

**PROVEN  
TREATMENTS  
FOR BACK  
AND NECK  
PAIN RELIEF**

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

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

**ALSO INSIDE**



**LAUREN'S 5 FAVOURITE WALKING SPOTS IN TORONTO**



## PROVEN TREATMENTS FOR BACK AND NECK PAIN RELIEF

Have you noticed that back pain limits basic activities like sitting, lifting, or bending? Do you notice difficulty turning your neck when you drive? Are you frustrated that your back or neck pain never seems to go away? At PhysioPlus Health Group, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

Neck pain affects up to 70% of the population at some point in their lives, and perhaps even more significant is that up to 85% of those people will have another bout of neck pain in the following five years.

For some, the lucky ones, the back or neck pain lasts just a few days. For others, the pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back or neck pain, for example, after a particularly grueling day of yard work or at the end of a work day of prolonged postures. But often, the main reason seems to be no apparent reason.

At PhysioPlus Health Group, we are experts at treating back and neck pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained physiotherapists!

### **Back And Neck Pain In Canada**

Low back pain has accounted for the most significant number of years lived with disability in the Canadian population. It is one of the most common reasons for emergency room visits. It has been reported that close to 30% of adults in Canada said lower back pain in the prior year, and the rates of low back pain had been steadily rising in Canada.

Unfortunately, neck pain is another common cause of pain and disability in Canada. Almost half of all adults will experience neck pain at least once in their lifetime, and even more concerning is that as many as 50% of acute neck pain sufferers will have cases lasting longer than one year!

The healthcare costs for adults with spinal problems have been progressively increasing. Unfortunately, many financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for back or neck pain.

*Continued inside.*

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

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

# STIFF KNEES & HIPSP? 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](mailto:help@physioplushealth.com)

**call:** 416-760-8280

Or... Scan the QR Code for more details



**Physio**plus  
health group

## PROVEN TREATMENTS FOR BACK AND NECK PAIN RELIEF

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Another interesting consideration is that those who experience back or neck pain do not all seek help to address the pain. Despite the evidence that early intervention will often lead to a faster resolution, too often, people try to rest, use over-the-counter medicine, or search the internet and try exercises at home without knowing what they are doing for their particular situation. For those seeking solutions that have been shown to work, a physiotherapist can guide you to treatments that could significantly improve your outcomes!

### How Physiotherapy Can Help Your Back and Neck Pain

At your initial assessment, your therapist will take a thorough history and perform a physical exam. Our questions aim to find the root cause of your pain and identify any “red flags” that would indicate a more serious condition or warrant a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

Working with our therapist at PhysioPlus Health Group can help you experience an improved range of motion, restore strength to the muscles in your entire back, and reduce tension in your lower back and/or upper back muscles through targeted manual therapies.

Our physical examination involves taking you through specific movements and tests to classify your condition correctly. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences.

In addition, at PhysioPlus Health Group, we offer special programs that can assist your recovery and make sure you find lasting relief and prevent future episodes. For example, our back pain program provides solutions to reduce low back pain and/or leg pain due to your back. Our programs teach self-management strategies and work to improve your overall quality of life.

In some cases, neck pain comes with headaches and dizziness. Our unique program for dizziness can help you address the likely causes of your symptoms and can improve your overall balance and coordination.

The evidence on back and neck pain is clear; physiotherapy treatments are effective for acute and chronic conditions. Seeking help sooner than later can help you avoid lingering pain and may even prevent future episodes altogether.

**At PhysioPlus Health Group, our physiotherapists use researched interventions that are the most effective treatments for eliminating your pain and helping you restore your ability to perform your everyday activities. Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!**

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!

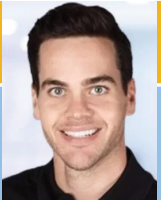
**Let us help you get a headstart in 2023 before your benefits renew again!**

- Physiotherapy
- Chiropractic
- Massage
- Osteopathy
- Orthotics

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

Visit our website at [www.physioplushealth.com](http://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!**



## HOW TO STOP SHOULDER PAIN IN IT'S TRACKS AND STAY ACTIVE THIS WINTER!

**FREE ONLINE SHOULDER PAIN WORKSHOP**

**November 28th at 7 PM**

**Do You Have Shoulder Pain When You...**

- Reach up high?
- Lift something heavy?
- Workout?
- Sleep at night?
- Reach into the back seat?
- Get dressed?
- Do work around the house or yard?
- Reach behind your back?

**Start Feeling Better After This Free Online Shoulder Pain Workshop**

We're going to show you the secret to relieving shoulder pain for good and teach you what to do NOW so you can start to feel better.

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

- What are the main causes of shoulder pain?
- The top 3 exercises everyone must try!
- Is sitting the culprit for your discomfort?
- And a live Q&A with shoulder pain experts

**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!



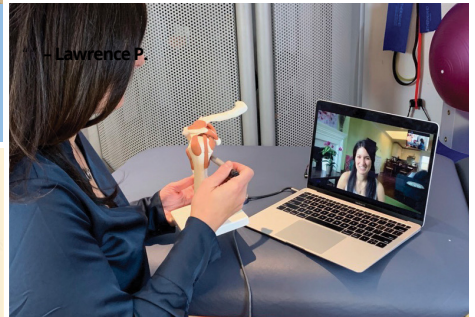
"Three times I used the Chiropractor at PhysioPlus at Jane and Bloor and they helped me very much every time. My issues were resolved. This time I needed Physiotherapist for my torn Right knee MCL and ACL. Sarah DeBoer was assigned to me and she helped me tremendously with my issues. Very attentive to detail, knowledgeable and professional. Now, two months after my initial visit and after being discharged from Physiotherapy, I walk and climb stairs without any issues and I don't need any more braces nor compression stocking. Thanks a lot Sarah!" **-Mitko V.**

## PATIENT GRADUATION! CONGRATS JOSEPH!

*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!



*Lauren's*

# 5 FAVOURITE WALKING SPOTS IN TORONTO



Regardless of the time of year, these 5 locations are my go-to spots to get outside, move the body, and enjoy some fresh air.

## 1. Tommy Thompson

A quiet and beautiful spot that offers the best view of the city while still being in the city

## 2. Queen West

One of my favourite spots to really get a feel for the Toronto culture. You'll discover a range of different shops, cafes, and restaurants while squeezing past people on the sidewalks

## 3. Evergreen Brick Works

This spot offers short trails with ponds and bridges, and if you're feeling a longer hike, you can step off and join the Beltline trail. Plus, if you're there on a Saturday, you can stop in at the farmers market and support the local vendors.

## 4. Yorkville

If you're a fan of window shopping then Yorkville is the place to be. Whether you're going inside to shop or admiring from outside, Yorkville is the more ritzy area in Toronto that anyone can enjoy walking through.

## 5. Waterfront

A broad location, but I truly believe that any part along the Waterfront trail is a good one. There's always something to do and something to see whether it's people ice skating at the rinks in the winter or roller blading along the path in the summer.

