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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

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TUES & THURS | 7am – 7pm

FRI | 8am – 4pm

CORKTOWN

514 King Street East
Toronto, Ontario M5A 1M1

Phone: 416-703-5885

Fax: 416-703-5886

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MASSAGE THERAPY

HELP YOUR BODY RECOVER AND REJUVENATE

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!

MASSAGE THERAPY AND YOUR WELLNESS

Help Your Body Recover and Rejuvenate

Athletes push their body to the limit day after day, and so it is no surprise that athletes keep up with the best medical resources to help their body recover and rejuvenate between workout sessions. Massage therapy is soft tissue mobilization and is often part of a physiotherapy treatment plan, and it is one that many athletes rely on regularly to soothe muscle tension and to improve flexibility. However, massage therapy is not just for athletes. If you aren't taking advantage of massage therapy to help with the physical stress and mental pressures of your day-to-day life, then you may be seriously missing out.

Why Massage Therapy?

When you get home after a long day at the office or after finishing that long jog you have worked so hard to accomplish, you probably sit down and rub your feet with a gentle massage as you take off your shoes. We rub our necks and shoulders when we are dealing with stress at work. We rub our backs with our knuckles after a long drive in the car or when we are feeling stiff and want to stimulate blood flow throughout our body. You are already utilizing the basic benefits of massage to experience relief from daily concerns. And if you are experiencing even small benefits from just these little touches of massage, then imagine the relief you could experience from true massage therapy.

Massage therapy goes beyond the basics of massage. Even a simple massage performed by a friend or family member in a casual environment, even for just a few minutes, is incredibly comforting. There is something about the brief experience of pressure on a tired muscle that can stimulate

you to find the energy you need to power through the rest of your day.

Massage therapy is highly recommended for the treatment of tension and stress in the muscles and joints, either as a result of tension buildup from mental stress or from physical challenges.

Massage therapy is proven to:

- Alleviate tension
- Reduce pain
- Improve flexibility and range of motion
- Alleviate tension headaches
- Reduce depression and anxiety
- Boost your immune system


About Massage Therapy

The massage that your friend or family member gives you feels good, but you will likely make more progress with lasting benefits from a licensed massage therapist.

Massage therapy targets pressure points and muscles. Some people have massages for relaxation, but many have massages to help with pain or aide in injury recovery. Your massage therapist can target particular pressure points in the body that may be identified as a source of your pain, using specialized techniques to ensure safety and comfort during the massage experience.




PATIENT SPOTLIGHTS

 **Even on days where I was in a lot of pain, I always left my massage feeling refreshed, energized and able to get back to my day."**

"The massage therapist, Katie, is professional, friendly, and great at what she does. Even on days where I was in a lot of pain, I always left my massage feeling refreshed, energized and able to get back to my day. Katie even coordinated her treatment with the physios, which meant that my massages helped directly in my overall recovery. She is definitely the best massage therapist I've been treated by."

– **Carwen G.**

 **Abby is the most professional and knowledgeable massage therapist I have ever worked with. HIGHLY RECOMMEND!"**

"I had Abby work on an injury and stress-related issues. Not only was she professional, but she clearly had a fulsome understanding of numerous issues happening within my body, and was able to address each one. She absolutely provided relief through massage treatment for my areas of concern but also provided recommendations around self-treatment/home care. Abby is the most professional and knowledgeable massage therapist I have ever worked with. HIGHLY RECOMMEND!" – **Maureen G.**



Massage treatments can lessen depression and anxiety, while promoting tissue regeneration and reducing scar tissue and stretch marks. Your skin is the body's largest organ and massage therapy stimulates blood flow to improve circulation. Increased blood flow carries more oxygen and nutrients into underlying tissues, like muscles and vital organs. Feeling good and more relaxed during a massage is from the release of endorphins, which is an amino acid that works as the body's natural pain killer. Regular massage can relieve migraines, reduce post-surgery adhesions, swelling, spasms and cramping. Patients have reported less low back pain, increased joint flexibility and range of motion.

Massage After Injury

One of the most common times that massage therapy is used is following an injury, as part of a rehabilitation program. Following an injury, it is incredibly important to be careful about allowing anyone to have contact with the injured area of your body. Applying pressure incorrectly to a shoulder that was recently operated on, or a knee that is still recovering from a tear, can have drastic results and major setbacks for your physical wellness.

Whether you are feeling sore because of your latest workout or dealing with building tension in your neck and back as a result of stress from work or family concerns, massage may be helpful for you. If you have questions about what type of massage therapy is best for your personal health needs, please contact Foundation Physiotherapy & Wellness to learn more about the different types of massage and how this therapy method may best be incorporated into your health and wellness routine.

<https://www.harrisschool.edu/10-reasons-to-get-a-massage/#.W4BSR15KjIU>

<https://www.massagetherapy.com/massage-and-its-benefits>

<https://www.physicaltherapyfirst.com/services/massage-therapy/>

Book Your In-Clinic or Virtual Appointment!

Visit our booking calendar at foundationphysio.com/book
or call one of our Cityplace (647-350-5800), Downtown Core
(416-979-3022), or Corktown (416-703-5885) locations!



15% OFF
YOUR FUNCTIONAL
MOVEMENT SCREEN
(FMS) ASSESSMENT

Until March 31st!

Use Code: **FMS15**

Available at Our Downtown Core
and CityPlace locations.



FUNCTIONAL MOVEMENT SCREEN

FEATURED SERVICE

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. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness.

An FMS Score is generated that is used to target problems and track progress, and is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. The FMS score is monitored to track progress and to identify those exercises that will be most effective to restore proper movement and build strength in each individual.

Best utilized near the end of a rehabilitation program when pain is no longer present, a post-rehabilitative exercise program may be prescribed as well as supplemental exercises to be utilized alongside a previously established strength or fitness routine.

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

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EXERCISE ESSENTIALS

Use This Exercise to Relieve Neck Tension

NECK STRETCH

Tilt your head toward your right shoulder. Place your right hand on your head and press gently with your fingertips, bringing your ear towards your shoulder until you feel the stretch. Hold this stretch for 5-10 seconds, then return to the start position. Repeat on left side. Continue for 10 repetitions.



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

 **foundation**
PHYSIOTHERAPY
& WELLNESS

REGISTERED MASSAGE THERAPIST SPOTLIGHT



ABBY ALOVERA, RMT

Registered Massage Therapist, Senior Associate at CityPlace

Abby beats people up for a living. With over 12 years of experience, this small gal brings a lot of skill to the table (pun very much intended). Never making it past school tryouts, athleticism is not

something that exists in Abby's wheelhouse. Instead, she uses her never-been-broken bones to help clients in need.

Having worked at luxury spas and wellness centers, client experience is a priority. Whether your issue is chronic pain management, sports-related, mental health, pregnancy, or general wellness, she is here to help you reach your goals. Though her reputation is strongly tied to torture, she is equally capable of modifying my techniques to induce tranquility rather than tears. Her style is inspired by Swedish and Thai massage, as well as cupping, soft tissue release, and post-concussion techniques.

As a senior associate, she guides and mentors our massage team to overcome challenges and shape their professional growth. This ensures a high level of quality in our treatments, no matter who the therapist may be.

Outside of work, Abby loves a good FPS game, yoga, and rapping at karaoke.

REGISTERED MASSAGE THERAPIST SPOTLIGHT



ALLISON CUMBERBATCH, RMT

Registered Massage Therapist

Allison is an RMT and current Netflix binge-watcher. With nearly a decade of experience located in the heart of the city, she has had involvement in various fields of massage ranging from long term care

homes, hospitals, spas and physical rehab clinics. Rehabilitation is where she truly shines. When it comes to wellness, physical and mental reform are her top focus. While she does enjoy physical activity, she'd say her enthusiasm for it is mediocre at best. She will never say no to a camping trip but don't invite her to your orange theory class.

Whether you're experiencing chronic pain, are pregnant, suffer from an injury or just looking for something relaxing instead of therapeutic, Allison can help you out. With the right level of communication she can work together with you as a team to make sure you get the treatment you're looking for! Her preferred massage style is Swedish-based, however, she does include other modalities and techniques from other styles of massage such as Indian Head Massage, Shiatsu and craniosacral therapy. You know, for the more worldly experience.

When Allison is not working she's travelling, thinking about travelling, eating, reading, dancing and being a random thing doer (thanks to Groupon).