

## GET ACTIVE AGAIN WITH PHYSIOTHERAPY

*I love the friendly team at PhysioPlus and have seen many practioners there! Michelle Demarchi is amazing and her combined physio/osteo background gives me the best results. Read More in Another 5 Star Review inside.*

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

**CHECK OUT OUR NEW SPECIAL PROGRAMS! DETAILS INSIDE.**

**ALSO INSIDE**



**ERICA'S TOP 5 FAVOURITE ESSENTIAL OILS FROM SAJE  
- MINDFULNESS EXERCISES - STAFF SPOTLIGHT**



## GET ACTIVE AGAIN WITH PHYSIOTHERAPY

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that Physiotherapy can help. At PhysioPlus Health Group, our physiotherapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physiotherapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

### **How Does A Sedentary Lifestyle Affect Your Body?**

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

*Continued inside.*

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

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

# GET ACTIVE AGAIN WITH PHYSIOTHERAPY

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When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

## How Physiotherapy Can Help

Our physiotherapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our Physiotherapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, Physiotherapy serves to enhance your quality of life.

## What To Expect In Physiotherapy

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, Physiotherapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, Physiotherapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

**At PhysioPlus Health Group, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physiotherapists.**

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

## 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

### SWAN DIVE

Lie on stomach with hands to the side of the head. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



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



## INTRODUCING OUR NEW SPECIAL PROGRAMS

Do you have aches, pains or an injury that could use specialized care? Our New Special Programs is finally here to address your specific needs based on your condition or diagnosis.

It is developed by experts in the field who have completed additional training/certification and have a passion for treating these complex conditions and injuries.

### HIP AND KNEE PAIN PROGRAM

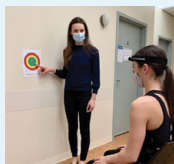
Have you been told you have hip or knee arthritis? Or maybe both? You might benefit from joining our Hip and Knee Program! It is an evidence-based, instructor-led exercise and education program that is designed to help you manage your arthritis and make improvements in your day-to-day life.



### PATIENT GRADUATION! CONGRATS ANA!



### DIZZINESS, VERTIGO & BALANCE CLINIC



Are you experiencing dizziness, vertigo & balance issues due to BPPV, post-concussion syndrome, aging-related balance issues, or vestibular neuritis? Our certified Vestibular Physiotherapist can help you by restoring the normal function of the vestibular (inner ear), so you can get your life back.

## STAFF SPOTLIGHT



**ZENA KHAN**  
COMMUNITY OUTREACH  
MANAGER

Zena is the Community Outreach manager at PhysioPlus Health Group. She did her undergrad at York University in Health Studies.

Zena enjoys that her role at PhysioPlus allows her to build relationships with the patient and make sure they have a great experience at the clinic. In her spare time, Zena enjoys spending time with family and friends.

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

### BACK PAIN RELIEF CLINIC

Do you have stenosis, osteoarthritis, sciatica, or herniated or degenerative discs? Is back pain interfering with your enjoyment of life? Our back specialists provide an evidence-based and comprehensive approach that will help you feel better and get back to doing the activities you want and love to do.



**Our special programs are customized to meet the needs of individuals at every stage of life, and every activity level, to help your body feel better, faster!**

**Do you want to learn more about our Special Programs?**



**Click Here for more information on our Special Programs.**



# Mindfulness e x e r c i s e s

Do you find yourself becoming overwhelmed easily in your daily life? Do you constantly feel stressed? If so, you may benefit from practicing mindfulness.

Mindfulness originated from ancient eastern and Buddhist philosophy and dates back around 2500 years.

Mindfulness is the process of bringing one's attention to the present moment and observing one's thoughts and feelings without judging them. It can be applied to anything from eating, walking, or washing dishes to formal meditation practices.

Mindfulness has been shown to reduce stress and anxiety levels, improve relationships with others, and help individuals lead healthier lives! The best part of mindfulness is that anyone can begin implementing these practices in their daily lives without any cost or expensive resources.

If you're looking for ways to reduce stress and promote wellbeing— check out the mindfulness exercises below.

**1. The Full Body Scan** — Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing; instead, simply practice observing your existing breathing pattern.

Next, focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

**2. The 5 Senses Test** — Another way to check in with your body is to perform this 5 senses exercise. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity grounding and report that it can help soothe panic and anxiety.

**3. The 3-Minute Breathing Space** — If you are new to meditation, this is the perfect activity for you. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute of this meditation, focus on answering the question, "How am I doing right now?"

For the second minute, shift your focus to your breath, noticing each inhale and exhale. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body. You can place a hand on your stomach or chest to help you concentrate on how your body moves.



## 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

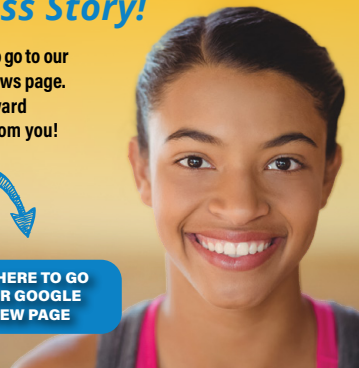
With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!

## We Want To Hear Your Success Story!

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



CLICK HERE TO GO TO OUR GOOGLE REVIEW PAGE



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

*Erica's*

## TOP 5 FAVOURITE ESSENTIAL OILS FROM SAJE



### 1. YOGA

I typically use this essential oil when I am meditating or just need a moment to myself. It's a really good grounding essential oil and has patchouli, orange and neroli ingredients.

### 2. PEPPERMINT HALO

Suffering from headaches? This essential oil is for you! Peppermint Halo comes in a roll-on and with its tingling effect, it surprisingly really does relieve symptoms. I roll a little bit over my temples and at the back of my neck or wherever I feel the most tension. Its ingredients include peppermint, lavender, and rosemary.

### 3. STRESS RELEASE

I typically use this essential oil in the roll-on version but it is offered in a blend as well. It is a grounding essential oil that helps relieve stress, reduce tension and decrease anxiety. Its ingredients include lavender, Roman chamomile and orange.

### 4. LIQUID SUNSHINE

To help boost my mood and get me ready for the day, this is my go to "pick me up" essential oil. Its ingredients include grapefruit, bergamot, and lime. Very citrusy!

### 5. DREAM STATE

This essential oil I use at night in my diffuser to help fall into a deep rest. Its ingredients include lavender, valerian and Roman chamomile.



**Physioplus**  
health group