

A physiotherapist with blonde hair, wearing a light pink long-sleeved shirt and black pants, is kneeling on a light-colored wooden floor. She is examining the knee of a patient who is standing. The patient is wearing a blue t-shirt, black shorts, and black sneakers. The physiotherapist has her hands on the patient's hip and knee, appearing to be assessing or demonstrating a movement. The background is a bright, clean clinical setting with a yellow vertical light fixture.

SOLUTIONS FOR HIP AND KNEE PAIN

**Contact PhysioPlus
Today to Find Out
How Physiotherapy
Can Help You Get
Moving Freely Again!**

ALSO INSIDE

**SARAH'S TOP 4 WAYS TO SPEND AN AFTERNOON IN DOWNTOWN TORONTO!
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**



INSIDE:

Sarah's Top 4 Ways to spend an afternoon in Downtown Toronto!

SOLUTIONS FOR HIP AND KNEE PAIN

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Physioplus Health Group our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Physioplus Health Group as soon as possible. We'll help you get moving freely once again!

What Causes Hip And Knee Pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

Arthritis. Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes irritation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.

Tears and ruptures. There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

Bursitis. Bursae are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you, you've done too much!

Continued inside.

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

www.physioplushealth.com

SOLUTIONS FOR HIP AND KNEE PAIN

Continued from previous page.

Strains and Tendonitis. Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

How Physiotherapy Can Help Hip and Knee Pain

Our physiotherapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physiotherapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Physiotherapy will provide the foundation for success while reducing future injuries!

Contact Us to Schedule an Appointment

At Physioplus Health Group we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

Call today to schedule a consultation with one of our expert physiotherapists and discover how you can live life with freely moving joints!



Physioplus
health group

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

EXERCISE ESSENTIALS

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.

This exercise helps with Knee and Hip Pain



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



FREE ONLINE KNEE PAIN WORKSHOP!

What: Live Online Workshops
Where: On a Secured Zoom Webinar
When: Wednesday May 18th at 12 PM EST
Price: FREE!

FRUSTRATED BY KNEE PAIN? LEARN HOW TO START FEELING BETTER TODAY!

If you or a loved one wants advice on how to relieve knee pain at home and get back to doing the activities you love, have some good news for you...

Our clinic is holding a FREE Online Knee Pain Workshop!

You can participate from the comfort of your own home and get practical at home pain relief tools and effective exercises to help you get back to normal.

Our physiotherapists will walk you through a live demo specifically designed to relieve knee pain...

We'll show you the secret to relieving knee pain at home and teach you what to do so you can feel better.

Our team has taught these techniques to many of our patients who have had all types of knee pain...and they've experienced incredible results.

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

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

- The 3 biggest causes of knee pain!
- Avoid this #1 mistake that stops healing, causes reinjury and limits performance
- Does knee bracing help or hinder physical activity?
- **And a LIVE Q&A to get answers to your questions!**

Wednesday May 18th, 2022 at 12 pm

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

(647) 484-3345



Or scan the QR Code to register online.

PATIENT GRADUATION! CONGRATS ALEX!

"Sarah is an excellent professional. I have seen real improvement with my problem since starting with her. She has definite skills in diagnosis and treatment and takes a genuine interest in my progress and me as a person.

" - Deric H.

STAFF SPOTLIGHT



KATE TAILOR,
PATIENT EXPERIENCE MANAGER

Kate went to the University of Toronto and has a degree in Kinesiology. While in school she worked at a clinic and really enjoyed the administrative side of working in a clinic.

Here at PhysioPlus, she enjoys getting to work with an amazing team and interacting and helping patients. She also enjoys working with MVA patients and helping them through that process.

In her free time she enjoys spending time with family and friends and traveling when possible!

Call the clinic today to book your appointment with Kate!



PREPARE TO SWIM IN THE WATER SAFELY!



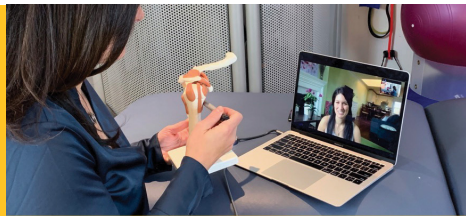
Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- **Swim in designated areas supervised by lifeguards.**
- **Always swim with a buddy; do not allow anyone to swim alone.**
- **Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.**
- **If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.**
- **Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.**
- **Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.**

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We look forward to hearing from you!

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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!



Sarah's

TOP 4 WAYS TO SPEND AN AFTERNOON IN DOWNTOWN TORONTO!

1. Cafe with Friends!

There are so many boutique cafes to try in Toronto! I love to grab a friend and try new ones each time! One of my favorites is Cafe 23. Make sure you walk through and check out the garden out back, and go up the stairs to the quaint patio!

2. Kensington Market

So many shops, so much food, and you cannot forget Kensington Brewing Co. Make sure you try their t!;dr if you like a good sour beer!

3. Toronto Island

Hop on the ferry and go exploring! So many fun things to do on the island, including biking, beaches, food, rides, and disc golf. Personally I like to ride my bike down and bring it across on the ferry so that I can enjoy all the islands!

4. St. Lawrence Market

I can frequently be found in the kitchen store in the middle (I love to cook)! Make sure you check out the tent at the back for local vendors and seasonal fruits and veggies! And don't forget to pop downstairs and try an almond croissant from the Stonemill Bakehouse!



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