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CITYPLACE

383 Front Street West
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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

Understanding Discs and Low Back Pain

We Are Open & Booking Clients

Our team has been working diligently to create the safest experience for you and our staff. We are maintaining safe policies, PPE, and procedures to keep you healthy. Book the appointment you've been missing, whether in-clinic or virtually, today!

Understanding Discs and Low Back Pain



Back pain can develop for all sorts of reasons. From a car accident to bad posture, to an uncomfortable seat for a prolonged period of time, back pain can come out of nowhere and cause no small amount of discomfort once it arrives. There are some back injuries, however, that are even more painful than your run-of-the-mill back pain. A disc injury can be a very painful experience, and it is far more common than you may be initially aware.

What is a Disc Injury?

Your spine is made up of a series of interlocking bones called vertebrae, and the discs are small cushions in-between each vertebrae. The structure of your spine is what allows you to move freely from side to side. Every time you crunch your abdomen by bending forward or lean to one side or another for a deep stretch, those little vertebral bodies move with you, keeping you comfortable and your back strong. As a result of weakness, stiffness or injury, the discs in between the vertebrae can become irritated. This is painful enough as it is but could become more painful if the discs begin to press on the adjacent spinal nerves, causing the pain to refer down into the hips and legs.

The most common placement for a disc injury is at the lumbar vertebrae in the lower back. If you suspect that you may have experienced a disc injury, it is important that you seek medical attention, such as from your physiotherapist. Disc injuries will resolve best when working with a physiotherapist or chiropractor.

How does this happen?

The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can be affected as a result of injury, car accident, or even simply from overuse. One of the most common causes of a disc injury is heavy lifting. Weight-lifters have to be especially wary not to suddenly lift something too heavy, otherwise risk experiencing back pain. But experienced gym-goers are not the only ones at risk. Every time you attempt to move a piece of furniture, a heavy box, or even a big bag of books you need to make sure to lift correctly, to prevent any injury to your lower back.

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PATIENT SPOTLIGHTS

 **I couldn't be happier."**

"I've been seeing Fern for massage therapy for a few months and she is the best massage therapist I've found on the east end. After several years of trying to find a professional RMT with the right pressure and attention to my needs, and not just give me a "spa" massage, I found Fern and I couldn't be happier. The clinic itself is well-run and comfortable. Location is extremely convenient."

– Rebecca L.

 **Great communication
and super friendly."**

"Dr. Ryan Albert is amazing. Takes his time to explain everything and does a fantastic job. Great communication and super friendly. Really helps with my repetitive stress problems from work. Highly recommended!" – Brett A.



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Treatment for Disc Injuries

Pain associated with disc injuries can often be involved with the sciatic nerve and doesn't subside with simple rest and relaxation. Associated symptoms are numbness, weakness, and tingling down the legs. In many situations, the pain will feel more severe after initial movement, such as standing up from sitting or laying down. While hot and cold therapy will help alleviate some pain, it is important to regain movement and strength back to the muscles and discs of your spine. Physiotherapy is a great resource for attempting to overcome disc injuries. A combination of passive and active techniques is typically employed, including manual therapy, corrective movements and strength building. The McKenzie Method is an internationally known method to

assess and manage all forms of back pain, including disc injuries. Foundation Physiotherapy and Wellness is a McKenzie certified clinic. If you suspect that you may have a disc injury or any type of back pain, contact a physiotherapist or chiropractor right away. It is best to have an experienced professional assess your injury to ensure the correct treatment options.

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



**FREE
15 MINUTE
Consultation with
our Chiropractor**

Did you know you can see both a Physiotherapist and Chiropractor?
Want to learn more about how Chiropractic help you?
Book your free consult online!



CHIROPRACTIC FEATURED SERVICE

Chiropractic is a regulated health care profession in Canada that focuses on disorders of the musculoskeletal system and the nervous system. Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the

arms or legs, and headaches. A chiropractor has an advanced knowledge of anatomy, biomechanics, physiology and rehabilitation in order to best assess, diagnose and treat relevant conditions.

Here at Foundation Physiotherapy & Wellness, we embrace the knowledge that chiropractic care isn't just about making the pain disappear. Chiropractic care is about understanding and learning the cause of pain to improve your overall quality of life. We believe in providing unique solutions with every diagnosis, so you can restore and maintain your own personal level of health while aligning care with your specific goals and lifestyle.

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

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AT-HOME EXERCISE

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Use This Exercise to Help Loosen Your Lower Back

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders.

Push with your arms up on to your elbows. Hold for 10 counts, then return to start position.

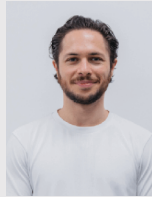
Repeat 8 times.



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

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PHYSIOTHERAPY
& WELLNESS

CHIROPRACTOR SPOTLIGHT



DR. RYAN ALBERT, DC

Chiropractor
Location: Corktown and Downtown

For the longest time, Dr. Ryan Albert knew a role in health care was HIS JAM but he didn't know where he fit in the mix. After several years spent working in an academic hospital setting, he realized the traditional health care roles weren't for him. Ryan wanted to be part of the next wave of health care, addressing

preventative approaches to health rather than reactive ones. That was where his journey in chiropractic began.

After completing his undergraduate degree in Biology and Psychology at McMaster University, Ryan's next step of schooling continued in Toronto at the Canadian Memorial Chiropractic College (CMCC). He has also completed Neurofunctional Acupuncture certification (a bit different than your average acupuncturist treatment) at McMaster.

As a chiropractor, Dr. Albert LOVES treating neck and low back pain, but he also enjoys helping with a body and a musculoskeletal problem. His approach is unique in that he is looking out for you, the patient. Ryan has many tools in the toolbox, and while certain things may work well for others, they may not be the best approach for you. Ryan will work together with you to figure out what the best plan of attack is for your concerns.

Outside of work, Ryan is a big-time gym rat and loves being outdoors, playing volleyball, watching movies and hanging out with his wife, Mishelle and daughter, Bowie.

MASSAGE THERAPIST SPOTLIGHT



FERN AMBRE, RMT

Registered Massage Therapist
Location: Corktown

Massage therapy may not have been direct route for Fern, but she is glad she ended up here as an RMT (and so are we!) Her first post-secondary education in environmental science and human geography was more of a hobby rather than leading her to a career.

Fern worked for 2 years in an overnight data-entry position, which took a toll on her wellness and taught her the value of good workplace ergonomics, posture and mobility. Then, Fern took a risk and applied for the massage therapy program at Humber College to pursue her long-standing passion for helping others with alternative medicine. Taking that risk was one of the best decisions she ever made.

Fern believes that massage therapy is effective in rehabilitating patient injuries and promoting body wellness. With 2 years of massage therapy under her belt, she has treated patients dealing with a variety of concerns, such as pregnancy/postpartum, chronic neck pain, TMJ disorder, sports injuries and general relaxation. Her skill set includes myofascial release, trigger point therapy, deep tissue massage and joint mobilizations. By using these different techniques, she is able to provide effective therapeutic massage geared to each individual patient.

In her spare time, Fern enjoys working out for the sake of keeping herself healthy, singing karaoke, and spending time with friends and family. Fun fact about Fern: she once sang the national anthem at the Scotiabank Arena (back when it was still the Air Canada Centre) with the Riverdale Youth Singers at a Toronto Raptors game against the Chicago Bulls!

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