

INSIDE:

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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

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

IS THERE A SHIN SPLINT IN YOUR RUNNER'S HIGH?

CORRECT YOUR SHIN SPLINTS 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!

DON'T SETTLE FOR SHIN SPLINTS

Is your runner's high being stifled by pain in your shins or legs? Do they tend to throb after your daily jogs, or ache simply after moving quickly to catch up with someone? If so, you may be experiencing shin splints.

Shin splints, also medically referred to as "medial tibial stress syndrome," occurs when there is excessive stress on your shinbone and its surrounding tissues. These tissues connect your muscles to your bones, and when they become inflamed, they can become painful. They are most common in runners, due to the stress of impact that the shins face while running; however, shin splints can present themselves in anyone whose lifestyle includes substantial physical demand.

Shin splints can be painful and debilitating in your daily life, but physiotherapy can, fortunately, help alleviate the pain and correct the condition. To speak with someone about how physiotherapy can help fix your shin splints, call our office today!

Causes of shin splints:

There are many common causes of shin splints, including, but not limited to:

- **Previous injury.** If you have had a foot, leg, or shin injury in the past, your risk of shin splints may be heightened.
- **Sports participation.** Some sports have a higher risk of shin splints than others, especially those with high levels of running and/or jumping.
- **Body mass.** If you have a BMI greater than 20.2, your probability of developing shin splints may be higher.
- **Overpronation.** This is also referred to as the act of flattening the arches of one's feet while standing, walking, or running. A flat arch creates a greater risk of shin splints.
- **Hip motion.** This can be related to sport

or general gait, in which the hips move through a greater range than what is typical. This is common in sports such as dance, gymnastics, or cheerleading, but can also be due to an abnormality in the way one walks.

- **Improper shoes.** Wearing shoes that are ill-fitted or that don't provide proper arch support can increase your risk of shin splints.
- **Lack of stretching.** If you complete a run or workout without warm-up and cool-down stretches, your muscles and tissues can become irritated, increasing your risk of shin splints.
- **General weakness.** If you have weak ankles, hips, or core muscles, you may be at a greater risk of developing shin splints. This can be corrected through strength training exercises.

Call Foundation Physiotherapy & Wellness today to schedule your return appointment! We can help you run pain-free.



PATIENT SPOTLIGHTS



I absolutely recommend Shirin and Foundation Physiotherapy & Wellness to anybody."

"I was recommended by my surgeon here after I tore my ACL/ MCL/Medial meniscus. Shirin Patel, my PT has been more than wonderful. After an initial assessment she laid out a 3-month plan of rehab until surgery. Her explanation of the purpose and benefits of each exercise only made the experience better. And with each session my strength and mobility improved, preparing me for the surgery. Foundation Physiotherapy & Wellness also carried out COVID protocols with absolute ease and continue to do so. I absolutely recommend Shirin and Foundation to anybody.

– **Barath S.**



Towards the end, things were back to normal with my foot and I was able to run again."

"I had a great experience here. I had initially sprained my ankle (partially torn ligaments) after landing a bad jump, and I underwent physio with Shirin Patel for a few months. Initially, I was on crutches and couldn't put any weight on my foot. With the home exercises she recommended and the rehabilitation work we did in person, I was able to noticeably progress each week. Towards the end, things were back to normal with my foot and I was able to run again. The offices were very clean/sanitized, and we both always wore masks. Would definitely recommend the Foundation location on Front street for anyone looking for physio!"

– **Gabriel M.**

HOW PHYSIOTHERAPY CAN HELP

The causes of shin splints are vast, but your physiotherapist can help you figure out the root of the problem. He or she will complete an extensive evaluation process with you, noting your painful areas and testing the abilities of your current physical motions. This may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physiotherapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas, in order to ease stress off of the injured tissue.
- **Light exercise.** These exercises can serve several functions. They can be used to increase the strength and/or range of motion of the hips, arches, or shins, in order to decrease overpronation and stress on the lower leg. They can also be used to stretch the muscles around the shin, in order to reduce inflammation. This may also include single-leg exercises, such as squats, reaching, or heel raises.
- **Modified technique.** Sometimes, shin splints can be a result of poor technique with gait or sports. Your physiotherapist may work with you to modify your take-off/landing techniques, or your leg and foot control while walking or running.
- **Taping/compression.** Your physiotherapist may suggest taping the affected area (arch of foot or leg muscles) to promote healing and compress the affected muscles.
- **Ice.** Ice healing may be prescribed in order to decrease pain and inflammation. Depending on the severity, your physiotherapist may suggest icing multiple times a day.



- **Footwear suggestions.** Your physiotherapist may provide you with supportive or orthotic footwear suggestions, which may help speed up your shin splint recovery and decrease the risk of them in the future.
- **Rest.** An important part of your physiotherapy treatment will be rest, although you will also be participating in important stretching and light exercises with your physiotherapist. Your physiotherapist may suggest taking a short break from the activity or exercise that aggravated your shin splints until you are healed.

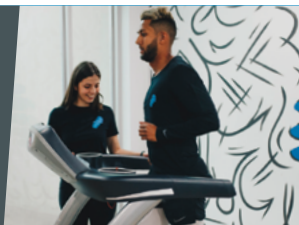
At Foundation Physiotherapy & Wellness, we are dedicated to assisting you in your healing journey, and making it as comfortable for you as possible. If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!

Book Your In-Clinic or Virtual Appointment!

Return to Foundation Physiotherapy & Wellness and start seeing results. You can call one of our Cityplace (647-350-5800), Downtown Core (416-979-3022), or Corktown (416-703-5885) locations or visit our booking calendar at foundationphysio.com/book

15% OFF
YOUR RUNNING
ASSESSMENT
Until March 31st!

Use Code: **RUN15**
Available at all locations.



RUNNING PROGRAM

FEATURED SERVICE

Are you looking to prevent running injuries this season? Looking to shave off a few minutes from your PB? Have you signed up for your first half-marathon and want to make it across the finish line? Or maybe you're new to running and just want to make sure you know what you're doing?

Multiple factors can be affecting your running technique and efficiency, such as specific muscle strength/flexibility, running shoes and cadence (steps/min).

The more efficient your running technique, the less likely you are to get injured, and the faster you'll be!

Our Running Program is designed to thoroughly assess your running technique and determine the best intervention to increase your efficiency, so you can enjoy your running season and help prevent injuries.

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

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EXERCISE ESSENTIALS

Use This Exercise to Strengthen Your Core

BRIDGING

Start flat on your back with your legs bent at a 90-degree angle and your feet placed flat on the ground. Raise one leg off of the ground, keeping at a 90 degree angle. Then, lift your hips and buttocks upward, driving your weight downward through the leg on the floor and keeping hands flat on the floor. Hold for 10-15 seconds and then return to starting position in a slow, controlled motion. Repeat with opposite leg. Perform 3 sets of 5 repetitions.



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

 **foundation**
PHYSIOTHERAPY
& WELLNESS

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.

PHYSIOTHERAPIST SPOTLIGHT



SHIRIN PATEL,

PT, MScPT

Registered Physiotherapist and Running
Consultant at Cityplace

Shirin graduated from McGill University with a Master of Science in Physical Therapy. Prior to this, she completed her Bachelor's 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.