



IDENTIFYING AND TREATING KNEE ARTHRITIS

*And get back to
enjoying your life!*

CALL 647.484.3345 TODAY!



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Alex's Top 5 Favourite West Toronto Eats

IDENTIFYING AND TREATING KNEE ARTHRITIS

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

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

Osteoarthritis is the most common type of arthritis and is known to cause a gradual breakdown of cartilage in the joints. Over time, the condition will typically worsen, leading to inflammation, more 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 live with stiff, achy, or painful knees, contact PhysioPlus Health Group today to schedule a consultation.

Our dedicated physiotherapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee(s).

What Type Of Arthritis Affects The Knee Joint?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to 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 cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

There are also physical risk factors associated with increased knee osteoarthritis, including:

- Injury to the joint
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- High flexor muscle weakness and knee osteoarthritis

Continued inside.

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

CALL 647.484.3345 TODAY!





LIVING WITH OSTEOARTHRITIS? BE GLA:D™

We understand how much osteoarthritis pain can impact your quality of life, which is why we're proud to be part of the GLA:D™ Canada initiative.

GLA:D™ stands for **Good Life with Arthritis: Denmark**, but it's now available here in Canada. This evidence-based program aims to help people with hip or knee osteoarthritis find relief from pain and limited mobility, ensuring they can live full, active lives.

If you sign up for the GLA:D™ program through PhysioPlus Health Group, here's what you can expect:

- **Two 90-minute educational courses** about osteoarthritis and neuromuscular exercise training
- **A six-week-long target exercise program consisting of two 60-minute sessions a week.** Our physiotherapists will guide you through each session, which includes a warm-up, targeted circuit training designed to alleviate symptoms, and a cool-down.

What Are the Benefits of the GLA:D™ Program?

The main goal of the GLA:D™ program is to improve the quality of life for anything living with hip and knee arthritis. This means...

- Reducing pain intensity
- Increasing walking speed
- Reducing the need for joint-related pain medications
- Increasing overall activity levels
- Reducing fall risk

How Do I Get Involved?

If you're interested in participating in the program, call us to schedule an appointment! One of our physiotherapists will conduct a thorough assessment to ensure you're a good fit. If you are, we'll guide you through the rest of the process — and help you find lasting osteoarthritis relief!

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RELIEVE YOUR ARTHRITIC PAINS WITH PHYSIOTHERAPY

Continued from previous page.

Common Symptoms Of Knee Arthritis

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

How Can Physiotherapy Help Relieve Arthritis?

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.

Your knee treatments 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.

Physiotherapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physiotherapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

At PhysioPlus Health Group, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physiotherapy!



IN-HOME PHYSIOTHERAPY NOW AVAILABLE!

In-home physiotherapy can help you with:

- Knee Post-surgical recovery & rehab (knee & hip replacement, spine surgery, shoulder, elbow & knee surgery, heart surgery)
- Muscle & joint injuries / pain
- Arthritis
- Vertigo & Dizziness
- Seniors care (fall prevention, general weakness and deconditioning, imbalance)
- Post-stroke or Concussion rehab
- Fractures
- Injuries sustained in a car accident

In-home physiotherapy treatment is covered by insurance plans.

Have questions? Contact us for a complimentary 15 minute consultation with a physiotherapist!

BOOK YOUR APPOINTMENT NOW!

CALL: (647) 484-3345



Or Scan the QR Code

WE'RE NOMINATED IN THE 2024 TOP CHOICE AWARDS SURVEY!



VOTE FOR US!

Voting is officially open, and if you believe we've earned your vote, we'd be incredibly grateful for your endorsement.

VOTE for a Weekly chance to WIN \$500

Hurry, as voting concludes on December 21st, 2023, at noon EST



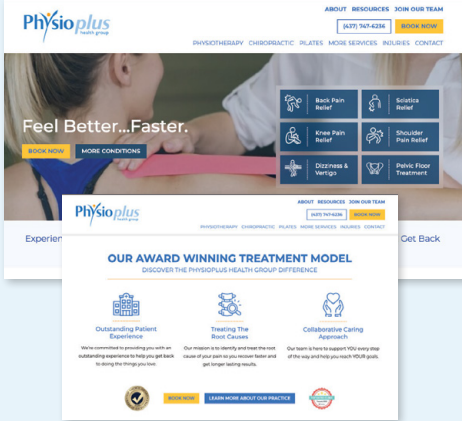
SCAN TO VOTE NOW!

THANK YOU!



CHECK OUT OUR UPDATED WEBSITE

physioplushealth.com



PATIENT GRADUATION!
CONGRATULATIONS
SANJUKTA!

Last Chance in 2023!

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
- Chiropractic
- Massage
- Osteopathy
- Orthotics

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

Visit our website at www.physioplushealth.com



Alex's

TOP 5 FAVOURITE WEST TORONTO EATS

Physioplus
health group



1. Queen's Pasta Café

A great Italian restaurant option in Bloor West Village.
Great place to go if you are a pasta lover like me!



2. Patisserie 27

A fantastic local bakery that offers some of the best
croissants and pastries that I've had in the city!



3. Pizzeria Badiali

The best slice of pizza I've had in the city. My suggestion
is the burrata marinara or the vodka pie!



4. La Cubana

A great option for authentic and delicious Cuban food. I
really enjoy their pressed sandwiches!



5. Gold Standard

If you're looking for a great breakfast sandwich, this is
the place to go. They also offer great burger options!



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