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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



5 TIPS FOR IMPROVING YOUR Running MECHANICS

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!

Runners: IMPROVE YOUR MECHANICS WITH THESE 5 TIPS

Are you a runner? If so, you understand the importance of maintaining proper form and technique while you're out on a trail, training for a marathon, or simply jogging through the neighborhood. At Foundation Physiotherapy & Wellness, we want to make sure that you are performing at your optimum levels of function, so you can avoid injury and get the most out of your sport!

We have five tips for you to keep in mind when trying to improve your running mechanics:

1 Cadence

A recent study published in the National Institutes of Health analyzed the effects of cadence on a runner's likelihood of sustaining an injury. 45 healthy runners were studied to determine how differences in cadence affected loading on the hip and knee joints. Results concluded that a quicker cadence "generally leads a runner to hit midfoot compared to runners with longer strides," which can cause pain or injury. To improve your cadence, try making your strides longer! This will reduce loading on the hips and knees, preventing injury.

2 Pelvic Alignment

Much of running is focused on the feet; however, pelvic posture plays a large role in running, as well. You can achieve proper pelvic alignment by doing certain hip position tests, such as vertical compression tests and hip extension tests.

With vertical compression, stand with someone behind you, with their hands on your shoulders. Have them push straight down. If your hips buckle, it means your pelvic alignment is off. This can be corrected with postural improvement, with the help of a physiotherapist.

For a hip extension, kneel in front of a doorway with your back against the door jamb. Your left leg should be on the floor and your right knee should be bent over your right foot, directly in front of you. While you're in this position, you should naturally have a small space between your lower back and the wall. Tilt your pelvis backward to remove this space. If this is difficult to do, your pelvic alignment may be off. This can also be corrected with postural improvement, with the help of a physiotherapist.

3 Base of Support

In another study published in the National Institutes of Health, several running mechanics were analyzed through video assessments, including base of support. This is an important mechanic to evaluate, as foot placement is one of the most integral parts of running. It was noted that, as a general rule, "the left and right feet should not overlap in their ground contact location." There should always be space between foot placement, as a narrow base of support has been known to cause painful conditions, such as tibial stress fractures and iliotibial band syndrome.

Book Your In-Clinic or Virtual Appointment

We would love to see you back at the clinic and help you achieve the results you've been hoping for! Visit our booking calendar now at foundationphysio.com/book



Cityplace
(647) 350-5800

Downtown Core
(416) 979-3022

Corktown
(416) 703-5885



PATIENT SPOTLIGHTS



I have been able to get back to a place where I can run pain-free."

"After getting super painful shin splints this year, I started seeing Mackenzie who is amazing! After taking some time off running, I have been able to get back to a place where I can run pain-free. She is such a lovely and knowledgeable person; I learned so much and felt so comfortable throughout the entire process. I highly recommend Mackenzie and Foundation Physiotherapy & Wellness for all of your physio needs!"
– Sarah P.



Roman has been amazing in my treatment...definitely recommend Foundation Physiotherapy & Wellness!"

"I absolutely love this place! Roman has been amazing in my treatment and is very professional and makes sure to give you a detailed personalized treatment and exercises and checks up frequently via email! Definitely recommend Foundation Physiotherapy & Wellness!" – Veronica J.

4 Heel Strike

Do you heel strike while running? Approximately 80% of runners strike the ground with their heels first, while 15% strike the ground with their toes first. The remaining 5% run on the balls of their feet. In this case, the majority has it right - heel striking uses less energy than a forefoot striking or midfoot striking, which can prevent fatigue and unnecessary overexertion injuries. If you have been noticing exhaustion while running, try to ease yourself into heel striking by starting your run on the heels of your feet, rather than your toes. It may help boost your energy and help you perform better!

5 Vertical Displacement

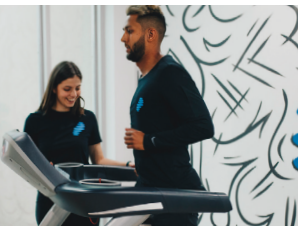
It is no secret that technique plays a large role in running performance. Vertical displacement refers to how much your center of mass moves up and down while you run. When your vertical displacement is insufficient, it can lead to a premature touchdown of your swing leg or a low center of mass trajectory. However, excessive vertical displacement can also cause runners to expend more energy than necessary. Both of these scenarios can be corrected by changing your stride, which can be accomplished with the help of a physiotherapist.

Are you ready to run at your peak level of performance? Contact us today. We can assess all the running mechanics listed above at once and figure out how your running efficiency can be increased to improve performance and reduce your risk of injury. Call your Foundation Physiotherapy & Wellness location today to schedule your visit with one of our experts.



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



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>

15% OFF
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ASSESSMENT
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EXERCISE ESSENTIALS

Use This Exercise to Stretch and Strengthen Your Legs STANDING CALF STRETCH

Using a wall for support, execute this stretch by standing with one foot in front, toes a few inches away from the wall. Slowly lean forward and touch your knee to the wall. You should feel a stretch in your back calf. Keep your back ankle on the ground, knee locked, and hold for 5-10 seconds. Repeat 3 times per leg.



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

 **foundation**
PHYSIOTHERAPY
& WELLNESS

PHYSIOTHERAPIST SPOTLIGHTS



ROMAN IZQUIERDO,

PT, MScPT | Registered Physiotherapist
at Downtown Core

Roman is an innovative physiotherapist, specializing in injury rehabilitation, musculoskeletal health preservation, and performance optimization. As a graduate of Western University, he provides unique treatments through his unique application

of Contemporary Medical Acupuncture, dry needling, joint mobilization/manipulation, and soft tissue techniques.

Roman has worked with professional, Paralympic, and Olympic level athletes in-clinic and courtside alongside medical staff and has seen some of his athletes succeed at the Olympic level.

Roman graduated from York University with a Specialized Honors BSc. in Kinesiology with the highest distinction (Summa Cum Laude) in 2013. He then went on to complete his M.Sc. in Physical Therapy at the University of Western Ontario from 2014 to 2016. Roman's ambition to provide patients with the best care possible led him to extend his education with courses in acupuncture/dry needling, manual therapy (Level 1-Ortho Div), and Myofascial-Release techniques. He 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.

During the Initial Physiotherapy appointment, Roman will typically perform a full-body scan to get to the root cause of the problem. He will work hard to understand you and your goals to develop a treatment program tailored to your needs, desires, wishes, and preferences. 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.



MACKENZIE HOLDEN,

MScPT | Resident Physiotherapist
at Corktown

After graduating from Queen's University with a Bachelor of Arts (Honours) in Health Studies, Mackenzie completed a Masters of Science in Physiotherapy at McMaster University. She holds a passion for movement and manual therapy which is inspired by her love for cycling, dancing, and personal fitness!

In her practice, Mackenzie takes pride in evaluating each person as a whole, assessing how every part of the body interacts to perform as one effective unit. Using a combination of manual therapy techniques, education, and tailored exercises, she will work with you to develop a comprehensive treatment plan that addresses not only the primary complaint but any potential underlying issues in body mechanics to prevent re-injury and enhance performance.

Cycling has always been a part of how Mackenzie keeps up an active lifestyle and she has gained an appreciation for the many health benefits that the sport offers. She loves to treat and educate cyclists on how to ride and exercise to improve performance and prevent injury, no matter the skill level! Having also been a competitive dancer into her university years, Mackenzie's unique perspective of movement is seen in every aspect of her care as she demonstrates and adapts exercises with creativity and charisma.

New to Toronto, Mackenzie welcomes any fitness, fun, and food recommendations with open arms!

Et en plus, elle parle français!