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## CITYPLACE

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Fax: 647-350-5900

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**SAT | 9am – 5pm**

## DOWNTOWN CORE

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**DISCOVER  
PROPER  
ERGONOMICS**



**FOR YOUR HOME OFFICE  
THIS HOLIDAY SEASON!**

## 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!



# DISCOVER PROPER ERGONOMICS FOR YOUR HOME OFFICE!

With all of us working from home, it can be difficult to find a comfortable workspace. It is important to make sure that the ergonomics in your office are functioning properly, in order to avoid developing unwanted aches and pains.

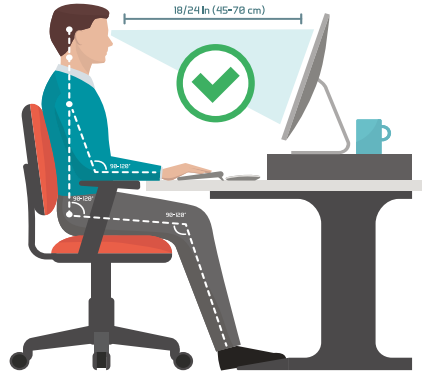
When working from home, ask yourself, "how do I maintain my posture throughout the day?" Do you catch yourself slouching frequently? Do those last couple hours of the workday leave you achy? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with some ergonomic changes.

## Making the Most of Your Work-From-Home Days

If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

If you are at a desk for extended periods of the day, it is important to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable. In addition to making the most of your home office, it is also important to make sure you are taking care of your body.

When working from home, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get



up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

Exercise is incredibly important in general, especially if your job involves several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Taking even a small amount of time to walk or jog around the neighborhood every day after working from home can highly improve your posture and gait – in addition to helping you get out of the house for some time!



## PATIENT SPOTLIGHTS



**Shirin 100% understood my problem, my situation, and accordingly advised about the treatment."**

*"Shirin is by far the best therapist and also a great person. She 100% understood my problem, my situation, and accordingly advised about the treatment. She further referred me for Pelvic Floor Physiotherapy with Katja who is equally amazing. When my insurance coverage was over capacity, they suggested other treatments that I could do until my insurance rolls over. I couldn't have asked for more in terms of services specially during COVID."*

**– Vibhu K.**



**Nicole got to the bottom of chronic back pain that I had come to believe I just needed to live with."**

*"Nicole got the bottom of chronic back pain that I had come to believe I just needed to live with. Her assessment was very thorough, and treatment/exercises spot-on. The office has a friendly welcoming feel. I recommend this clinic and in particular, Nicole, without reservation."*

**– Naomie B.**



Nava Naseri, MScPT, demonstrating our Virtual Ergonomic Assessments

## Have You Thought About Investing In a Standing Desk?

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories.

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in a greatly decreasing these risks and making your home office more ergonomically friendly!

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is –yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood,

but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while. Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for your home workplace environment, so you can spend a large amount of your day standing or stretching, with the opportunity to rest when you become tired.

Studies suggest whether you choose a standing or adjustable desk for your workday, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

### At the End of the Day, Make Sure You're Comfortable.

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall happiness, productivity, and well-being. There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. Let us assist you in an ergonomic workspace to keep you free from pain.

## NEW! Book Your Virtual Ergonomic Assessment

Bring a physiotherapist or chiropractor right to you to assess your home office. Visit our booking calendar at [foundationphysio.com/book](https://foundationphysio.com/book)

## GET YOUR ORTHOTICS BEFORE THE END OF THE YEAR!

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

Our custom orthotics can bring you various forms of pain relief. 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.

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/>

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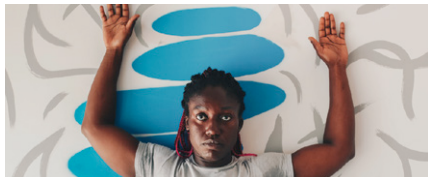
[www.FoundationPhysio.com](http://www.FoundationPhysio.com)

## EXERCISE ESSENTIALS

Use This Exercise for Neck & Shoulder Relief and to Improve Posture

### WALL ANGELS

Stand by a wall with your feet about 4 inches away. Place both shoulder blades, back of arms and forearms against the wall. Slowly lower your hands to about head height and then raise them up the wall. Repeat 10 times, keeping flush against the wall.



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

## PHYSIOTHERAPIST SPOTLIGHT



**NICOLE CONZELMANN,**

PT, MSCPT

Registered Physiotherapist, Vestibular  
Therapist, Running Consultant at  
Downtown Core

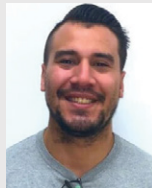
Nicole always knew that she wanted to work in the healthcare field, as she loved being able to combine her passion for understanding how the human body works with the ability to help people every day. Her interest in physiotherapy started during her days of high school sports. Nicole had a few injuries that led her to see a physiotherapist. She loved how her physiotherapist was able to help her return to the sports she loved. Nicole later valued the need for physiotherapy even more when she encountered some health issues that limited her ability to be active. After these experiences, Nicole volunteered in a variety of physiotherapy settings, and this is when she knew that physiotherapy was the job for her.

Nicole received her postgraduate degree from the University of Toronto with a Masters of Science in Physical Therapy. She also holds post-graduate certifications in the Study of Human Movement: The Bobath Concept and Level 1 Manual Therapy.

Nicole's most inspiring client moment was having a client tell her that he had never felt so valued by a therapist and was excited about how many people she was going to be able to help in her career.

Outside of the clinic, her favorite place to travel to is Banff. Her best friend lives there and Nicole LOVES hiking in the mountains. Her favorite sports include volleyball, basketball, and spikeball.

## PHYSIOTHERAPIST SPOTLIGHT



**ROMAN IZQUIERDO,**

PT, MSCPT

Registered Physiotherapist at Downtown  
Core

Roman specializes in injury rehabilitation, musculoskeletal health preservation and performance optimization. As a Masters of Science in Physical Therapy graduate of Western University, Roman provides unmatched treatments through his unique application of Contemporary Medical Acupuncture, Dry Needling, Joint Mobilization/Manipulation, and Soft Tissue Techniques. Roman has also had the privilege of working as a CSEP Certified Personal Trainer with private clients under the Canadian Society for Exercise Physiology since 2011.

Roman's interest and passion for physiotherapy started after having suffered from chronic and acute pain issues as an athlete and student. He was particularly interested in the benefits derived from exercise when prescribed as medicine due to its global effects on the body. Roman has always been fascinated by the body's ability to operate as a system, all parts in symphony with one another.

Roman is especially keen on empowering clients to learn about their bodies and to find ways to manage their pain, mobility, and fitness from a preventative rather than reactive approach. Although he enjoys working with athletes, weekend warriors and sports enthusiasts, he also finds particular fulfillment in working with all age groups through a broad range of injuries from acute to chronic.