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## EXERCISE ESSENTIALS

USE THIS EXERCISE TO STRENGTHEN YOUR LEGS

### CALF RAISES

Stand with good posture (you can use a wall if needed for balance). Lift up one leg. With the leg you are using to stand upon, raise up on your tip toes and lift your heel as high as you can. Gently return to starting position. Repeat 10 times with each leg.



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

## PHYSIOTHERAPIST SPOTLIGHT



**JARED BRUCE,**  
PT, MSCPT  
Registered Physiotherapist at CityPlace

Jared Bruce is a Manual Therapy Physiotherapist practicing in downtown Toronto. After receiving his Bachelor of Science degree in Kinesiology at the University of Western Ontario, Jared completed a Master of Science in Physical Therapy at the University of Toronto and has been working at Foundation Physiotherapy ever since. Jared has taken a number of advanced post-graduate courses including Functional Dry Needling, Intramuscular Stimulation (IMS), and Contemporary Medical Acupuncture. He is currently completing his Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy.

Jared appreciates the value of hands-on (and machines-off) treatment and hopes to extend his passion for exercise and physical activity to prevent injury and maximize function for all individuals. He incorporates acupuncture techniques, manual therapy, stretching, and strengthening exercises in his treatment to reach your goals. Jared has a special interest in the treatment of weightlifting/overtraining injuries, as well as shoulder and rotator cuff injuries.

Jared has been involved in various sports and athletics throughout his life, including provincial-level soccer and competitive hockey, volleyball, and powerlifting. In his spare time, you can find him in the gym, on his bike, playing beach volleyball, or running around the city with his dog, Scoops!

## PHYSIOTHERAPIST SPOTLIGHT



**ALI MAZAHERI,**  
PT, MScPT  
Registered Physiotherapist and Running Consultant at Corktown

Ali Mazaheri was in an MVA 10 years ago and had neck/back pain/headaches for 8 months on a daily basis. It wasn't until he started seeing a physiotherapist and started addressing underlying imbalances/weaknesses that his pain went away for good. At that point, he knew the impact that physiotherapy could have on people's lives, and he wanted to be a part of that journey.

Ali received his postgraduate degree from the University of Toronto with a Masters of Science in Physical Therapy. He is certified in Concussion: Prevention, Detection and Management (University of Laval) and Level 1 Manual Therapy.

Ali loves working on a team and creating an experience for the client from the moment they walk through the front door until the moment they walk out. He values being in the position to provide clients with tools to help them reach their functional goals. Ali speaks English and Farsi, and is trying to regain his fluency in French.

Outside of the clinic, his favorite place he has most recently travelled to is Japan. He loves the incredible blend of mountains and big city, and that the people there are very friendly. Ali also loves the amazing ramen and sushi. His favourite sports to play include Tennis and basketball.



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Helping You Re-Build Your Foundation

# NEWSLETTER

## INSIDE:

- Is Your Foot or Ankle Paining You?
- How Physiotherapy Can Help
- Exercise Essentials
- Featured Service
- Physiotherapist Spotlights

## CITYPLACE

383 Front Street West  
Toronto, Ontario M5V 3S8

Phone: 647-350-5800

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

# FOOT OR ANKLE PAIN?

## GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN WITH PHYSIOTHERAPY

**We Are Open & 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!



# HOW PHYSIOTHERAPY CAN HELP

## DOES YOUR ANKLE OR FOOT HURT?

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Foundation Physiotherapy & Wellness can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

### Why Is My Foot or Ankle Hurting?

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physiotherapy.

### What's the Difference Between a Sprain and Strain?

A sprain happens when a ligament (the tissue that connects one bone to another) is

stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physiotherapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physiotherapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physiotherapist will prescribe certain strengthening exercises to regain your normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

### How Will Physiotherapy Help My Sprain or Strain?

Physiotherapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait patterns can result in ankle injury, making it difficult for you to move around freely.



Physiotherapy is the best way to make sure that these injuries do not occur.

Our physiotherapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physiotherapy is the answer to achieving long-term relief. Contact us today to schedule a consultation or to find out more about how physiotherapy can help relieve your foot and ankle pains.

### Book Your In-Clinic or Virtual Appointment

Visit our booking calendar at [foundationphysio.com/book](https://foundationphysio.com/book). Our specialized services can help you get back on your feet.



## PATIENT SPOTLIGHTS

**[My therapist] is eager to apply different techniques to fix a problem I've had (ankle, hip) and... he won't give up."**

*"Jared is the best physiotherapist I've ever seen. He's eager to apply different techniques to fix a problem I've had (ankle, hip) and if it didn't feel as effective, he won't give up and will try something else. He's also an excellent personal trainer, which is covered as a physiotherapy consult, and also really a great guy who is down to earth and motivating to work with."*

- Alex M.

**Extremely high level of professionalism... Already booked my next session!"**

*"Wonderful experience throughout the entire appointment and process! Extremely high level of professionalism and I'm grateful to have seen Ali for treatment! Already booked my next session!" - Kyle D.*



## KICK FOOT AND ANKLE PAIN TO THE CURB

Don't let foot and ankle pain slow you down! Schedule an appointment at Foundation Physiotherapy & Wellness today. We will help you dictate your own mobility, comfort, and overall function, free from the limitations of pain.

Are you struggling from any of these causes of foot and ankle pain?

- Fallen arches
- Arthritis
- Tarsal tunnel syndrome
- Plantar fasciitis
- Bursitis
- Tendinitis
- Fractures
- Strains and sprains

Don't let foot and ankle pain slow you down! Foundation Physiotherapy & Wellness can help!



## CUSTOM ORTHOTICS

### FEATURED SERVICE

Do you experience sore feet? Did you know that as you age, your feet will often change? Changes in the shape of your feet, the support of your ligaments, and complications from previous injuries can all cause strain and pain. This is why we at Foundation Physiotherapy & Wellness offer custom orthotics. Custom orthotics are devices that are individually created to uniquely fit

your feet. They resemble insoles but are specifically crafted and made of materials that will last longer than prefabricated orthotics. They provide extra support and relief for your feet.

Problems with your feet can be caused by several conditions directly related to the feet. Some examples of conditions that can be the cause of foot pain and can also all be treated with physiotherapy include:

- Arthritis
- Heel Spurs
- Plantar Fasciitis
- Diabetes
- Metatarsalgia

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

REBUILD YOURSELF

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