

A man and a woman are dancing in a kitchen. The man is wearing a white t-shirt and a denim jacket, and the woman is wearing a beige sweater and dark pants. They are both smiling and looking at each other. The background shows a kitchen counter with a coffee maker and a plant.

IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

HERE'S HOW ONE OF OUR PATIENTS GOT BACK
TO THE THINGS HE LOVED THE MOST

CALL 647.484.3345 TODAY!



Scan the QR Code to read more from PhysioPlus including
Demetria's Top 5 Ways She Stays Active in the Winter



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The chances are very good that you'll experience back pain at some point in your life. You might lift a piece of furniture that's a little too heavy for you. You might develop pain from prolonged sitting. Or you might just notice a "random" back pain that likely stems from repetitive or awkward movements.

No matter the source of your back pain, physiotherapy with PhysioPlus Health Group can help you find relief. We know that when you're in the throes of debilitating pain, pinpointing the underlying cause is probably the least of your concerns. But to our team of experts, understanding the cause is the first step in helping you get the treatment you need.

To illustrate this, let's look at a story from our files. Daniel developed back pain that was dramatically impacting his day-to-day life. It kept him on the couch during the day and wide awake at night—but our therapists helped him find lasting relief.

Meet the Patient (And His Back Pain)

Daniel was a computer programmer in his late 30s who spent his workday tapping away on his computer keyboard. In his spare time, he enjoyed playing board games with his buddies,

taking his German shepherd to the dog park, and whipping up meals for his girlfriend.

One day, Daniel was digging out a dead shrub in his backyard when he felt a sudden spasm in his lower back, followed by a sharp jolt of pain. He stopped for the afternoon, but the pain hadn't receded the next day. Or the next.

Daniel's back pain was intense enough that it didn't just cause pain; it also impacted his mobility. Forget digging out a shrub; now, Daniel could barely walk his dog! And while the pain lessened somewhat while he was sitting, it was still bothersome enough to distract him from work.

Enough's Enough: Daniel Visits a Physiotherapist

Eventually, Daniel's girlfriend told him he needed to seek treatment. She suggested he try a physiotherapist, as she'd had a good experience with physiotherapy after her own back injury.

At the PT clinic, Daniel shared his symptoms and noted that the pain had started while he was doing yard work.

Continued inside.

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

CALL 647.484.3345 TODAY!

www.physioplushealth.com

ROASTED BRUSSELS SPROUTS

WITH GOAT CHEESE AND POMEGRANATE



INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds



Directions: Preheat oven to 200 degrees Celsius. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>



Continued from previous page.

His therapist also guided him through several movement screens, testing Daniel's range of motion and strength.

By the end of the appointment, Daniel's therapist had determined that Daniel likely had an issue with his lumbar discs (the cushions found between vertebrae) from digging out the tree root; he'd twisted his body while lifting a heavy clump of dirt, damaging his discs.

However, part of the reason Daniel suffered the injury was because the muscles in his back and core were weakened due to his sedentary job. Without strong core muscles to support his spine, he was more susceptible to an injury, particularly when performing manual labor without any conditioning or warmup.

A Personalized Treatment Approach

Daniel's physiotherapist didn't want to just mask Daniel's symptoms. He wanted to resolve the underlying injury and help Daniel prevent future injuries. To accomplish this, he created a customized treatment plan that walked Daniel through the following steps:

- **Relieve acute pain:** Manual therapy techniques like back mobilization and soft tissue manipulation offered an all-natural alternative to pain medication.
- **Restore mobility and build strength:** A therapeutic exercise program helps address the underlying muscular weakness that set Daniel up for an injury in the first place. By building up the strength in his back and core, Daniel was able to provide more stability and support to his spine.
- **Address lifestyle factors:** Another factor in Daniel's injury was his sedentary job. His physiotherapist offered suggestions to help offset the prolonged sitting involved in computer programming, including taking stretching breaks every 30 minutes and investing in a standing desk.
- **Prevent another injury:** Finally, the therapist showed Daniel how to use proper technique when working in the yard and suggested some warm-up methods the next time Daniel needed to perform strenuous movements.

Does Daniel's story resonate with you? Just like him, you don't have to suffer! Schedule an initial consultation at PhysioPlus Health Group to get started on the journey to lasting pain relief.

EXERCISE ESSENTIALS

TRUNK ROTATION IN SIDE BENDING

Start by standing up with your feet spread to just outside hip-width and one foot in front of the other. Reach both hands to your front foot and then reach your arm up toward the ceiling and slightly toward your back leg. Hold for 2 seconds.



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INTRODUCING OUR NEW FUNCTIONAL TRAINING PROGRAM

Functional training is a form of supervised exercise that we offer here for those

individuals who would like professional guidance and training toward returning to a certain exercise, activity, or movement goal.

Functional training is for individuals of all ages and abilities as it promotes safe and effective movements. This type of training helps to improve strength, flexibility, balance, coordination and endurance. It can also help increase the range of motion in a joint (which is often limited after an injury or surgery).

Benefits of Our Functional Training Programme Include:

- **Increased Strength:** Functional training targets multiple muscle groups simultaneously, helping to build overall strength.
- **Enhanced Stability and Balance:** Many functional exercises require engagement of stabilizing muscles.
- **Muscle Activation:** Functional training emphasizes the activation of various muscle groups in a coordinated manner.
- **Task-Specific Training:** Functional exercises often mimic real-life movements, making them more relevant to daily activities.
- **Pain Management:** Functional training can be tailored to individual needs and pain levels.
- **Psychological Benefits:** Achieving small functional milestones can boost confidence and motivation during the recovery journey.
- **Prevention of Re-injury:** Functional training can reduce the risk of developing secondary injuries or complications related to altered movement patterns.
- **Adaptability:** Functional exercises can be adapted to suit the specific needs and limitations of individuals recovering from different types of surgeries.

Scan the QR Code to learn more about our
FUNCTIONAL TRAINING PROGRAM



BACK PAIN RELIEF PROGRAM

Have you ever experienced a bad night's sleep due to back pain or strained your back while moving something heavy? Or maybe you hurt your back playing a sport.

Are you searching for a way to get rid of back pain?

Our Back Pain Relief Program Can Help:

- Reduce pain and stiffness
- Restore mobility and function so you feel less vulnerable when you move
- Help you get back to the activities or sports that are important to you
- Teach you self-management strategies that speed recovery, allow you to take control of your pain and help prevent re-injury
- Strengthen weak back, pelvic and leg muscles



Our back pain specialists will perform a thorough assessment aimed at identifying the root of the problem and will come up with a specific treatment plan tailored to your needs.

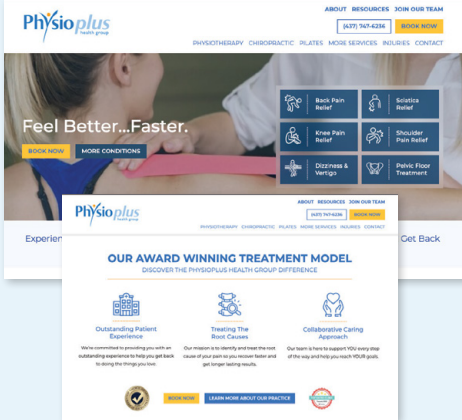
If you are looking for back pain relief, book an appointment with PhysioPlus Health Group today. Our physiotherapists are eager to help you get back on your feet!

CALL: (647) 484-3345

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CHECK OUT OUR UPDATED WEBSITE

physioplushealth.com



PATIENT GRADUATION!
CONGRATULATIONS
MARCO D. — PAIN FREE

EXERCISES TO DO INDOORS

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter — without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.





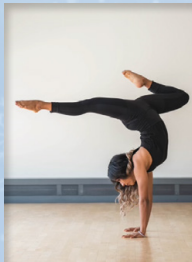
Demetria's

TOP 5 WAYS SHE STAYS ACTIVE IN THE WINTER

Physioplus
health group

1. Going to the Gym

There's something for everyone at the gym, whether it's lifting weights, using the cardio machines, taking a class, or swimming, Demetria loves that there are endless options for what to do and personally spends most of her time lifting weights when she's there.



2. Taking a Dance Class

Demetria has been dancing for almost 2.5 decades and loves it. There are studios near the clinic and further into the city that she trains with and will occasionally still perform. If you ever see her at a class, feel free to say hi!

3. Taking an Online Exercise Class

For those days where you don't want to leave your home, the weather is suddenly bad (classic Ontario), or you really want to take a class that isn't offered at your local gym, this is a great option. Demetria recently did a Power Yoga class that she found for free on Youtube.



4. Going on an Outdoor Walk or Hike

There is nothing like getting some fresh air. As long as she's dressed for it and there are appropriate weather conditions, an outdoor walk or hike always gives Demetria an extra bit of energy in the winter.



5. Taking on an Exercise Challenge

There are tons of exercise challenges out there especially when the New Year comes around. Throughout the year, Demetria likes to take some on to push herself out of her comfort zone and try new routines. Not each one is for everyone and she's not always perfect, but it's definitely a great push. This is the one she has recently taken on. If you see her at the clinic feel free to ask her how it's going!

75 *Soft* CHALLENGE

- EAT A HEALTHY BALANCED DIET
- WORKOUT 45 MINS EACH DAY, 75 DAYS IN A ROW WITH ONE ACTIVE RECOVERY DAY PER WEEK
- DRINK 3L OF WATER PER DAY
- READ 10 PAGES OF ANY BOOK PER DAY



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