



IGNORE YOUR BACK PAIN AT YOUR OWN RISK!

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



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IGNORE YOUR BACK PAIN AT YOUR OWN RISK!

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physiotherapist to guide them to relief and proper management for the future.

For many people, physiotherapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Continued inside.

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Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

EXERCISE ESSENTIALS

ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an ‘L’ shape with your thigh and trunk. Hold for 20 seconds. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Repeat 3 times.



PT WIRED



Find a physiotherapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

Physiotherapy Is An Effective Solution For Your Back Pain

Your physiotherapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

- **Targeted exercises** that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- **Guided stretching** to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- **Support and guidance** with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physiotherapist, you can find solutions and get back to living the life you enjoy!

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physiotherapist!

Working with a physiotherapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Call today to make an appointment!



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



ARE YOU RUNNING AS WELL AS YOU SHOULD?

Problems with running increase as we age and are a leading cause of falls and disability in older adults. At least 20% of adults over 65 have problems with running. This further increases to 50% in adults 85 years old and older. Most of these problems with running are associated with underlying diseases.

9 Things That Stifle Your Stride

Problems with running are not a direct consequence of getting older. Rather, they are the effects of other conditions that become more common and severe with age. Common risk factors for severe problems with running include advanced age (older than 85) and multiple chronic disease conditions such as heart disease, arthritis, dementia, stroke, hip fracture or cancer.

Common conditions that contribute to running problems include some of the following:

1. Back pain
2. Joint pain and arthritis
3. Diseases of the muscles or bones
4. Poor fitness
5. Problems after orthopedic surgery or stroke
6. Low blood pressure and heart disease
7. Parkinson's disease
8. Vision or balance problems
9. Fear of falling



If you are finding running more difficult, or you want to start running safely, don't wait! Call to schedule an appointment today and we will help get you back on track to being the best runner you can be!

PELVIC FLOOR PHYSIOTHERAPY

- Does your bladder leak when you cough, run, sneeze, or jump?
- Do you have difficulty making it to the bathroom in time?
- Do you suffer from pelvic pain?
- Do you have pre/post-natal pain or abdominal separation?

With **Pelvic Floor Physiotherapy**, you can learn more about your condition, better manage your pain and symptoms, strengthen, lengthen, and activate your pelvic floor muscles, and get back to doing the things you love to do.

We have a unique and specialized approach with our pelvic patients because we work closely with our Physio Pilates instructors in the clinic to better improve core and pelvic floor strength with the pilates exercises.



We're excited to offer you the opportunity to experience the benefits of Pilates while working with our amazing Pilates & Physio Pilates specialists **Pari Hosseini** & **Monica Söderström**.

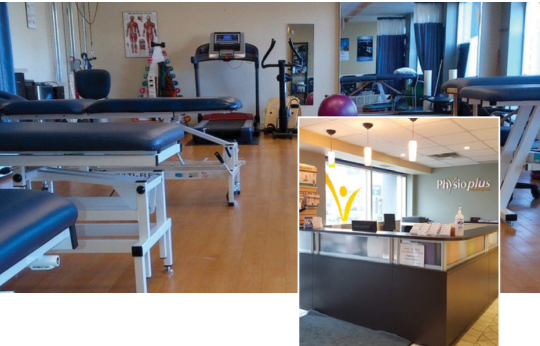
Take the first step toward improving your pelvic health and getting back to doing the things you love. **Book a Pelvic Health session this month and receive a complimentary 30-minute Pilates session.** This offer is available for July appointments only. Secure your spot now!

Call us today and start your journey toward a pain-free you.

(647) 484-3345

THE PHYSIOPLUS DIFFERENCE

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 as an inconvenience showing up. There is none of that here.



PATIENT GRADUATION!
CONGRATULATIONS MARTHA!

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



PhysioPlus
health group

WATERMELON CUCUMBER LIME REFRESHER



INGREDIENTS

Per each serving

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

Directions:

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice, <https://tasty.co/recipe/juice-pulp-muffins>

Call PhysioPlus Health Group Today at (647) 484-3345 or visit our website at www.physioplushealth.com to schedule your consultation today!

