



## HOW POST SURGICAL REHAB CAN HELP YOU RECOVER AFTER A SPORTS INJURY

**Contact PhysioPlus  
Today to Find Out  
How PT Can Help You  
Get Stronger, Healthier  
and Recover Better!**

**ALSO INSIDE**

**LAUREN'S TOP 5 PLACES TO RUN, WALK AND CYCLE IN WEST TORONTO  
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**



## HOW POST SURGICAL REHAB CAN HELP YOU RECOVER AFTER A SPORTS INJURY

Are you an athlete who has recently undergone surgery for a nagging knee injury? Did you hurt your shoulder throwing too many pitches, and now you're worried you are not recovering quickly enough after an intense operation? Surgery as a result of sports injuries is relatively common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to get you off the sidelines and back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Our team of physiotherapists excels at knowing how to deal with the aftermath of an injury and can even equip you with the tools to prevent reinjury after surgery.

Call PhysioPlus Health Group today to make an appointment. With guidance from our sports physiotherapists, you don't have to worry about what you should be doing post-surgery. We'll get you back to playing the game you love safely!

### Treatment For Common Sports Injuries

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help from a physiotherapist.

Surgery is often considered a last resort treatment and used to correct

serious injuries if painful symptoms have persisted throughout other courses of treatment, like physiotherapy. Common sports injuries that lead to surgery include damaged cartilage and ligaments in the knee, dislocations, tendonitis, and AC shoulder injuries.

Your post-surgical recovery time will vary depending on your type of injury, general health, age, and rehabilitation plan. For example, recovery from ACL Reconstruction can take up to eight to 12 months. If you are struggling with your recovery journey and in need of assistance, know that you can lean on our team of physiotherapists.

### How Post-Surgical Physiotherapy Can Help With Recovery From Sports Injuries

After you've had your surgery, you'll want to schedule a course of post-surgical rehabilitation to speed along your recovery process.

It's important to get moving again, to whatever degree is considered safe and beneficial, as soon as possible after your procedure.

Post-surgical physiotherapy offers a controlled environment for a swifter, less complicated recuperation by:

- Helping you regain your balance after an extended period off of your feet
- Discouraging the development of unwanted scar tissue (which might interfere with muscle, skin or connective tissue motion, leaving you with long-term pain and stiffness)

*Continued inside.*

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

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



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- Re-training you to use a part of your body that was unusable before the surgery
- Easing your post-operative discomfort naturally by boosting blood flow and encouraging fluid drainage
- Ensuring that your joints regain their preoperative flexibility and range of motion
- Helping muscles regain their strength and function

After surgery, learning the correct exercises to prepare for the return to sports activities is vital. Our physiotherapy experts have years of experience rehabilitating people after surgical operations and returning them pain-free to the sports activities they enjoy.

Your physiotherapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

### Post-Surgical Physiotherapy Can Minimize or Eliminate Your Pain

Many of the interventions and therapeutic techniques we provide in physiotherapy work directly on the central nervous system to help modulate pain signals being sent to your brain, while others help reduce swelling, inflammation, and stiffness.

A physiotherapist can teach you exercises, provide manual interventions like massage, and implement non-invasive modalities that can work together to alleviate your pain and even reduce your dependence on pain-relieving medications, including opioids.

Of course, after having a procedure done, it's normal to experience pain. In surgery cases such as hip and knee replacements, taking your pain medication as prescribed can help you participate in your physiotherapy more fully. Make sure you talk to your doctor about your pain medication options first, and do not stop or start taking anything without his or her input.

Physiotherapy is a safe alternative or beneficial component to effective pain management after an operation takes place. So be sure to talk to your doctor about setting up a referral to see a physiotherapist, too!

**At PhysioPlus Health Group, our therapists are dedicated to helping you recover from surgery and get back in the game! Call our office today for a comprehensive assessment and treatment program. We are looking forward to treating you.**



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

## EXERCISE ESSENTIALS

### SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.

*This exercise will help relieve lower back pain.*



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



## PATIENT GRADUATION! CONGRATS HAYDEN!

*"I can honestly say 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



**JONATHAN YEUNG,**  
REGISTERED MASSAGE THERAPIST

After having gone through his own body and lifestyle change, he decided to leave the exciting world of finance and enter the world of fitness, working for over 9 years as a trainer!

The need to expand his knowledge and better meet his clients' goals led him to become a Registered Massage Therapist. By adding the education from the Sutherland-Chan School & Teaching Clinic to his other certifications as a Personal Trainer and Strength and Conditioning Coach, he hopes to better understand and treat muscular imbalances that limit our ability to move and perform at our full potential.

On top of lifting weights, Jonathan is also an avid cyclist and competitive dragon boater, and can often be seen riding around the city with a paddle strapped to his bike.

**Call the clinic today to book your appointment with Jon!**

# FREE ONLINE PELVIC WORKSHOP!

What: **Live Online Workshops**

Where: **On a Secured Zoom Webinar**

When: **April 27th at 12 PM**

Price: **FREE!**



## ARE YOU PREGNANT? TRYING? RECENTLY POSTPARTUM? OR MAYBE IT'S BEEN YEARS SINCE YOUR LAST PREGNANCY?

### No Matter What Stage Of Life You're At, This Workshop Is For You!

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

Our physiotherapists will talk about the many conditions related to pelvic floor pain and dysfunction with movement, while reviewing 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're going to have a LIVE guided discussion with experienced Pelvic Floor Physiotherapists!

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

- What Changes in your Pelvic Floor with Pregnancy
- Top pelvic health conditions treated by pelvic health physiotherapists!
- Are you correctly engaging your core?
- 3 main exercise modifications you have to try!

**• And a LIVE Q&A to get answers to your questions!**

**Wednesday April 27, 2021 at 12 pm**

**The workshops are free but space is limited.**

**To register or for more information, call:**

**(647) 484-3345**



**Workshop Registration**

**Physioplus**  
health group



# FITTING YOUR BICYCLE FOR SPRING

Make Sure Your Ride Is As Comfortable As Possible This Season!

Spring is in full swing, and PhysioPlus knows how many of our patients enjoy bike riding when the weather is nice! We want to make sure all our patients are practicing safety when it comes to their extracurriculars, sports, and hobbies this season. That is why we've put together tips for fitting your bicycle properly so that you can enjoy your ride in the safest way possible!

The fit of your bike becomes more critical the longer you ride it. Having the incorrect saddle or adjusting your seat to the wrong height can cause complications in your hips and lower back, as well as nerve pain down your thighs, knee pain, and/or numbness in your feet. Not to mention, if you have the wrong frame size or your handlebars are at the wrong height, you could end up with pain in your upper back, spine, elbows, and shoulders!

Here are some things to be aware of when fitting your bike this spring. If you have more questions, don't hesitate to contact us!

**Be Aware Of Different Bike Sizes.** Depending on the kind of bike you have, you need to know the different sizes. The way you would fit a normal, everyday bicycle is different from the way you'd fit a mountain bike. Brand and make can also affect size! Some bikes need to be fitted and measured by the inseam, and some may need to be measured by the bike frame's height. Choose the bike that is appropriate for your physical activity. For example, if you like to bike in the mountains and on rocky terrain, a regular bicycle you'd use for riding around downtown won't be right for you.

**Pick The Proper Frame Size.** The process of choosing your frame starts with a calculation based on your height. The easiest way to determine your starting height is to straddle the bike frame in front of the saddle while wearing your regular riding shoes. You should be able to straddle it easily with around an inch of space between the frame and the body if it has a parallel tube at the top (not one that slopes or that you can put a foot through). There can be two or three inches of clearance if it has a slanting tube. If it's a step-through model, the height is likely to be dictated by how high the handlebars and seat align with your riding stance.

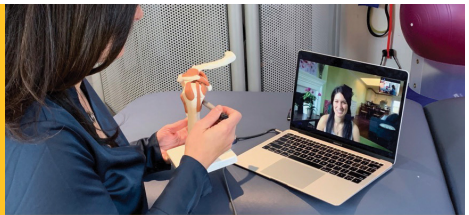
**Examine Your Body Position.** Your lower body posture is largely determined by the frame size, saddle, and seat height position, but how you carry your upper body during your ride is especially important. Shock tolerance is improved by bending the arms lightly on the handlebar. As a general rule, you should absolutely avoid locking any of your joints because this puts you at risk of injury.

Call PhysioPlus at **647-484-3345** if you're dealing with persistent pain that is preventing you from being able to ride your bike this spring, or if you've suffered an injury while riding. Our therapists will take care of you and have you back on the saddle in no time.

## We Want To Hear Your Success Story!

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

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HERE TO  
GO TO OUR  
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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!

# Lauren's TOP 5 PLACES TO RUN, WALK AND CYCLE IN WEST TORONTO



## 1. Humber River Trail

Although construction has interrupted parts of the trail this year, it is normally a nice walk or run along the river with the chance to see wildlife if you're there during quiet times (foxes, deer, coyotes, salmon and of course geese).

## 2. West Deane Park

This stretch of park is a nice mostly flat and well paved route for running, cycling or walking. The section near Rathburn Road has a lot of tree cover and gives some nice shade during the summer!

## 3. High Park

Get off the main road and explore the little foot paths that weave between the sidewalks. The park has something for everyone, at all times of the year. Added bonus is the dog park!

## 4. The Old Mill Hill

Start at the park or the Old Mill bridge and work your way up to the Kingsway — plenty of hill climbing to challenge your heart rate. If the full hill is too daunting, start small and just work hard to the first stop sign before taking a break.

## 5. The Waterfront trail on the Lakeshore

The trail is fairly flat in the west end, perfect for some jogging intervals! Or try a negative split: head one way for a certain amount of time, turn around and see if you can get back in a slightly faster time.



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