



**ARE YOU LIVING WITH  
NECK PAIN?**

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



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**Lauren Rimmer's Top 5 Summer Activities to Do in Toronto**

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



## ARE YOU LIVING WITH NECK PAIN?

### PHYSIOTHERAPY CAN HELP YOU FIND RELIEF

**Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physiotherapy at PhysioPlus can help you find the relief you're searching for!**

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how we can help you keep living the kind of life you want with less pain and movement restrictions.

#### What Is Causing Your Neck Pain?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute to it. The most commonly reported risk factor is working in an awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low).

These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

#### What Are The Most Common Symptoms?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you

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experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side that you have pain, this typically means that you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

## How Physiotherapy Can Help You Find Relief

Physiotherapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physiotherapist can also teach you how to arrange your working environment ergonomically and recommend



various postural changes. Such changes may include:

- When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders.
- Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests.
- Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

## Physiotherapy Is An Effective Solution For Neck Pain!

Physiotherapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physiotherapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

## Call PhysioPlus today!

**If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!**

## EXERCISE ESSENTIALS

### SITTING CERVICAL SIDE BENDING

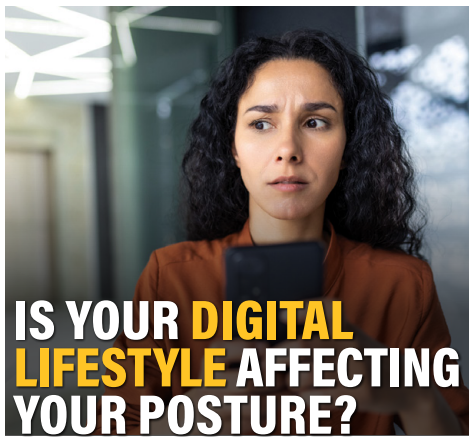
Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your left hand over the top of your head, with fingers pointed towards the ear. Keep right hand on the back of the neck as support. Bend your neck to the left, allowing your left hand to assist you going deeper into the motion. Hold 2 seconds and repeat 10 times.



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# IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR POSTURE?

Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

**Text neck** is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.



We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches.

**If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.**

## ARE YOU LOOKING FOR A NEW WAY TO HELP YOU MOVE BETTER? TRY PHYSIO-PILATES!



### WE CAN HELP YOU WITH:

- Back & Neck Pain
- Osteoporosis
- Poor Posture
- Arthritis
- Shoulder Pain
- Pelvic Floor Weakness
- Hip & Knee Pain
- Pre & Post Natal Pain/Weakness
- Scoliosis

### BOOK YOUR APPOINTMENT NOW!

**(647) 484-3345**

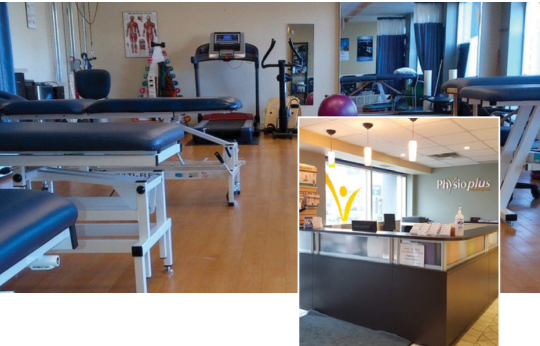


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# THE PHYSIOPLUS DIFFERENCE

“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 like an inconvenience showing up. There is none of that here.”



**PATIENT GRADUATION!  
CONGRATULATIONS  
MAEGAN!**

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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



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## CHERRY-BERRY OATMEAL SMOOTHIES



### INGREDIENTS

- 3 cup quick-cooking rolled oats
- ½ cup light almond milk
- ¾ cup fresh strawberries
- ½ cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- ½ cup small ice cubes

**Directions:** In a blender combine oats, almond milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

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





# Lauren Rimmer's TOP 5 SUMMER ACTIVITIES TO DO IN TORONTO

Summer is here and Toronto is the place to be. There are numerous ways to spend a summer day or evening in the city whether you're looking for an inexpensive and relaxing time or an enjoyable excursion. Here's a list of my Top 5 Favourite Summer Activities in Toronto:

## 1. Bike the Waterfront

If you know me then you won't be surprised by #1 on the list. Every weekday I enjoy a bike ride along the Martin Goodman Trail to get to and from work. It's a great way to commute, but it's also a lovely way to get some exercise this summer. If you don't have your own bike, there's plenty of spots to pick up a city bike and travel as far as you'd like.

## 2. Eat on a Patio

Sunshine and food; a great summer pair. One nice thing that came out of the pandemic, was that several Toronto restaurants opened up patios to serve food and drinks. Choose an area of the city to visit, find a cuisine that suits you, and enjoy a nice meal on a patio this summer.

## 3. Visit Toronto Island

Toronto Island is the perfect spot to go when you're looking to escape the hustle and bustle of the city, but you don't want to travel too far. Pack a cooler, bring a towel/blanket, and enjoy a beach or park getaway that's just a ferry ride outside the city.

## 4. Watch a Blue Jay's Game

Whether you're a baseball fan or not, this is a great summer event. There's just something about the atmosphere of the Roger's Centre and being in a group of people supporting your home team.

## 5. Go to a Concert

Toronto is the spot for entertainment, and in the summer, you can pretty well find a concert going on every night. There are numerous venues to attend, but each summer I look forward to seeing a concert at Budweiser Stage. It's an awesome experience to be outside while listening to live music.



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