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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

Persistent Shoulder Problems?

Don't Let Your

Posture
Pain You!

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!

Easing Shoulder Discomfort: Don't Let Your Posture Pain You!

Do you have a daily struggle with your shoulders? Do normal tasks, such as sitting at your desk, bending down to grab a fallen item, or standing to cook dinner, cause a flaring pain between your blades or in the tissues between your shoulders and neck? Chances are, this discomfort could be due to your posture. If you believe your stance could be contributing to your shoulder pain, call Foundation Physiotherapy and Wellness to schedule an appointment and discuss your treatment options.

How does improper posture affect the shoulders?

Shoulders are a common pain area for poor posture. When we slouch, hunch, or lean forward too much, our muscles and tendons are being pulled in ways that they are not used to, thus causing inflammation and pain. The shoulders take the brunt of this pull, making them a common area of complaint. Many patients who seek out physical therapy for their shoulder pain have a condition referred to as "shoulder impingement." This happens when your rotator cuff tendons press on your "coracoacromial arch," or the arch of your shoulder. When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in circular motions.

Poor posture is the most common cause of shoulder impingement, but other causes could be related to:

- Osteoarthritis
- General weakness in the shoulder
- Compression, due to trauma
- Repetitive reaching movements
- Common posture errors:



Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendinitis, nerve constriction, or even spine misalignment. Posture is also a contributing factor to kyphosis, or "postural hunchback," in which the shoulders and neck become abnormally curved. Some common errors in posture (and how to fix them) are:

1. Slouching in a chair. It is so simple to do, and we all do it. We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable – and we may even stay like that for the rest of the day. However, slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The best way to avoid this is to get into the habit of sitting correctly (upright, legs uncrossed, feet flat on the ground, legs a few inches away from seat of the chair) every day. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit. Try out some of these exercises to help correct your slumped stance and strengthen your natural posture:

- Bridges
- Back extensions
- Planks

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PATIENT SPOTLIGHTS

Increase in mobility and decrease in pain!"

"I came to see Mackenzie Holden with extreme pain and limited mobility in my shoulder in March. She has worked so hard and considered many different and effective ways of easing me through the process of improving my condition. Her knowledge and good humour have played a huge part in my comfort with treatment resulting in an increase in mobility and decrease in pain! I will highly recommend her to anyone in need of an outstanding physiotherapist." – Rebecca L.

They are extremely helpful, knowledgeable, and friendly."

"I work with Ali and Quentin on my sports injuries. I must say results are quick. They are extremely helpful, knowledgeable, and friendly. I highly recommend this place." – Lahiru G.

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2. "Text neck." The term "text neck" is colloquial; however, it describes a position in which the head is tilted downward and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.) This is also commonplace in desk jobs, as many people will experience "text neck" when hunching over their keyboards or sorting through files. This could be a sign of a tight chest and weak upper back, and over time this posture could worsen into rounded or hunched shoulders. Some exercises to help correct your "text neck," and strengthen your upper back and shoulders are:

- Chest stretches
- Pull-ups
- Seated rows

3. Rounded shoulders. This type of posture error is also colloquially referred to as "mom posture." It is caused when the shoulders are

rounded forward, instead of back, and the head and chest are slouched forward. To figure out if you have a "mom posture" stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you may have rounded shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout the day (much like a mom does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer. Some exercises you can do to strengthen your shoulders and back, and correct this posture error are:

- Pull-ups
- Seated Rows
- Planks
- Bridges
- Chest stretches

Here's how we can help:

Our physical therapists at Foundation Physiotherapy and Wellness are dedicated to helping you achieve your highest level of physical ability. Improper posture is a difficult habit to break, but our staff will use the most sophisticated diagnostic tools, from movement investigation to gait analysis, to determine the specific problem areas of your posture. We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended stance once again.

Don't let the weight of your shoulders hold you down – if you are experiencing shoulder pain, contact us today to set up a consultation. We'll get you victoriously waving your arms around in no time!



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!



CUPPING

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

Use This Exercise to Help Improve Your Posture

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



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

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foundation
PHYSIOTHERAPY
& WELLNESS

PHYSIOTHERAPY SPOTLIGHT



ALEXANDRA SANDLER PT,
BSCIN, MSCPT

**Clinic Director, Registered Physiotherapist
(Senior Associate)**
Location: Corktown

Alexandra Sandler, PT has been helping individuals achieve their fitness and wellness goals at Foundation Physiotherapy & Wellness since 2013.

Alexandra graduated with an Honours Bachelor of Science in Kinesiology and Psychology from York University in 2010. She continued her education at Queens University where she completed her Masters of Physiotherapy in 2012.

For the past eight years, Alexandra has committed to providing the highest-quality care to her clients by integrating evidence-based practice with clinical experience. She believes in implementing highly individualized treatment plans and relies heavily on manual therapy, soft tissue release, exercise prescription, acupuncture and patient education. She values the importance of continuing education and has taken numerous postgraduate courses including Mulligan concept, Mackenzie Method, dry needling, and taping techniques. Alexandra is always working towards expanding her physio tool box.

Growing up, Alexandra was a competitive ballroom dancer. To date, she continues to participate in recreational dance and fitness classes. She also enjoys traveling and trying new restaurants in the city. She can't wait to continue exploring European and Asian destinations and plan her next trip to South America. Along with being a world traveler, Alexandra is fluent in Russian and Hebrew!

MASSAGE THERAPIST SPOTLIGHT



QUENTIN CHAN, RMT

Registered Massage Therapist
Location: Corktown

"Hi there! My name is Quentin and I want to be YOUR next RMT!"

Quentin Chan graduated from the University of Toronto in 2017, completing his Bachelor in Kinesiology (B.KIN). With a background in health and fitness, he realized he had a passion for helping others through education and manual therapy. From there, Quentin attended Sutherland-Chan School Of Massage Therapy and graduated in 2019.

As an RMT, Quentin has experience working with a wide variety of conditions such as Multiple Sclerosis, sports-related injuries, concussions, and pregnancy. However, he has a specialized interest in biomechanics and analyzing how people move. As a therapist, finding the root cause of your pain, helping you move better, and helping you feel amazing will always be his number one priority. Whether it's working on your foot arch, increasing the range of motion in your shoulder, improving your posture, or even if it's just some nagging neck pain, Quentin is here for you! His expertise and experience will get you feeling better and help you gain a better understanding of your body.

Outside of the treatment room, Quentin is a nationally competitive powerlifter in the 182lbs/83kg weight class and has been competing for over 5 years now! His best lifts are a 530lbs squat, 365lbs bench, and a 590lbs deadlift! Another hobby of his is specialty coffee. If you know Quentin, there is usually a 99% chance that he is drinking coffee. If he's not making a pour-over at home, you can probably catch him at a local Toronto cafe grabbing a cup!

www.FoundationPhysio.com