

Contact Us Today
To Find Out How
Physiotherapy Can
Help Alleviate your
Shoulder Pain!

TIPS TO HELP ALLEVIATE AND PREVENT

SHOULDER PAIN

CALL 647.484.3345 TODAY!



Scan the QR Code to read more from PhysioPlus including
Kayla's Top 5 Provincial Parks She's Explored So Far!

TIPS TO HELP ALLEVIATE AND PREVENT SHOULDER PAIN

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At PhysioPlus Health Group, our physiotherapists can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!



The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At PhysioPlus Health Group, our physiotherapists can help identify the cause of your shoulder pain and the steps needed to resolve it.

Conditions That Cause Shoulder Pain

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

- Tendon inflammation
- Instability (i.e., partial or total dislocation)
- Bursitis
- Degeneration and/or arthritis
- Tendon tear (i.e., partial, complete, or degenerative)
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

Daily Exercises That Can Help The Shoulders

Our team at PhysioPlus Health Group will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems.

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

Across-The-Chest Stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Continued inside.

**REQUEST AN APPOINTMENT TODAY, AND LET US
HELP YOU GET YOUR ARM MOVING AGAIN!**

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www.physioplushealth.com

TIPS TO HELP ALLEVIATE AND PREVENT SHOULDER PAIN

Continued from previous page.

Chest Expansion / Posture Corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3-5 times.

Thread The Needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up.

Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

Request An Appointment At PhysioPlus Today!

Our team of physiotherapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!



EXERCISE ESSENTIALS

SHOULDER EXTERNAL ROTATION STRETCH

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



NOW AVAILABLE

IN-HOME PHYSIOTHERAPY

We know that mobility or transportation issues can sometimes make it difficult to get to our clinic. And that's why we're making it easier for you...we're bringing the clinic to your home!

We can help you with:

- Post-Surgical Rehab
- Muscle & Joint injuries/pain
- Arthritis
- Vertigo & Dizziness
- Fractures
- Seniors Care (fall prevention, general weakness & deconditioning)
- Post-stroke or Concussion Rehab

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



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PELVIC FLOOR PHYSIOTHERAPY

WHAT IS THE PELVIC FLOOR?

You've probably heard of the phrase "pelvic floor" before. But what does it exactly mean?

A pelvic floor is a group of pelvic floor muscles that span from your tailbone to your pubic bone.

You can think of the pelvic floor as a muscle "hammock" that supports some of your important internal organs like your bladder, uterus or prostate, and rectum.

WHAT CAUSES PELVIC FLOOR DYSFUNCTION?

Like any muscle in your body, your pelvic floor can be too tight or too weak. When this change happens, you could have symptoms like involuntary loss of urine, pain or discomfort around your pelvic region or low back, and pain with intercourse.

There could be many different factors that might be contributing to your pelvic floor symptoms.

Some factors that could have contributed to your pelvic floor dysfunction include the effects of pregnancy, childbirth, injury, stress, or trauma.

Despite these factors, there are steps you can take to effectively manage and heal your pelvic floor-related symptoms.

HOW CAN I GET STARTED WITH PELVIC FLOOR PHYSIOTHERAPY?

At Physio Plus Health Group we have several pelvic floor physiotherapists that are highly trained and knowledgeable about different pelvic floor conditions.

Most importantly, our pelvic floor physiotherapists will help you find the root of your pelvic floor problem and solve it, so you can get back to doing the activities you love to do.

**Book your first appointment today
to start feeling better, sooner.**

Call 647.484.3345



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

What: Live Online Workshops

Where: On a Secured Zoom Webinar

When: October 25, 2023 12:00 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!

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
- Q&A so you can get answers to your questions from our Vestibular Physiotherapist.

Wednesday October 25th, 2023 at 12:00 pm

The workshops are free but space is limited.

To register or for more information, call:

(647) 484-3345

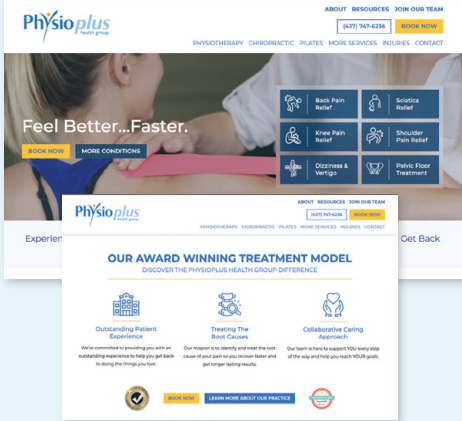


**Or scan the QR Code to
register online.**

Physioplus
health group

CHECK OUT OUR UPDATED WEBSITE

physioplushealth.com



PATIENT GRADUATION!
**BELLA R. — CONGRATULATIONS
ON BEING PAIN FREE!**

DON'T LET YOUR INSURANCE GO TO WASTE!



Have you been struggling with aches & pains lately? Have you had surgery this year? If you answered YES, now's the time to use your health benefits!

Let us help you get a headstart in 2024 before your benefits renew again!

- Physiotherapy
- Massage
- Orthotics
- Chiropractic
- Osteopathy

Call to book your appointment today!
(647) 484-3345

Visit our website at www.physioplushealth.com



Kayla's

TOP 5 PROVINCIAL PARKS SHE'S EXPLORED SO FAR!

1. Algonquin Park

Algonquin is a massive park filled with many hiking trails, beaches and campsites in the Muskoka region. Great place to go if you're looking for a little road trip! Anywhere you go, you will meet some wildlife and have breathtaking views! There is so much to do there. If you are an avid hiker, I recommend Track and Tower Hiking Trail for some great views of the landscape.

2. Pinery Provincial Park

Located on Lake Huron, Pinery is a beautiful park with a 10km beach and large sandy dunes! Pinery is full of things to do; hiking trails, bike trails and camping! They even have a dog beach for the pups. The water is breathtakingly blue; it feels like you're on a beach vacation!

3. Rockpoint Provincial Park

Located on Lake Erie, Rockpoint has amazing fossil formations laying on the beach. You can take a walk along the shore and guess what each fossil is. The beach is very large and the water is crystal clear. I stayed here to camp; Sites were large and private!

4. Sibbald Point

I have been going to Sibbald Point since my childhood. If you're looking for a day trip with the family close to the GTA this is for you! This is a large park, with lots of park space to have a BBQ or hang out by the beach. Campgrounds are large and private. Close to amenities. Don't Forget about the Kawartha Ice cream before you leave!

5. Forks of the Credit Provincial Park

If you're looking to hit the trails close to home, this Park is located in Caledon on the Niagara Escarpment. Within the Park there are 6 Trails to choose from even the Bruce Trail and Trans Canada Trail run through here! You will be met with beautiful meadows, the rolling Credit River and even a waterfall! Being on the Niagara Escarpment you will have many declines and inclines so you're in for a work out here!

