



HOW PHYSIOTHERAPY CAN HELP WITH ROTATOR CUFF INJURIES

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Alex's Top 5 West End Summer Activities

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HOW PHYSIOTHERAPY CAN HELP WITH ROTATOR CUFF INJURIES

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physiotherapy — a proven and effective way to regain strength, mobility, and overall shoulder function.

At PhysioPlus Health Group, our physiotherapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

Contact our skilled team of physiotherapists today and get started on your road to recovery!

The Impact of a Shoulder Injury

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.

- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.

- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.

- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from PhysioPlus Health Group can be a game-changer!

The Role of Physiotherapy in Your Recovery

When you consult a physiotherapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physiotherapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of

Continued inside.

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NOW AVAILABLE! GROUP CLASSES & 1:1 PILATES



Every Tuesday and Friday from 1-2 PM

NEW!
EVENING CLASS NOW AVAILABLE!
Tuesdays 5:30-6:30 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.

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motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physiotherapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

- **Manual Therapy:** Physiotherapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.
- **Therapeutic Exercises:** A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.
- **Home Exercise Programs:** Physiotherapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.
- **Patient Education:** Understanding the injury and learning how to prevent future problems is crucial. Our physiotherapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

Taking the First Step Towards Recovery

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physiotherapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!

**Don't wait — start your journey
towards recovery today!**

Your Team



PATIENT GRADUATION!
CONGRATULATIONS
JEREMY

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!

BE THE BEST RUNNER YOU CAN BE

INTRODUCING OUR NEW RUNNING ASSESSMENT & INJURY PROGRAM

If you're a runner struggling with injuries that are affecting your running, or you're looking to improve your technique or form, then you've come to the right place.

At PhysioPlus Health Group, our running experts use running gait assessments to figure out how to reduce your pain while running, improve your gait efficiency and target your areas of risk so that you can keep running happily.

Our Running Program is for athletes, runners & active people who:

- Are in pain or injured
- Want to improve their form and performance
- Are working toward a race goal

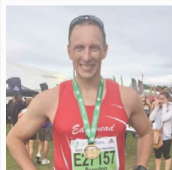
What To Expect From Your Running Assessment?

- Running Analysis — slow motion, video capture frame by frame analysis
- Real-time cues and drills to correct bad habits that lead to pain & interfere with performance
- Foot assessment, shoe advice, custom orthotics
- Physiotherapy & Chiropractic treatment for your specific problem or concern



Do you think you could benefit from a running or gait assessment?

Request a consultation with one of our running experts, so you can get started on the first steps to running and moving at your best ability!

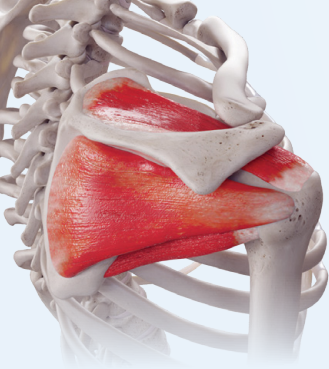


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LAUREN KANKO

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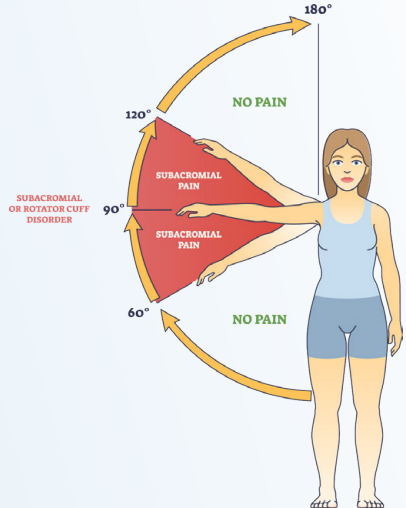


UNDERSTANDING ROTATOR CUFF INJURIES: SIGNS AND SYMPTOMS

If you've been experiencing shoulder pain or discomfort, it's essential to understand the signs and symptoms of a potential rotator cuff injury. By recognizing these indicators, you can take the crucial first step towards seeking appropriate care and embark on your path to recovery.

Rotator cuff injuries can vary in severity, in addition to pain, they often share these five signs and symptoms:

1. **Disturbed Sleep:** Rotator cuff pain often worsens at night, interfering with sleep. Sleeping on the affected side can be particularly uncomfortable.
2. **Weakness:** Individuals with a rotator cuff injury may experience weakness in the affected shoulder, making it challenging to perform tasks that require lifting, reaching, or holding objects.
3. **Limited Range of Motion:** Reduced mobility in the shoulder is a common symptom. You may struggle to raise your arm, reach behind your back, or perform overhead activities.
4. **Difficulty with Daily Activities:** Rotator cuff injuries can impact daily tasks such as combing hair, dressing, and reaching for items on high shelves. It can also affect sports and recreational activities.
5. **Gradual Onset:** Some rotator cuff injuries develop gradually over time due to overuse, while others may result from a sudden injury or trauma, such as a fall or lifting heavy objects.



Take the First Step Towards Recovery

It's essential to seek help from one of our PhysioPlus Health Group specialists if you experience any of these symptoms, as early intervention can lead to more effective treatment and improved outcomes. Our physiotherapists can assess your shoulder and tailor a treatment plan to address your specific needs and goals.

Don't wait to get help; call today and schedule a consultation!

Call (647) 484-3345 Today!



Alex's TOP 5 WEST END SUMMER ACTIVITIES



1. Visit High Park and stop at the Zoo

Great park to take a walk/bike through and has a free zoo that you can walk through to see some cute animals!

2. Go to Sunnyside Pool/Beach

A nice pool/beach right by the lake to enjoy during the summer heat

3. Walk through James Gardens

A really nice walk through a garden with many cool flowers and plants!

4. Play tennis at Eglinton Flats

A go-to for tennis players in the west end

5. Go window shopping on Roncesvalles

A street packed with small businesses that sell a lot of cool stuff!



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