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EXERCISE ESSENTIALS

USE THIS EXERCISE TO LOOSEN STIFF LEGS

HALF-KNEELING QUADRICEPS STRETCH (BALL)

With an exercise ball behind you and stabilized against a wall, kneel on the floor and place the leg you would like to stretch against the ball. Your foot, ankle, and shin should rest against the ball and your knee should rest on the floor, with a pillow underneath if needed. While maintaining straight posture, shift your weight backward, squeezing your leg against the ball, until you feel a stretch across the top of your thigh. Hold until you feel a nice stretch and repeat with the opposite leg.



Exercises copyright of
 SimpleSet Pro

Always consult your physiotherapist or physician before starting exercises you are unsure of.

MEET OUR NEW PHYSIOTHERAPIST!



THOMAS ABBASS,
PT, MSCPT
Registered Physiotherapist at CityPlace

Thomas graduated from Cape Breton University with a Bachelor of Science in Biology in 2015. He continued his education at McMaster University, graduating in 2017 with a Masters of Science in Physiotherapy. Thomas completed an introductory and advanced level Sport Physiotherapy Fellowship in London, ON. In this position, he worked with all varsity athletes at Western University and Fanshawe College. He is also a certified strength and conditioning specialist.

Thomas has a passion for active rehabilitation, focusing on strength training and mobility to manage pain, increase performance, and prevent future injuries. He believes that patient education is an invaluable and essential tool in empowering his clients to be engaged and take an active role in their rehabilitation. He combines injury-relevant education with individualized exercise prescription and hands-on manual therapy to help his clients return to optimal functioning. Thomas has pursued post-graduate courses in pain science, the shoulder complex, and personal and professional growth. He has experience with treating various conditions from concussions to musculoskeletal injuries and working with a broad spectrum of clients, ranging from high-level athletes to weekend warriors.

Outside of work, his hobbies include soccer, hockey, weight lifting, running, and spending as much time outdoors as possible! He also enjoys traveling and spending time at his family cottage in Cape Breton, Nova Scotia. Thomas is originally from Newfoundland and Labrador and would be happy to hear any tips for exploring Toronto!

PHYSIOTHERAPIST SPOTLIGHT



SHIRIN PATEL,
PT, MScPT
Registered Physiotherapist at CityPlace

Shirin graduated from McGill University with a Master of Science in Physical Therapy. Prior to this, she completed her Bachelor in Kinesiology at Western University. Shirin is fully bilingual, in English and French, and is able to treat clients in their preferred language.

Shirin's experiences in her personal athletic pursuits and recovery from multiple injuries have allowed her to see rehabilitation from the patient and therapist perspective. Shirin understands the importance of education and an individualized treatment approach tailored to every client. She combines different techniques such as manual therapy, soft tissue work and exercise prescription, to help her clients reach their goals.

Shirin believes in leading by example, she doesn't simply preach what she wants her patients to do, she lives it. This can be seen through the active lifestyle she chooses to lead. Outside of work, Shirin enjoys rock climbing, weightlifting, running, hiking and camping.



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Helping You Re-Build Your Foundation

NEWSLETTER

INSIDE:

- Tendonitis & Sports
- Understanding & Treating Tendonitis
- Exercise Essentials
- Featured Service
- Physiotherapist Spotlights

CITYPLACE

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Toronto, Ontario M5V 3S8

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Fax: 647-350-5900

MON – FRI | 7am – 8pm

SAT | 9am – 5pm

DOWNTOWN CORE

123 Edward Street, Suite 100
Toronto, Ontario M5G 1E2

Phone: 416-979-3022

Fax: 416-979-3023

MON & WED | 8am – 7pm

TUES & THURS | 7am – 7pm

FRI | 8am – 4pm

CORKTOWN

514 King Street East
Toronto, Ontario M5A 1M1

Phone: 416-703-5885

Fax: 416-703-5886

MON, WED, THURS | 12pm – 8pm

TUES & FRI | 8am – 8pm

SAT | 9am – 5pm

TENDONITIS & SPORTS

SOLUTIONS TO KEEP YOUR
GAME PAIN-FREE

We Are Opening & Booking Clients

Our team has been working diligently to create the safest experience for you and our staff. We are following new policies, PPE, and procedures to keep you healthy. Book the appointment you've been missing, whether in-clinic or virtually, today!

TENDONITIS & SPORTS

Dealing with Tendonitis:

Athletes are naturally at an increased risk of experiencing injuries. This is not a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury. On more days than not, the injury won't happen, but as every athlete knows, it only takes one bad day — one day when fatigue throws off your form just enough to cause your gait to be off, for you to feel a little distracted and not realize an obstacle is coming up, or just a fluke of a moment in which something goes wrong and you go down. What makes matters worse is the fact that many athletes attempt to push past the pain of their initial injuries, which often leads to those injuries becoming more severe.

Working with a physiotherapist is especially important for athletes for this reason. A physiotherapist can help identify potential



issues with posture or form that may increase your risk for injury, help identify potential injuries as they develop, and assess the severity of and best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best.

Understanding Tendonitis

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendonitis is an incredibly common issue that causes pain to develop in the joints. This can impact the hips, knees, elbows, or shoulders. Pain caused by tendonitis can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendonitis can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendonitis develops, it often sticks around. This means that pain that begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physiotherapist is the best way to address tendonitis pain early on, to improve range of motion, and reduce the severity of your pain without having to turn to pain medications.

Book Your In-Clinic or Virtual Appointment

Visit our booking calendar at foundationphysio.com/book
Come see what great results await you!

UNDERSTANDING & TREATING TENDONITIS

Tendonitis is a common issue among athletes because it develops as a result of overuse. While the average person may engage in standard physical tasks such as walking or typing, an athlete takes that repetitive behavior to a new level. Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in added wear and tear on the elbows and wrists, not to mention the shoulders.

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more freely by letting bones stretch apart or move in one direction or another. Tendonitis occurs when the tendons become inflamed. Swelling in the tendons can make movement painful and difficult.

Typically, when pain is caused as a result of tendonitis, the pain is isolated at the noted areas of the body. This means that a tennis player may experience tendonitis in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendonitis in the elbow is frequently referred to as tennis elbow, while Achilles tendonitis is sometimes referred to as runner's ankles or runner's heels.

Treating Tendonitis

The best treatment for tendonitis is time. Unfortunately, this is something that many people are unable to give to an injury. When tendonitis develops, the best thing to do is to use ice and to relax that part of the body. Taking a few days off of practice or away from your workout may be sufficient, in other cases, may require a brace to encourage healing.



Working with a physiotherapist can help you identify the best treatment methods for tendonitis. Your physiotherapist can also help you identify the best range of motion and strength-building activities to reduce your likelihood of developing tendonitis.

Book Your In-Clinic or Virtual Appointment

Visit our booking calendar at foundationphysio.com/book
Our specialized services can help you get back to your best!



PATIENT SPOTLIGHTS

Nicole really did an amazing job... She helped every step of the way with the right amount of exercises and stretches.

"I had a bad back spasm, which left me with excruciating pain and I had to bend just to be able to walk a few steps. Nicole from Foundation Physiotherapy & Wellness really did an amazing job and made sure I was aware that it isn't permanent. She helped every step of the way with the right amount of exercises and stretches. After just 1 week, I was back to walking and was back at work. I highly recommend Foundation Physiotherapy & Wellness."

- **Abhilash K.**

I always walk out feeling much better than when I entered, and with great exercises to correct and avoid similar future injuries.

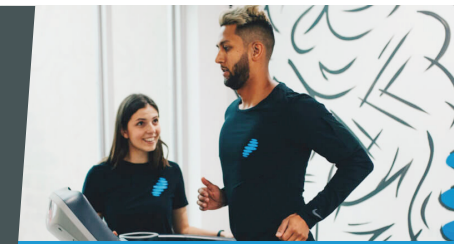
"I have been going to Foundation Physiotherapy & Wellness since its early days, and have been helped with numerous concerns (mainly from running related injuries). All of the physiotherapy staff I have consulted with have been great. I always walk out feeling much better than when I entered, and with great exercises to correct and avoid similar future injuries. Massage therapy has also been great there— they pay attention to where you want to focus the massage and ensure your comfort with the level of pressure." - **Karen C.**

GETTING BACK IN THE GAME

Get Back Sports With Physiotherapy

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to sports, working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your athletic activity. The safest way to get back to your sport, so you can avoid injuries, is with the guidance of your physiotherapist!



FUNCTIONAL MOVEMENT SCREEN

FEATURED SERVICE

Put simply, the Functional Movement Screen (FMS) is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries.

Exercise professionals monitor the FMS score to track progress and to identify those exercises that will be most effective to restore proper movement and build strength in each individual.

The Functional Movement Screen (FMS) scores you on these movements:

- Deep Squat
- Hurdle Step
- Inline Lunge
- Shoulder mobility
- Active Straight Leg Raise
- Trunk Stability Push-Up
- Rotary Stability

To learn more, call us today or visit our website at <https://foundationphysio.com/physiotherapy-treatments/functional-movement-screen/>

REBUILD YOURSELF

www.FoundationPhysio.com