

A physiotherapist with long blonde hair, wearing a light pink long-sleeved shirt and black pants, is kneeling on a wooden floor. She is holding a blue resistance band that is looped around the knee of a standing female patient. The patient is wearing a blue tank top, black shorts, and grey sneakers. She has her hands on her hips and is looking towards the physiotherapist. The background is a bright, clean studio with large yellow abstract shapes.

DISCOVER HOW PHYSIOTHERAPY HELPS HIP AND KNEE PAIN

**Contact PhysioPlus Today to Find Out
How Physiotherapy Can Help Relieve
Your Knee & Hip Pain!**

CHECK OUT OUR NEW 6-WEEK EDUCATION & EXERCISE PROGRAM! DETAILS INSIDE.

ALSO INSIDE



DEMETRIA'S TOP 5 PLACES SHE'S TRAVELLED (SO FAR)!



HOW PHYSIOTHERAPY HELPS HIP AND KNEE PAIN

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At PhysioPlus Health Group, our team of physiotherapists are dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At PhysioPlus Health Group, our physiotherapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the Source of Your Hip and Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment

to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Cartilage injuries
- Sprains and strains (i.e., injuries to muscles and ligaments)

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

Continued inside.

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

www.physioplushealth.com

STIFF KNEES & HIP ARTHRITIS PAIN?

Join our **NEW** 6-Week Education and Exercise Program



Participants Taking the GLA:D Program Report

- Less Pain
- Reduced Use of Pain Killers
- Less Sick Leave
- Able To Be More Active

Also Included In The Program

- Learn the right way to move to reduce your pain
- Strategies to manage and reduce pain
- Inflammatory education
- Knee bracing options for arthritis
- Options for hands-on treatment that help arthritis
- Nutritional & Supplement counselling options

GLA:D™ Canada Is For Everyone with Symptoms of Hip and Knee Arthritis!

SPOTS ARE LIMITED... Register today!

email: help@physioplushealth.com

call: 416-760-8280

Or... Scan the QR Code for more details



Physioplus
health group

HOW PHYSIOTHERAPY HELPS HIP AND KNEE PAIN

Continued from previous page.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

Arthritis: Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

Tendonitis: Repetitive stress and overuse type injuries are more common with tendon-related pains.

Sprains/ strains or cartilage injuries. These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physiotherapist can identify what is causing your pain and help clarify what your next steps should be.

How Physiotherapy Can Help Hip And Knee Pain

Our licensed physiotherapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better!

What To Expect In Physiotherapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physiotherapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physiotherapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physiotherapists are skilled at the selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, hands-on intervention, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact PhysioPlus Health Group to schedule an appointment. We offer the results you are looking for!

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

DON'T LET YOUR INSURANCE GO TO WASTE!



Have you been struggling with aches & pains lately? Have you had surgery this year? If you answered YES, now's the time to use your health benefits!

Let us help you get a headstart in 2023 before your benefits renew again!

- Physiotherapy
- Chiropractic
- Massage
- Osteopathy
- Orthotics

Call to book your appointment today!
(647) 484-3345

Visit our website at www.physioplushealth.com

STAFF SPOTLIGHT



DR. JEFF BELGUE
REGISTERED CHIROPRACTOR

When you think of Chiropractors you might think of cracking backs and manipulations, which can be scary to some. But Chiro has changed over the years. Jeff uses soft tissue techniques

to release the muscles, gives you specific home exercises for longer lasting results, and uses acupuncture! Jeff is also a golf injury specialist.

He attended the University of Waterloo where he earned a 5 year Honours Degree Majoring in Kinesiology. He continued his education at the Canadian Memorial Chiropractic College where he graduated Magna Cum Laude with Clinical Honours. Recently he has completed the GLA:D Canada Certification to best deliver evidence based care to those suffering from Hip and/or Knee Osteoarthritis. Jeff is excited to improve the quality of life for aged populations.

Call the clinic today to book your appointment with Dr. Belgue!

FREE ONLINE HIP & KNEE PAIN WORKSHOP!

October 25th at 7 PM

- Do you suffer from hip or knee pain?
- Have you been told you have hip or knee arthritis? Or maybe both?
- Are you trying to delay or avoid a hip or knee joint replacement?
- Do you find your hips or knees are stiff or sore in the mornings?
- Do they improve with motion throughout the day?

Good news! Our clinic is holding a FREE Online Hip and Knee Pain workshop for you.

You can participate from the comfort of your own home. We'll show you the secret to relieving your hip or knee pain at home and teach you what to do so you can feel better and get back to doing what you love... pain-free.

We've taught this to a many of our patients suffering with hip and knee pain, and the results have been amazing.

You'll discover so much more, including...

- The 3 biggest causes of hip and knee joint pain!
- Will exercise make the pain worse or better?
- The #1 treatment taking the world by storm!
- The Secret to pain-relief at home!
- AND a live Q&A where you can get answers to your most pressing questions!

Spots are limited...to register or for more information, call:

(647) 484-3345



Or scan the QR Code to register online.



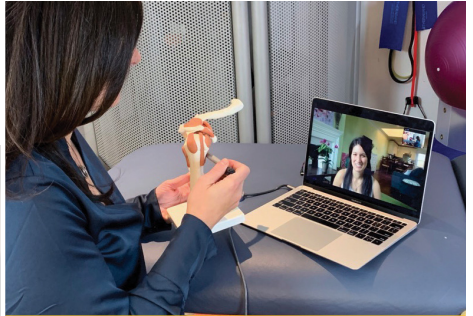
ANOTHER 5 STAR REVIEW!



"I have had a terrific experience at PhysioPlus with Sarah DeBoer — great care, very knowledgeable, every session hurts but just the right amount! (I had a broken wrist, broken pelvis, shoulder injury and now a calf injury, so have been a bit of a wreck but am much bettthanks to Sarah.) The whole team there is kind and supportive — I'd recommend Sarah and PhysioPlus to anyone." — **Kathy C.**



**PATIENT GRADUATION!
CONGRATS STEPHEN!**



**We Want To
Hear Your
Success Story!**

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



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!

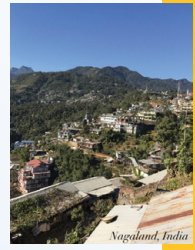
Call (647) 484-3345 to schedule your consultation today!



Demetria's TOP 5 PLACES SHE'S TRAVELLED (SO FAR)!

5. Nagaland, India

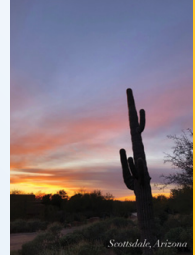
Nagaland is a state in Northeast India and is home to my mother's small village in the mountains. It is known for its beautiful landscapes, long winding roads, and very hot chillies. Even Gordon Ramsay visited here just for their unique chillies!



Nagaland, India

4. Scottsdale, Arizona

I could see why so many people choose to retire here... tons of incredible golf courses (I even played an 18-hole putting course on the greens!), hikes, and amazing weather. My favourite thing to do was sit on the balcony first thing in the morning with a hot cup of tea and watch the hot air balloons in the distance. It is definitely on my bucket list to go up in one myself!



Scottsdale, Arizona

3. Banff, Alberta

It's amazing to see what our very own Canada has to offer. I didn't know I would be so drawn to the mountains until I had the chance to drive through the TransCanada highway in perfect July weather and then end up at one of the most gorgeous spots I've ever seen. Lake Louise and Moraine Lake were breathtaking!



Banff, Alberta

2. Dubai, UAE

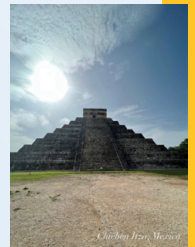
From seeing the world's tallest building, the Burj Khalifa, to shopping around the extravagant malls, to dinner at the Atlantis, this was by far one of my favourite trips yet. Everything we saw was grand and beautiful, just as you'd imagine. Also, gelato every night, how could I say no? I will definitely be going back here one day!



Dubai, UAE

1. Chichen Itza, Mexico

How lucky I felt to get to see one of the great wonders of the world along with great company. The best type of travelling for me is getting to see the historical sites along with eating the traditional foods of that area. Both of these were satisfied during this trip. I highly suggest taking a trip down here and joining others in clapping while standing right in front of the center of the structure. You're in for a very cool surprise!



Chichen Itza, Mexico

