



## ADDRESSING SCIATIC PAIN – START EARLY FOR BEST RESULTS

**CALL 647.484.3345 TODAY!**



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Monica's Top 3 Documentaries



**Lower back pain is bad enough. Now imagine that pain radiating down through your buttocks and into your leg. Maybe your leg becomes numb. Maybe the pain is so bad that you can barely walk!**

For people with sciatica, this nightmare scenario is a reality. Sciatica is a type of lumbar radiculopathy (i.e., nerve pain) resulting from damage or irritation to the sciatic nerve, which runs from your lower back down the back of your leg. It affects between 1% - 5% of the population.

Sciatica can be debilitating. In addition to intense pain, it severely limits your mobility — some people may struggle to get around at all. And because it results from nerve damage, it can also cause numbness, tingling, and other sensations in the leg.

The good news is that physiotherapy at PhysioPlus Health Group is one of the best treatment options for addressing sciatic pain. Unlike pain medication, it doesn't simply mask the symptoms — it seeks to resolve the underlying cause of your sciatic pain so that you have lasting relief.

**Are you ready to say goodbye to sciatic pain for good? Call us to set up your initial evaluation today — and let us get to the root of your sciatica!**

### **When Should I See a Physiotherapist About Sciatica?**

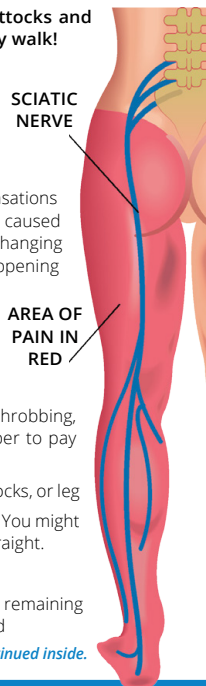
As with most musculoskeletal pains, sooner is better! Many people try to ride out sciatic pain by taking pain medication and resting — which can actually be counterproductive

and further worsen the underlying cause of your sciatica. By seeking out an early intervention, you can start feeling better faster.

You should also pay attention to changes in the severity of your pain or shifting sensations in your back and leg. Because sciatica is caused by pressure on the sciatic nerve, these changing symptoms can indicate something is happening to the nerve.

What are some of the specific symptoms of sciatica you should watch out for?

- Pain in the lower back, buttocks, and leg. (Sciatica usually only affects one leg at a time.) This pain might be dull, throbbing, aching, shooting, sharp, etc. Remember to pay attention to changes in sensation!
- Numbness or tingling in the back, buttocks, or leg
- Restricted range of motion in the back. You might struggle to twist, bend, or stand up straight.
- Walking with a limp
- Increased pain in the morning or after remaining in one position for an extended period



*Continued inside.*

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

**CALL 647.484.3345 TODAY!**

[www.physioplushealth.com](http://www.physioplushealth.com)

# 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**



## ADDRESSING SCIATIC PAIN START EARLY FOR BEST RESULTS

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One symptom you absolutely shouldn't ignore is any kind of incontinence when paired with sciatic pain. This indicates a serious medical emergency that may require surgical intervention — but our physiotherapists will be here waiting to help you with rehabilitation!

Fortunately, such incidents are rare. In most cases, regular physiotherapy is enough to resolve sciatic pain.

### Physiotherapy: Frontline Treatment for Sciatica

One of the reasons physiotherapy is so effective for sciatic pain is that it focuses on resolving the underlying cause. When you come in for your appointment, our therapists will perform a comprehensive evaluation to help us determine what might be irritating, pinching, or compressing your sciatica nerve.

We'll ask you to share details about your symptoms, such as when they started and the exact sensations you're experiencing (i.e., dull pain, shooting pain, numbness). We'll also perform several movement screens that give us a complete picture of your situation. We might check the following:

- Overall mobility
- Nerve activity
- Muscle weakness and activity
- Posture
- Balance and gait

Once we understand what's causing your sciatic pain, we'll develop a customized treatment plan to address that cause. The most common cause of sciatica is a lumbar herniated disc.

Nestled between each vertebra in your spine is a vertebral disc, a soft cushion of cartilage that protects the vertebrae from rubbing against each other. If one of those discs becomes damaged — either because of a sudden injury or age-related degeneration — they can rupture or bulge, irritating the nearby sciatic nerve.

By addressing your herniated disc, you can resolve your sciatica. For most people, that means a targeted, progressive therapeutic exercise program paired with pain management techniques such as manual therapy.

### Don't Let That Sciatic Pain Linger: Make Your Appointment Today!

Sciatica can dramatically impact your overall quality of life. Early intervention with PhysioPlus Health Group will ensure you say goodbye to sciatic pain for good.

**If you're experiencing any possible sciatica symptoms, call today to make your appointment!**



## PATIENT GRADUATION! CONGRATULATIONS LYNNE

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

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

## FREE PILATES WORKSHOP FOR YOU!



## BE STRONGER AND STAY PAIN-FREE WITH PILATES

- What:** A Live In-Person  
(5-6 attendees per date)
- Where:** **PhysioPlus Health Group** (Bloor & Jane)
- When:** June 11 - Tuesday at 6:30 PM EST  
June 13 - Thursday at 1:00 PM EST  
June 15 - Saturday at 10:00 AM EST
- Price:** FREE!

**Are you looking for a way to improve your physical fitness, improve your mental well-being, and connect with a supportive community?**

Look no further than our comprehensive Pilates workshop! Designed for both beginners and experienced participants, this workshop will guide you through the fundamental principles of Pilates, revealing its profound impact on your body and mind.

*Plus, you'll discover so much more, including...*

- The best way to activate your inner core
- Exercises to strengthen your core, back and hips
- How pilates can reduce your risk of injury
- Correct dysfunctional postural and movement habits that lead to pain
- Can Pilates replace other forms of exercise?
- **At the end, a Q&A so you can get answers to your questions**

Join us and discover the transformative power of Pilates. We look forward to seeing you there!

June 11 - Tuesday at 6:30 PM EST  
June 13 - Thursday at 1:00 PM EST  
June 15 - Saturday at 10:00 AM EST

The workshop is free but are limited to 5-6 attendees per date. To register or for more information, call:

**(647) 484-3345**



Or scan the QR Code to register online.

# HOW EMG/NCS TESTING CAN HELP IDENTIFY THE SOURCE OF SCIATIC PAIN

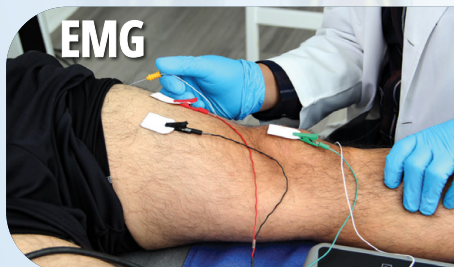
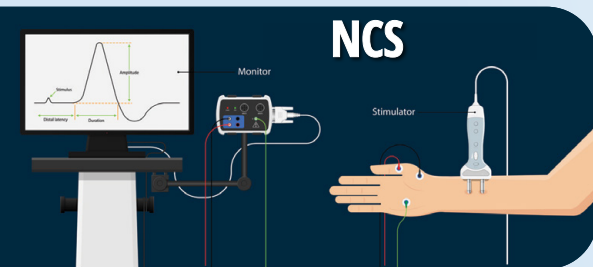
If you're struggling with sciatica, you want relief fast. But until you know what's irritating your sciatic nerve, you'll never be able to resolve your pain entirely.

In most cases, a herniated disc is the culprit for sciatica. Still, it's important to be sure, as the underlying cause of your pain will dictate the treatment approach our physiotherapists recommend. Diagnostic tools such as EMG/NCS testing will help your physiotherapist know for certain.

## EMG/NCS Testing: A Quick Overview

An EMG (electromyography) is a simple procedure that measures the electrical activity of your muscles. One of our diagnostic specialists will insert a needle electrode into your muscle. They'll ask you to contract and relax the muscle as the EMG records the results.

We usually perform an EMG test alongside an NCS (nerve conduction study), which measures the speed of electrical activity along your nerves. An NCS uses electrodes that are attached to the skin. Our specialist will send a small electrical pulse between the electrodes to collect the necessary information.



Together, these two studies can confirm that your sciatica is, in fact, courtesy of a herniated disc — allowing the PhysioPlus Health Group physiotherapists to get started on an appropriate treatment program.

**Schedule Your EMG/NCS Test Today!**

**A simple test might be all you need to get to the root of your sciatica pain. To get started, call us to schedule your testing appointment today!**

**Call (647) 484-3345**



Monica's

# TOP 3 DOCUMENTARIES



## You Are What You Eat — A Twin Experiment!

"You Are What You Eat" is a documentary that explores the effects of diet on health through an eight-week experiment involving twins. This scientific study meticulously compares their biological responses to different foods, highlighting the impact of dietary choices.

The findings suggest a shift towards a more plant-based diet could be beneficial. Although the documentary has faced criticism for seemingly promoting a vegan lifestyle, I believe such critiques overlook the broader issue. Given the rampant health problems associated with overeating and sedentary lifestyles in the Western world, this film could inspire viewers to incorporate more plant-based foods and increase physical activity, fostering better health.

Food is not our adversary; rather, the challenge lies in our limited knowledge and motivation to manage our dietary and physical habits effectively. This documentary serves as a crucial motivator, urging us to make informed and healthier choices.



## Beckam

The documentary is an enthralling personal odyssey through the world of soccer, capturing the challenges and triumphs of David Beckham despite numerous obstacles, including scrutiny from English supporters and the press, as well as the demands of family life. It traces Beckham's evolution from his early days at Manchester United through his international career with England and his successful stints at various clubs around the world. The film showcases his extraordinary sporting skills and highlights his charismatic and affable personality. It delves into how he navigated interactions with British supporters and the media. Offering intimate access to one of the world's most iconic athletes, this documentary is a captivating watch.



## NYAD

"Nyad" is an uplifting sports biopic featuring outstanding performances by Annette Bening and Jodie Foster. This documentary weaves an engaging tale about real-life figures, exploring the complex nature of its characters, who may not always be likable.

The film centers on Diana Nyad, an athlete who, at the age of 60, embarks on an ambitious quest to swim from Cuba to Florida — a grueling 100-mile challenge across open ocean. Despite multiple attempts, her perseverance eventually leads to success. Bening and Foster excel in their roles, masterfully portraying not only the physical toll of Nyad's journey but also the profound themes of deep friendship and loyalty that underpin her story.

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