

DISCOVER HOW PHYSIOTHERAPY CAN HELP KEEP YOU BALANCED!



**Contact PhysioPlus Today to Find Out How Physiotherapy
Can Help Improve Your Balance And Help Prevent Falls**

ALSO INSIDE



**LAUREN'S TOP BREAKFAST PLACES
IN WEST TORONTO**

ARE YOU AT RISK OF FALLING?

PHYSIOTHERAPY CAN HELP KEEP YOU BALANCED!



Have you noticed you don't seem to be quite as steady on your feet? Did you know that you can get your balance checked? At PhysioPlus Health Group, our physiotherapists are movement specialists. We can help you figure out why your balance is off and, more importantly, how to get it back!

No matter what age you are, you can always improve your balance. According to the CDC, about one in four adults age 65 and older report falling each year. Even those who do not live with a balance or gait disorder can still suffer from a fall.

People who notice they feel imbalanced, dizzy, or unsteady may live with a balance or gait disorder. Although balance disorders often stem from the vestibular system, other factors may be affecting your balance as well. Fortunately, physiotherapists have the expertise to determine what is causing your limitations and how to resolve them!

If you have noticed issues with your balance, contact PhysioPlus Health Group today. We can help you figure out the root of your problem and treat it accordingly.

What Are The Main Causes of Falling?

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and suffer a harsh fall. The good news is that most falls can easily be prevented simply by regularly exercising your balance systems.

The most common reasons for falls include:

- Disorders of the vestibular system
- Muscle weakness (i.e., core and lower extremities)
- Vision loss
- Long-term health conditions like heart disease, dementia, or neurological disorders like Parkinson's or MS

If you have recently sustained a balance-related injury, it is important to seek the help of a physiotherapist immediately to avoid additional injuries in the future.

It is also important to contact a physiotherapist if you have any of the following vestibular related symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or stay alert.
- Abnormal eye movements
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.

The vestibular system is a delicate set of fluid-filled chambers and sensory nerves located in the inner ear. Your vestibular system helps manage your sense of position (aka proprioception) and keep yourself steady.

The good news is that you can prevent most falls, and our therapists can show you how!

OUR SPECIAL PROGRAMS

- Back Pain Relief Program
- Hip and Knee Pain Program
- Orthotics and Foot Pain Clinic
- Dizziness Vertigo and Balance Clinic
- Concussion Care
- Fall Prevention
- Pelvic Floor Physiotherapy

Call **(647) 484-3345** to schedule an appointment with us today!



EXERCISE ESSENTIALS

TANDEM BALANCE, EYES CLOSED



Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the chair. Hold this balance for 30 seconds.



Try this simple exercise to help with balance.

HOW PHYSIOTHERAPY CAN HELP YOUR BALANCE

The natural aging process increases the risk of falling, but that doesn't mean we should accept falls as a regular part of getting older. Falls are caused by several risk factors that can be reduced or eliminated with physiotherapy.

For example, your therapists can help you identify hazards within the home that often contribute to a fall, such as:

- Wet floors, such as in the kitchen or bathroom
- Going down stairs without railings
- Poor lighting
- The person is rushing
- Rugs or carpets are not properly secured
- Falling from a ladder or step stool while doing home maintenance work
- Reaching outside abilities, such as a cupboard or cabinet
- Improper medication
- Drinking alcohol

Risk factors relating to your health and wellbeing or your activities and surroundings can contribute to a fall. Our team will take a holistic perspective to determine the origin of your balance issues and the make-up of your treatment plan.

When you arrive at PhysioPlus Health Group, your physiotherapist will walk you through a comprehensive exam to gauge the nature of your condition and figure out the best course of treatment for your needs.

We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/ environmental factors that may contribute to your fall risk.

Whatever the case may be, all treatment plans will contain targeted balance exercises, treatment of your vestibular system, and strengthening to help improve your core and lower extremities. Specific gait and coordination drills may also be included in your treatment plan, depending on your condition.



Are you ready to get back on your feet and decrease your risk of sustaining a balance-related fall? Contact PhysioPlus Health Group to schedule a consultation and get started today!

(647) 484-3345

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



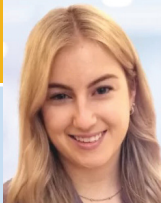
BREATHING EXERCISE

Sitting Meditation

This time of year can be hectic but it is important to remember to take some time each day to just sit and focus on breathing and being calm. Try this mindful meditation below when you need a minute to clear your mind.

1. Sit up straight in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing. Try to breathe in and out for 3 seconds each.
4. After 1 minute (or longer if you need it), open your eyes and resume activities.

STAFF SPOTLIGHT



ERICA RUNNALLS
OSTEOPATHIC MANUAL PRACTITIONER

Erica is an Osteopathic Manual Practitioner and is a member of the Ontario Osteopathic Association. She completed her Bachelor of Kinesiology at Brock University in 2017 and completed her Master in Practice Diploma of Manipulative Osteopathic Sciences (M.OMSc) at the Canadian Academy of Osteopathy in 2021. Erica is passionate about Osteopathy and the holistic form of manual manipulative therapy.

Erica has been very athletic and played competitive soccer for 18 years. Playing a high impact sport caused numerous injuries resulting in her turning to manual therapy. She is driven to help people achieve their optimal health and creates treatment plans unique to every individual!

Call the clinic today — Erica looks forward to working with you!

ATTENTION DIZZINESS AND VERTIGO SUFFERS, FREE ONLINE WORKSHOP FOR YOU!

What: **Live Online Workshops**
Where: **On a Secured Zoom Webinar**
When: **January 25, 1:00 pm EST**
Price: **FREE!**

HOW TO IMPROVE YOUR DIZZINESS, VERTIGO AND BALANCE PROBLEMS TODAY!

Do You Feel Dizzy When You...

- Stand up
- Turn around too quickly
- Scroll on your phone
- Work on the computer or reading
- Roll over in bed
- Lay in certain positions
- Just walking down the street

We're holding a FREE Online Dizziness, Vertigo and Balance Workshop for you!

You can participate from the comfort of your own home and get self care tips to help you get back to normal.

We're going to teach you what to do NOW so you can start to feel better... faster!

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

- Common causes of vertigo and dizziness
- How to recognize the difference between vertigo and dizziness... and why it's important
- 3 things you can do **NOW** to **TAKE ACTION** and overcome dizziness and vertigo
- At the end, I'll open it up for a Q&A so you can get answers to your questions from our Vestibular Physiotherapist.

Wednesday, January 25, 1:00 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.

STIFF KNEES & HIPS? 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: (647)484-3345

Or... Scan the QR Code for more details



Physioplus
health group



**PATIENT GRADUATION!
CONGRATS JOEL**



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!



Lauren's

TOP BREAKFAST PLACES IN WEST TORONTO

THE
ACE



1.

The Ace (Roncesvalles)

Great atmosphere, great coffee and great food! It's a small and cozy space though, so get there early.

DUNDAS STREET
EST. 1984
— GRILLE —



2.

The Dundas Street Grill

An Etobicoke establishment, this has been a favourite for many years! My go-to breakfast is the eggs benedict. If you're up for a treat, choose the milkshake!



GRENADIER CAFE

YEAR ROUND DINING IN THE HEART OF HIGH PARK

3.



The Grenadier in High Park

Get takeout and walk with friends or sit on their patio! The location is great any time of year.



INSOMNIA
RESTAURANT & LOUNGE

4.

Insomnia Restaurant

There is something special about those homefries! Another go-to place for eggs benedict but I think anything on the menu would be delicious.



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