



FALL PREVENTION & STAYING
ACTIVE DURING **WINTER**
WEATHER

CALL 647.484.3345 TODAY!



Scan the QR Code to read more from PhysioPlus including
Sarah's Top 3 Documentaries!

THIS WINTER... **STAY ACTIVE! BE SAFE!**

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give PhysioPlus Health Group a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying Safe And Active In Winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

How Can A Balance Expert Help Me Reduce My Fall Risk?

The physiotherapists at PhysioPlus Health Group are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This

Continued inside.

**REQUEST AN APPOINTMENT TODAY, AND LET US
HELP YOU KEEP YOU MOVING SAFELY!**

CALL 647.484.3345 TODAY!

www.physioplushealth.com



OMELET MUFFINS

Great make-ahead breakfast treat for those hurried holiday mornings!



INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

Directions: Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

EXERCISE ESSENTIALS

KNEE EXTENSION AROM

Start by sitting on the edge of a table so that your legs are dangling off of the edge. Place your non-working leg behind your working leg so that your ankles are crossed. Relax the working leg and allow the non-working leg to lift both legs up so they are fully extended in front of you. Lower your legs and repeat this motion as directed by your provider.



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Continued from previous page.

information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

What Should I Expect During Therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at PhysioPlus Health Group are:

Strengthening exercises: These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training: Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physiotherapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.

Static and dynamic balance training: This kind of training will be incorporated into your physiotherapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physiotherapists will also teach you balance strategies to help mitigate fall risk.

Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Contact Us Today For A Balance Assessment

PhysioPlus Health Group wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physiotherapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!



GET STRONGER PILATES CLASS

Whether you're looking to enhance your physical performance, relieve stress, or simply enjoy a great workout, the PhysioPlus Functional Strengthening Pilates Class has something to offer everyone.

In this class, we'll explore the dynamic fusion of traditional Pilates principles with a focus on functional strength. Our certified Pilates Instructor Monica Soderstrom will guide you beyond isolated movements, emphasizing the integration of your core, flexibility, balance, and body strength into your daily activities.

This means that not only will you develop a more toned physique, but you'll also enhance your posture, reduce the risk of injury, and achieve a heightened level of body awareness. Not to mention increasing your fitness level.

Class sizes are small, so to ensure you get a spot, call our Bloor West Village and Kingsway clinic as soon as you can at 437-747-6236 to book.

BOOK NOW

437.747.6236

We can't wait to see you thrive in your Pilates practice and unlock the full potential of your entire body today!

MEET OUR GROUP PILATES INSTRUCTOR

MONICA SÖDERSTRÖM
CERTIFIED STOTT PILATES
INSTRUCTOR

NOW AVAILABLE! GROUP CLASSES & 1:1 PILATES



**Every Tuesday and Friday
from 1-2 PM**

- Increase core strength
- Reduce pain & and stiffness
- Improve your posture
- Reduce the risk of injury
- Get active again..safely
- Increase fitness level

Whether you're already into Pilates or it's your first time, this class is meant to make you stronger and be better prepared for your everyday activities.

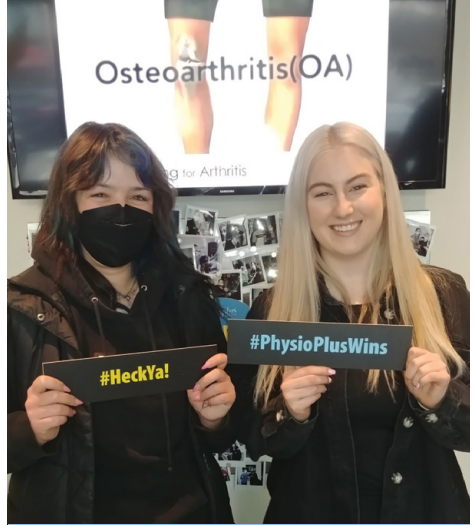
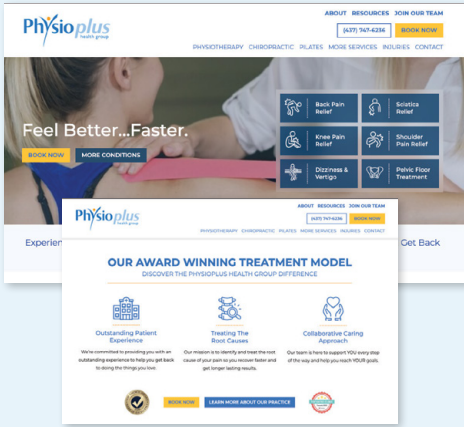
Contact us today to book your class or a complimentary consultation with Monica where you can learn more about our Group and 1:1 Pilates Classes, discuss your personal fitness goals, and ask any questions you may have.

CALL: (647) 484-3345

Physioplus
health group

CHECK OUT OUR UPDATED WEBSITE

physioplushealth.com



PATIENT GRADUATION!
CONGRATULATIONS
MEGHAN B. — PAIN FREE

SOAR INTO 2024

**WHY NOT
JOIN A PILATES
CLASS IN 2024?
YOU WILL
LOVE IT!**



Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physiotherapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physiotherapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let PhysioPlus Health Group help you on your journey to becoming strong, healthy, and active in 2024.



SCAN THE QR CODE!

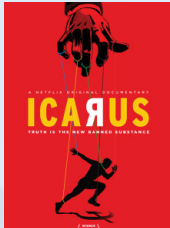
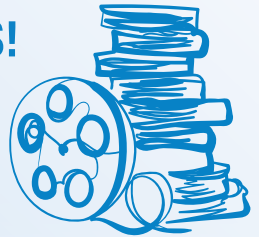
Schedule your appointment today by scanning the code or visit physioplushealth.com

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



Sarah's

TOP 3 DOCUMENTARIES!



1. Icarus

This one is for all the cycling, sports, and olympic fans out there. This is one of my favorite documentaries because where it ends is much further from the initial intention of the documentary than would have been expected.

Description: Icarus is a 2017 American documentary film by Bryan Fogel. It chronicles Fogel's exploration of the option of doping to win an amateur cycling race and happening upon a major international doping scandal when he asks for the help of Grigory Rodchenkov, the head of the Russian anti-doping laboratory.



2. Searching for Sugar Man

This is a great documentary for people who love good music and a bit of history. And right when you think the documentary is wrapping up, it is really just getting started!

Description: The movie revolves around an up-and-coming Rock'n'roller from the 70s who recorded two albums and then disappeared into obscurity. His music was lost in the US but by a strange coincidence becomes a cult hit in South Africa and becomes a symbol of rebellion for the underground white, anti-apartheid sub-culture.



3. Girl in the Picture

If you like crime and lots of twists and turns, then this is the documentary for you. Right when you think there couldn't be another twist, they just keep coming!

Description: A young mother's mysterious death and her son's subsequent kidnapping blow open a decades-long mystery about the woman's true identity and the murderous federal fugitive at the center of it all.