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CITYPLACE

383 Front Street West
Toronto, Ontario M5V 3S8

Phone: 647-350-5800

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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

Preparing for Fall Sports?

Physiotherapy
Can Help!

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!

Injury Prevention With Physiotherapy

Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. Foundation Physiotherapy & Wellness strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled physiotherapists as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our therapists can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

How can a physiotherapist help athletes prepare for fall sports?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and physiotherapy is a great way to do that! A physiotherapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.



Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physiotherapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Injury prevention with physiotherapy:

One great aspect of physiotherapy at Foundation Physiotherapy & Wellness is that it can help you to prevent sustaining a sports injury in the fall.

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Both sprains and strains are common in sports that require high impact

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PATIENT SPOTLIGHTS



I highly recommend this service to all runners!"

"I had a great experience at Foundation Physiotherapy! I am training for a half marathon and have always struggled with knee problems and shin splints. I had a run assessment and my physiotherapist Nicole provided me with great exercises and recommendations on how to improve my running technique to help my performance and reduce pain. Nicole was great and very knowledgeable! I highly recommend this service to all runners!" – Emma P.



..do the exercises that she suggests. They really help!

"I met several times with Shirin (5-6 sessions) and was very pleased. She is very personable and easy to communicate with. She was also very knowledgeable and provided me with useful exercises/stretchers to remedy my ankle/foot issue. Definitely recommend. Be sure to do the exercises that she suggests. They really help!" – Mila A.

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in the wrists, elbows, and shoulders.

Sprains are extremely common in sports. Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at Foundation Physiotherapy & Wellness are as follows:

- Muscle tears
- Bone fractures
- Hamstring strain
- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain

Receiving physiotherapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

If you sustain an injury while playing sports, one of our certified physiotherapists will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

Call Foundation Physiotherapy & Wellness Today

At Foundation Physiotherapy & Wellness, we make it our top priority to encourage healing and injury prevention for our patients. In addition to treating injuries, our physiotherapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Are you an athlete prepping for fall sports? Call us today to learn more about how physiotherapy can get you geared up to have your best season yet!



RUNNING PROGRAM

FEATURED SERVICE

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.

WHAT THE PROGRAM OFFERS:

- 1h 30min assessment with a physiotherapist

- In-depth assessment of your running shoes
- Functional running-specific strength and flexibility assessment
- Video-recorded running technique assessment and analysis on the treadmill (you will also receive the videos via email to look back on whenever you like)
- Specific intervention plan, running program and exercise program tailored to your needs
- 30min follow-up sessions to make adjustments to your technique as you progress towards your running goals

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 Relieve Tension

SINGLE LEG GET-UPS

Stand in front of a bench with your back upright. Brace core and raise your arms out in front of you keeping them at shoulder level. Lift one foot a few inches off the floor, fully extending leg in front of you. This is your starting position.

Bend your standing leg, and lower your body down to a sitting position on the bench, keeping your foot elevated. Then push through the heel of your supporting foot and stand back up to the starting position, extending the hips and knees. Keep elevated leg locked. Pause, and repeat.

<https://www.msn.com/en-us/health/exercise/strength/single-leg-bench-get-up/ss-BBt0a9D>

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



PHYSIOTHERAPIST SPOTLIGHT



NICOLE CONZELMANN

PT, MSCPT

Registered Physiotherapist, Running Consultant, Vestibular Physiotherapist

Location: Downtown

Hey I'm Nicole and I am a physiotherapist at Foundation's downtown core location!

I have a Bachelor of Science in Kinesiology from Western University, and a Master of Science in

Physiotherapy from U of T. I had multiple volunteering experiences along the way in total knee replacement rehab, spinal cord injury rehab, and sports clinic settings, that confirmed that physiotherapy was the right job for me. I have since taken multiple post graduate courses in Manual Therapy, the Bobath Concept of the Study of Human Movement, Assessing and Treating Runners, and Vestibular Rehab.

My typical treatment approach involves a combination of hands-on manual therapy, exercise prescription, and education. I also often utilize taping and cupping as supplementary methods of treatment. For runners, I also perform a treadmill analysis, and for vestibular clients (anyone who experiences dizziness, decreased balance, or has had a concussion), I also include visual integration exercises and balance training.

Outside of work I love running, playing sports such as basketball, beach volleyball, tennis, and spike ball, going for hikes, and yoga.

PHYSIOTHERAPIST SPOTLIGHT



SHIRIN PATEL, PT, MScPT

Registered Physiotherapist,
Running Consultant

Location: CityPlace

Bonjour, je m'appelle Shirin et je suis une physiothérapeute bilingue!

I graduated from McGill University with a Master of Science in Physical Therapy. Prior to this, I completed my Bachelor in Kinesiology at Western University.

My experiences in my personal athletic pursuits and recovery from multiple injuries have allowed me to see rehabilitation from the patient and therapist perspective. I understand the importance of education and an individualized treatment approach tailored to every client. I combine different techniques such as manual therapy, soft tissue work and exercise prescription, to help my clients reach their goals. I believe in leading by example, I don't simply preach what I want my patients to do, I live it! This can be seen through the active lifestyle I choose to lead. Outside of work, I enjoy rock climbing, weightlifting, running, hiking and camping.



www.FoundationPhysio.com