



HOW YOU CAN AVOID SURGERY AFTER A
SPORTS INJURY

**Contact PhysioPlus Today to Find Out How Physiotherapy
Can Help Relieve the Pain from Your Sports Injury**



Scan the QR Code to read more from PhysioPlus including
Demetria's Top 4 Fun Indoor Activities To Do With Friends This Spring

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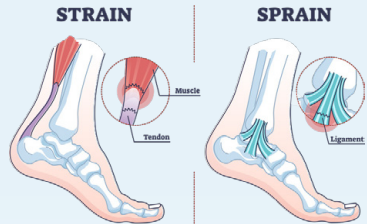


Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physiotherapists excels at knowing how to deal with an injury and how to prevent them as well!

Call PhysioPlus Health Group today to make an appointment. With guidance from our sports physiotherapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

What Is The Difference Between A Sprain And A Strain?



What Are The Most Common Sports Injuries?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physiotherapists will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

SPRAINS: A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

STRAINS: A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physiotherapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

Continued inside.



**FIND OUT HOW PT CAN HELP PREVENT SPORTS INJURIES.
CALL (647) 484-3345 TODAY!**

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Continued from previous page.

How Physiotherapy Can Help With A Sprain or Strain Injury

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physiotherapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an **injury assessment** to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physiotherapist will create a **specific exercise plan** based on your needs to **resume sports and prevent further injury**. Even if you have an old injury, it is essential to have it evaluated by our physiotherapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.



What You Can Expect In Physiotherapy

In addition to rehabilitating an injury, our physiotherapists will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- **Sleep** is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- **Foam rolling** is an effective way to warm up tissue without negatively affecting performance.
- **Strength training** can keep the joints supported and the muscles and tendons resilient.
- **Nutrition matters.** A well-balanced diet is the best approach to assist us in staying in the game!
- **Hydration** is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

At PhysioPlus Health Group, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

EXERCISE ESSENTIALS

CLAMSHELL BRIDGE (with Exercise Band)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



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health group

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

SPRING IS RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?



Are you looking forward to starting back up running after a long winter? At PhysioPlus Health Group, our therapists understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

- Running experience of 0-2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increase your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury.

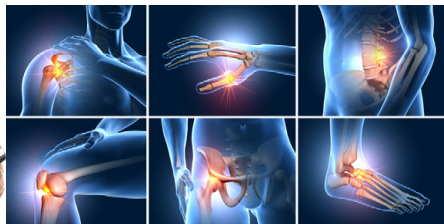
Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.

Physiotherapy offers so much more than current symptom relief — it offers sports injury prevention and natural performance enhancement.

If you are looking to get back into running, start running for the first time, or have been running for a while and want to improve your technique, our physiotherapy team can help you. We can help you set up a plan that works for you and can help prevent running injuries. Confirm your appointment today and get started on the right track toward running bliss!

**ATTENTION ARTHRITIS SUFFERERS...
AN ONLINE WORKSHOP FOR YOU!**

EVERYTHING YOU NEED TO KNOW TO CONQUER YOUR ARTHRITIS PAIN TODAY!



What: **A Live Online Workshop**

Where: **On a Secured Zoom Webinar**

When: **May 30th at 7:00 PM**

Price: **FREE!**

Do You Have Pain When You...

- Get out of bed
- Stand
- Exercise
- Walk
- Run
- Bend your knee
- Used your hands
- Do house/yard work
- Go up and down stairs

It's time to stand up against your hip and knee pain! Start on the path to long-lasting pain relief today! Your hips and knees are going to be glad you did that!

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

- What causes Arthritis, and how to prevent it from getting worse
- 3 ways to relieve your arthritis pain after a long day
- How to exercise safely with Arthritis
- **And a Q&A where you can get answers to your most pressing questions!**

Join us for this FREE Online Arthritis Workshop!

RESERVE YOUR SPOT TODAY!

Tuesday, May 30th at 7:00 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.

ANOTHER 5 STAR REVIEW!



"I want to say thank you very much to the PhysioPlus Health Group. After injuring my rotator cuff, I let my injury go untreated for over 6 months thinking it would get better on its own. By the time I started treatment, I had less than 50% movement in my arm. In addition, I was only able to sleep for 10-15 minutes at a time in any position before the pain would wake me.

Unlike some clinics in office buildings etc, PhysioPlus is large with tons of natural light. The location is easy to get to with ample parking. PhysioPlus Health Group also has a very useful phone app where you can see how to perform each of your assigned exercises in detail as they are custom loaded to your profile.

Friendly reception staff greet you with a genuine smile and make you feel welcome. I have gone to many places where the staff make you feel like an inconvenience showing up. There is none of that here. I highly recommend the clinic! "- Ched

STIFF KNEES & HIPS? ARTHRITIS PAIN?

Join our **NEW**
Osteoarthritis Program **GLA:D™**

**Canada Is For Everyone with
Symptoms of Hip and Knee Arthritis!**

SPOTS ARE LIMITED... **Register today!**

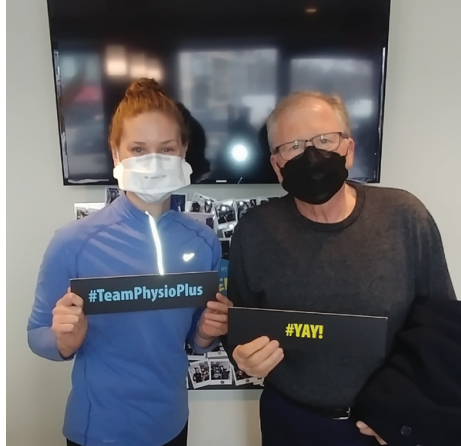
email: help@physioplushealth.com

call: (647)484-3345

Or... Scan the QR Code for more details



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PATIENT GRADUATION! CONGRATULATIONS MORRIS!



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!



Demetria's

TOP 4 FUN INDOOR ACTIVITIES TO DO WITH FRIENDS THIS SPRING



1. Puppy Yoga

One of the cutest activities you can do in the GTA. Be warned that very little yoga will be happening because you'll be so distracted from all the cuteness!



2. Monography

A unique and fun way to capture the moment. This is a self-portrait studio only a 20-minute drive from the clinic, which allows you the freedom of getting professional quality photos done with friends or on your own! monography.ca



3. Pottery Class

A fun way to test your artistic skills and patience (if you're a newbie) at one of the local pottery studios.

4. Rec Room

Relive being a kid at the arcade again, but with a drink in your hand if you want! Lots of options for friends and family to play games and challenge yourself.



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