

HOW TO HELP YOUR **ACHES** AND **PAINS** WITH PHYSIOTHERAPY

**Contact PhysioPlus
Today to Find Out
How Physiotherapy
Can Help Free You From
Your Aches & Pains!**

ALSO INSIDE

**BRANDON'S 5 BEST PLACES I'VE TRAVELLED TO (AND WHY)
EXERCISE ESSENTIALS • STAFF SPOTLIGHT**



HOW TO HELP YOUR ACHES AND PAINS WITH PHYSIOTHERAPY

Do you have aches and pains from time to time? After a long day out in the yard or after an afternoon of trying to keep up with household chores, do you notice that you experience stiffness and soreness? These aches and pains may be a sign or symptom of a condition that needs to be addressed. At PhysioPlus Health Group, our physiotherapists are skilled and figuring out what is causing your issues and how to resolve them quickly.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day, or a crick in your neck that just won't go away, dealing with aches and pains can take a toll on your overall feeling of wellbeing. Although common, sometimes these minor issues start to impact our function.

What may surprise you even more, is how many people are coping with those pains without doing anything productive about it. We can show you simple steps to minimize your aches and pains and educate you on the differences between normal and injury.

What Are The Most Common Aches And Pains?

Aches and pains are thought to be a regular part of living on the planet, but there are times when the signals your body is giving you are being misinterpreted. Our physiotherapists are skilled at identifying the root cause of your discomfort and educating you on what your body is telling you.

Some of the most common symptoms people misinterpret include:

- Muscle soreness
- Swelling in hands and feet
- An ache in the lower back
- Joint stiffness
- Crick in the neck
- General bodily aches

Although these symptoms may resolve on their own, there are times when they are pointing to a more serious condition that warrants treatment. Our physiotherapists will identify and categorize your need to allow them to establish what's a familiar everyday ache and pain and what is a sign of a more serious condition.

Continued inside.

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

www.physioplushealth.com

HOW TO HELP YOUR ACHES AND PAINS WITH PHYSIOTHERAPY

Continued from previous page.

What Should You Do To Resolve Your Aches And Pains Quickly

You can do things at home that can alleviate pain symptoms, help to reduce the severity of your discomfort, and also reduce the likelihood that the pain will return.

Here is a quick rundown of things that you can do at home:

- **When in doubt, move about.** An outdated belief about resting is one of the biggest reasons pain persists. Joints, muscles, bones, and nerves all do better when we stay active. Sedentary behavior delays your recovery and makes you even more susceptible to future aches and pains.
- **Use hot and cold therapy appropriately to reduce soreness.** After a workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts. Put the ice on and off for 20 minutes during the first 24 hours after the activity. After that, consider soaking in hot water, such as taking a warm bath, to soothe your muscles further.
- **Don't underestimate the power of sleep!** Your body relies on sleep to recover. Sleep is also one of the most powerful ways to prevent injuries. Aim to sleep between 7-9 hours every night.
- **Keep your body in good shape with regular exercise.** It may seem counter intuitive to cut down on pain by moving more, but exercise is an excellent way to reduce aches and pains. When you exercise every day, you can train your muscles for more movement and relieve aches and pains.

When aches and pains start to grow severe or chronic, it is time to reach out to our physiotherapists. At PhysioPlus Health Group, our therapists will find the best ways to reduce your aches and pains by considering your specific symptoms and developing a program tailored to your needs.

How Physiotherapy Can Help You

Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of your aches and pains, physiotherapy plays a significant role in treating your symptoms and should be the first step.

Working with a physiotherapist can help you develop a new approach to managing acute and chronic conditions. Your physiotherapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching, and targeted movements to help you experience ongoing relief from regular discomfort.

In many cases, physiotherapy can help you choose specific exercises and design appropriate mobility and strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellbeing.

There are a lot of different reasons as to why you may be in pain. At PhysioPlus Health Group, our physiotherapists will take a comprehensive assessment to help determine what may be the primary cause of your condition. Trust that you're in good hands here.

ANOTHER 5 STAR REVIEW!



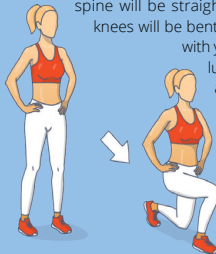
"I started taking pilates with Pari three years ago after a back injury. Under her instruction she has helped to improve my mobility, increase my strength and make me more aware of my body. At the start of the pandemic, I switched to virtual sessions which has helped me continue to move and take care of myself during this challenging time. Pari always creates a welcoming space and modifies exercises based on how my body is feeling. She is a caring and encouraging instructor who knows how to challenge you while ensuring you are comfortable and safe. It is clear from her instruction that she is truly passionate about pilates, especially as a tool for physical rehabilitation. I always look forward to seeing Pari for a session, her positive outlook is infectious and her classes never fail to improve my day!"

– Elizabeth S.

EXERCISE ESSENTIALS

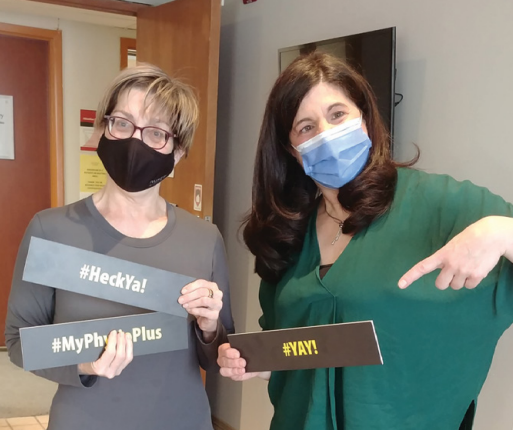
WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 10 seconds and repeat 20 times.



This exercise helps keep you moving!

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



PATIENT GRADUATION! CONGRATS KIM!



(647) 484-3345

STAFF SPOTLIGHT



SHANNON DALES, DC CHIROPRACTOR

Dr. Dales studied genetics and microbiology at University of Toronto before going on to attend the Canadian Memorial Chiropractic College. She graduated in 1994, winning the Johanna

Klammer award for clinical excellence.

Dr. Dales has operated her own multidisciplinary clinic in Toronto's financial district for over 25 years. She enjoys learning new manual care techniques and stays current with evolving evidence-based care. Shannon believes that life long mobility and good health are intrinsically linked. She helps her clients feel & move better through chiropractic care, acupuncture and exercise.

Outside of the office, Dr. Dales juggles the demands of being a mother to two children, fitness enthusiast, and active member of a competitive paddling crew. Shannon is a three time member of the Canadian National Senior A Women's dragonboat crew, earning 25 gold medals. When Dr. Dales isn't in the office you will find her on the water!

ATTENTION FOOT PAIN SUFFERS, FREE ONLINE WORKSHOP FOR YOU!

What: Live Online Workshops

Where: On a Secured Zoom Webinar

When: Wednesday June 15th at 7:00 PM EST

Price: FREE!

HOW TO CHOOSE YOUR PERFECT RUNNING SHOE TO FIX YOUR LEG PAIN TODAY!

I have some good news for you...

**Our clinic is holding a FREE Online Leg and
Foot Pain Workshop for you.**

**If you or a loved one wants practical and helpful
advice on how to relieve your lower body pain,
you won't want to miss this workshop!**

You can participate from the comfort of your own home and get actionable tools you can take right to the shoe store!

Our Chiroprapist will walk you through how to select the right running shoe, whether it is for a walk in the park, or your next marathon! Our Chiroprapist has taught this information to many patients who had some of the most debilitating leg pain one could experience and its effects were incredible.

**We're going to walk every attendee through how to select
the best shoe for you!**

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

- The anatomy of a running shoe
- Why they're shoes are so expensive
- The number one thing you need to stop doing immediately when selecting running shoes
- What you MUST do to select the right shoe for you
- **And a LIVE Q&A with our Chiroprapist and Physiotherapists!**

Wednesday June 15th, 2022 at 7:00 pm

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

(647) 484-3345



**CLICK HERE TO
REGISTER ONLINE**

TIPS FOR PLANTING A POTTED HERB GARDEN!



Have you been wanting to get into gardening, but don't have the yard space? Consider planting a potted herb garden!

Container gardening is easy, convenient, and leaves you with a supply of beautiful fresh herbs. Almost any herb can be grown in a container, so the possibilities are endless!

Here are a few tips and tricks to ensure your potted herb garden is successful this spring:

1. Be mindful of what you plant.

One of the exciting things about a potted herb garden is that you can grow as many different types of herbs as you want in the same container. However, before you start planting, be sure to do some research on the sun, water, and soil requirements of each herb.

For example, rosemary prefers hot and dry conditions, whereas parsley requires consistent moisture. As a result, they would not get along in the same pot.

2. Choose the right container.

As long as it has good drainage, you can use almost anything as a herb container. However, it's important to be aware that using smaller pots means you need to be extra cautious in how much you water your herbs. Too much or too little water can be especially detrimental to an herb in a small pot.

3. Use high quality soil.

The best way to ensure a healthy start to your container garden is by using high quality soil. Container soil should be lighter in density than traditional garden soil. You can also add organic matter, like perlite or peat moss, to the mixture to improve drainage and moisture retention.

We hope you're feeling ready to get started on your potted herb garden this spring. Remember to have fun and good luck!



We Want To Hear Your Success Story!

Click below to go to our Google Reviews page. We look forward to hearing your physical therapy success story!

CLICK THE LINK BELOW TO GO TO OUR GOOGLE REVIEW PAGE

REVIEW US



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!

Brandon's

5 BEST PLACES I'VE TRAVELLED TO (AND WHY)



1. Cape Town, South Africa

Probably the most beautiful city in the world — hands down!

2. St Petersburg, Russia

It's known as the Venice of the North and it has endless canals.

3. Istanbul, Turkey

A gorgeous mix of culture (idled between Africa, Asia and Europe) and food.

4. Mauritius, Indian Ocean Island

A tiny but beautiful island in the middle of the Indian Ocean where you will hear the locals speaking French Creole.

5. Udaipur, India

An ancient city built around many artificial lakes.

PhysioPlus
health group