

**RELIEVE ARTHRITIS PAINS
THE NATURAL WAY**
AND GET BACK TO DOING WHAT YOU ENJOY!

CALL 647.484.3345 TODAY!



Scan the QR Code to read more from PhysioPlus including
Chantelle's Top 5 Shows To Binge in the Fall

www.physioplushealth.com



RELIEVE ARTHRITIS PAINS THE NATURAL WAY

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

At PhysioPlus Health Group, you can find solutions to your pain and get back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at PhysioPlus Health Group can help!

What Is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation

states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

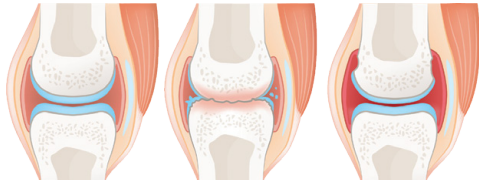
While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

What You Can Do To Help Your Arthritis Pain

Regardless of the cause of arthritis, physiotherapy plays a significant role in treating its symptoms. Physiotherapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physiotherapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is

Continued inside.



HEALTHY JOINT

OSTEOARTHRITIS

RHEUMATOID

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

CALL 647.484.3345 TODAY!

www.physioplushealth.com

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!

RELIEVE YOUR ARTHRITIC PAINS WITH PHYSIOTHERAPY

Continued from previous page.

severe and surgery is required, physiotherapy will help you prepare and recover from your procedure.

In addition to traditional physiotherapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

Getting exercise. Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

Taking supplements. Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Avoiding processed and sugary foods. Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

EXERCISE ESSENTIALS

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.



PT WIRED

How Can Physiotherapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At PhysioPlus Health Group, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

If you or a loved one is suffering from arthritis, contact PhysioPlus Health Group today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!



Scan the QR Code to read more from PhysioPlus Health Group including...

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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**

FREE PELVIC FLOOR WORKSHOP

What: **Live Online Workshops**
Where: **On a Secured Zoom Webinar**
When: **November 29, 2023, 12:00 pm EST**
Price: **FREE!**

Are you or is someone you know...

- Urinating more than 5-8 times a day
- Waking up more than once during the night to urinate
- Experiencing heaviness, pressure or discomfort in the pelvic region
- Leaking when you laugh, sneeze, cough, or exercise
- Dealing with persistent low back or hip pain
- Feeling pelvic or tailbone pain
- Pregnant or postpartum
- Noticing abdominal muscle separation

Our pelvic floor physiotherapists have helped thousands of women overcome a wide variety of issues, all through assessment and treatment of the pelvic floor!

We'll talk about conditions related to pelvic floor dysfunction, incontinence and pelvic pain and give you practical advice and self care tips to help you get back to normal.

You'll learn about why pelvic floor physiotherapy is a safe and effective solution to your problem, plus so much more, including:

- Top conditions treated by Pelvic Floor Physiotherapy
- 3 Most common causes of incontinence
- What is the biggest mistake that people who suffer from incontinence make
- How to get back to exercise, without fear of leaking
- **And a LIVE Q&A to get answers to your questions!**

Wednesday November 29th at 12:00 pm EST

**The workshops are free but space is limited.
To register or for more information, call:**

(647) 484-3345

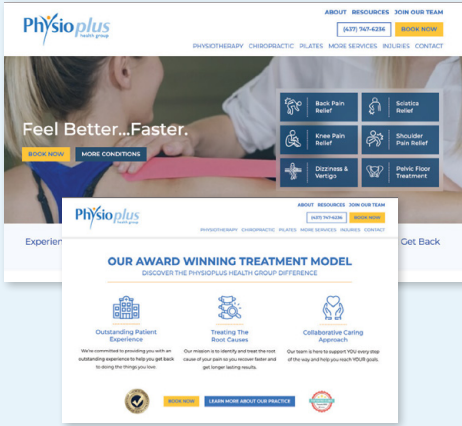


Or scan the QR Code to register online.

Physioplus
health group

CHECK OUT OUR UPDATED WEBSITE

physioplushealth.com



PATIENT GRADUATION!
**NADINE — 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



Chautelle's TOP 5 SHOWS TO BINGE IN THE FALL



1. Gilmore Girls

Hands down my #1 show that puts me in the fall mood! It seems like it's always fall in this town. I've watched this show so many times and it's a great show to have playing in the background!

2. Gossip Girl

Another show I've watched too many times to count! The dramatic Thanksgiving episodes in New York leave you conflicted about whether the Upper East Side lifestyle is something anyone really wants.



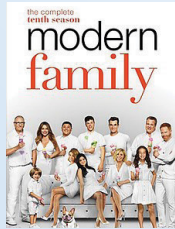
3. Only Murders In The Building

A newer show (compared to the others) that I've really been liking! It's a mix between a murder mystery, comedy and drama! The cast — Selena Gomez, Martin Short and Steve Martin — somehow give the show really cozy vibes.



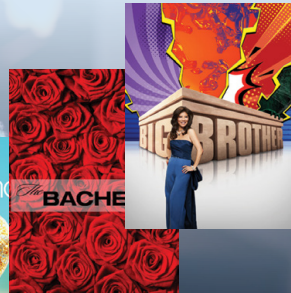
4. Modern Family

Probably the most relatable show I've ever watched, I find that every character resembles someone in my family and the Halloween/Thanksgiving episodes are some of my favourites!



5. Any Reality TV

Big Brother, Love Island and The Bachelor franchise are some of my favourite ones and they're all going on this fall! I get so invested in these shows and love being able to turn off my brain for a bit!



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