



## HOW PHYSIOTHERAPY CAN HELP YOU **RESOLVE SHOULDER PAIN**

**Contact PhysioPlus Today to Find Out How  
Physiotherapy Can Help Relieve Your Shoulder Pain**



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Erica's Top 5 Favourite Essential Oils From Sage

## HOW PHYSIOTHERAPY CAN HELP YOU RESOLVE SHOULDER PAIN

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physiotherapy.

**At PhysioPlus Health Group, we have the solutions that you are looking for!**

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

### Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

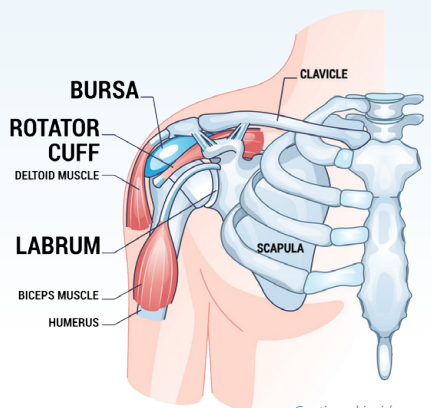
The shoulder has the following essential structures:

**The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

**The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.

**The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.



*Continued inside.*

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

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*Continued from previous page.*

## Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

**Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.

**Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.

**Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.

## EXERCISE ESSENTIALS

### DEADLIFT (KETTLEBELL)

Start by standing over a kettlebell with your feet just outside of shoulder width. Pushing your butt back and keeping your back straight, bend at the waist like a hinge and slightly bend your knees so that you can reach the kettlebell. Grab the kettlebell with a double overhand hand position. Dig your heels into the ground and thrust your hips forward slowly, keeping your back straight to lift the kettlebell. Slowly place it back down. Repeat 10 times.

PT W IRED



**Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.

**Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

## How Physiotherapy Can Help

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at PhysioPlus Health Group will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

## Call To Make An Appointment

Two of the biggest goals of physiotherapy are to alleviate your pain and to improve your function. Your physiotherapist will work with you to ensure that both are achieved throughout your physiotherapy sessions.

**If you are living with shoulder pain, don't let it limit your life any longer. Call PhysioPlus Health Group today to find relief once and for all!**



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**Physioplus**  
health group

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

# ORTHOTICS AND FOOT PAIN CLINIC



## SPRINGTIME ACTIVITIES ARE JUST AROUND THE CORNER...ARE YOUR FEET READY?

Whether you're planning to go hiking, running, or simply spending more time walking outdoors, our **Orthotics and Foot Clinic** can help make sure that your feet are ready for the challenge!

Our foot specialist **Brandon Maggen** can assess your feet, your walking or running mechanics, and diagnose any conditions that might be causing pain or affecting your mobility.



There are many causes of foot pain, but the good news is that Brandon can help.

Brandon specializes in:

- Foot pain, heel pain
- Ankle injuries and pain
- Running and walking assessments
- Foot & shoe assessments & advice (work, sports, cycling, hiking etc.)
- Conditions affecting walking (arthritis, diabetes, nerve disorders etc.)
- Developing little feet
- Falls risk assessments
- Work related foot problems

Teaching you about the problem, providing shoe selection advice, exercise prescription, activity modification, and custom orthotic prescription are many of the tools Brandon uses to help your foot pain.

**Don't let foot problems hold you back this spring. Contact us today to schedule your appointment and let us help you put your best foot forward!**



**ATTENTION ALL RUNNERS...  
A FREE RUNNING WORKSHOP FOR YOU!**

## RUNNING PAIN-FREE

**HOW TO RUN STRONG & SMART...  
AND REACH YOUR GOALS!**

What: **A Live In-Person & Online Workshop**  
Where: **PhysioPlus Health Group (Bloor & Jane)**  
**AND On a Secured Zoom Webinar**

When: **April 22 at 10:30 AM**

Price: **FREE!**

**Are you a runner looking to improve your performance, prevent injuries, and enhance your overall experience?**

**Welcome to our "Running Pain Free" workshop, designed for RUNNERS OF ALL LEVELS who want to learn from experienced running experts how to run injury-free and achieve your running goals.**

**Our Running Experts will share their 5 best-kept secrets to Running Pain free:**

- The 5 mistakes all beginners make and exactly what to do instead
- The top 3 facts everyone Runner must know to prevent injuries
- Do I need to cross train, and if so...what should I do?!
- Should you run short or long term for your goals? The benefits of both.
- The smart way to prep your body to get that "feel good" feeling when running
- **And a Q&A with experience health professionals and accomplished runners**

**Whether you are a beginner runner or a seasoned athlete, this workshop will provide you with valuable insights and knowledge that can help you achieve your running goals.**

**Don't miss out on this exclusive opportunity to learn from the experts and take your running performance to the next level!**

**RESERVE YOUR SPOT TODAY!**

**Saturday, April 22, 10:30 AM**

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 Osteoarthritis 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: (647)484-3345

Or... Scan the QR Code for more details



**Physio**plus  
health group



## PATIENT GRADUATION! CONGRATULATIONS CARA, ON BEING PAIN FREE!



## 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!**





*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.

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### 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.

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### 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.

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### 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!

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### 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.

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health group