
- How to exercise when every movement hurts!
- The BEST ways to avoid shoulder injury and Pain!
- And a live Q&A with shoulder pain experts

The workshops are free but space is limited.

To register or for more information,

[CLICK HERE](#) or call:

(647) 484-3345

"REACHING YOUR FITNESS GOALS CAN BRIGHTEN YOUR MOOD!"

SEASONAL AFFECTIVE DISORDER (SAD)

Has your mood darkened with the shorter days and longer nights of fall and winter? If you're like many people, getting less sunshine and being less active this time of year can contribute to feelings of sadness and apathy that may be associated with Seasonal Affective Disorder (or SAD). The good news is that regular exercise can help boost your mood and guard against symptoms of seasonal affective disorder.

Exercise And Seasonal Affective Disorder

Research shows that many people can manage or avoid SAD with 30 to 60 minutes of exercise and 20 minutes of exposure to sunlight each day. In addition, data show exercisers have lower rates of recurrent depression compared with study participants who do not exercise. These figures emphasize the importance of exercising throughout the winter, especially if your goal is health and well-being as well as a trim waistline.

Try these three tips for maintaining your winter exercise routine this winter:

- 1 Arrange your schedule** to start and end later or earlier so that you can exercise outside after sunrise or before sundown.
- 2 Get outside** to walk, jog, run, snowshoe, or cross country ski. The exposure to sunlight can help increase your vitamin D levels and elevate your mood.
- 3 Enlist the services of a personal fitness trainer.** Many people find meeting with a personal fitness trainer helps them stick with their exercise routine. Personal fitness trainers also can help vary workouts to keep them interesting and effective

Get Professional Help For Sad If You Need It

Although lack of sunlight and activity often are culprits of seasonal affective disorder, genetics and hormonal changes also may contribute to the condition. If exercise alone doesn't improve your mood and your sadness persists for more than 2 weeks, schedule an appointment with one of our physiotherapists. We will provide you with techniques in addition to exercise to manage stress.

Call PhysioPlus Health Group Today at

(647) 484-3345

or visit our website at

www.physioplushealth.com

to schedule your consultation today!

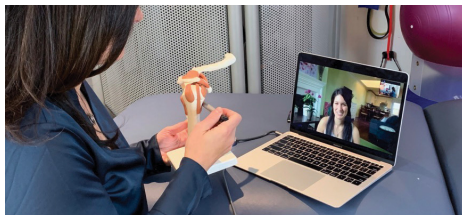
We Want To Hear Your Success Story!

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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!



Christine's

TOP 4 FOOD PLACES TO ENJOY WITH FRIENDS

With restaurants reopening, I thought I would share my top 4 food places to enjoy with friends!

PAI อ.ปาย

PAI

My go to place for catching up with friends and getting amazing Thai food in Toronto. Bonus points for the fun interior decorating!

SUGO

Serves large portions of classic Italian comfort food with a New York homey vibe. Highly recommend the tiramisu!



DZÔ

Dzo Viet Eatery

VIỆT EATERY

Great tapas place for sharing with a twist on Vietnamese food

Bandit Brewery

Great patio (you may want to try this one in warmer weather) with a good selection of drinks and adventurous tapas style food.



bandit
BREWERY

