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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**



*Avoid Back Pain*  
**THIS WINTER SEASON**

## 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!

# How to Avoid Back Pain While Shoveling Snow

Have you ever strained your back shoveling heavy snow? Are you concerned about the winter months approaching? Our therapists can help you resolve back pain that started shoveling snow. We will also teach you techniques to reduce the strain and improve your form so you can handle any storm that comes your way!

Here in Ontario, the first few snowflakes may start falling in November or December. Many people look forward to the first snow, but your excitement may fade after weeks or months of snow, especially if you have to shovel each snowfall.

Unfortunately, over 50% of all injuries related to shoveling snow are due to straining the lower back or from straining while slipping and falling. Most lower back injuries are due to poor technique, muscle fatigue, or overexertion. Fortunately, all of these causes are things your physiotherapist can help with.

We will help you resolve your pain and teach you how to shovel in a way that reduces the strain on your back. We'll make sure you are ready for any storm that comes this season!

## The most common forms of lower back pain:

The most common reasons for injuring your lower back while shoveling snow are exertion or falling. In either case, you can strain your muscles or potentially damage the discs of the lower back.

Our team of physiotherapists can help figure out what you may have injured and, more importantly, how to alleviate your pain.

A muscle strain can occur lifting one heavy shovel full of snow at the end of a long day of shoveling or from slipping and trying to catch yourself from falling. No matter what the main reason for the injury, muscle strains can be debilitating.



The contributing factors often associated with back pain due to shoveling snow are:

- Improper posture or poor lifting techniques
- Spinal muscle fatigue
- Limited hip, spine, and pelvis mobility
- Spinal/pelvic muscle weaknesses [aka "core" weakness]

A herniated disc is a condition in which the nucleus pulposus (located within the center of the disc) herniates. One of the most common ways this happens is from lifting while in a bent and twisting motion, like when people shovel snow. In these cases, the herniation occurs as a result of overloading of pressure on the disc

## How physiotherapy helps back pain from shoveling snow:

If you're experiencing pain after shoveling or have had pain in the past due to shoveling, contact a physiotherapist immediately. Our therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

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## PATIENT SPOTLIGHTS



**I would highly recommend her to anyone who asked!"**

*"Excellent. Alexandra was the physiotherapist I worked with & I am honestly not sure if I would have gained as much mobility as I did had it not been for her expertise. I would highly recommend her to anyone who asked!" – Crystal M.*



**I could honestly not recommend enough!"**

*"I could honestly not recommend enough! Nava has been incredible in helping me to ease my neck and upper back pain. She is knowledgeable, bubbly, funny, and an all around pleasure to be around! If you're in Toronto and need any sort of physiotherapy - you need to give this place a try first!!" – Bridgette H*



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Typically our therapist will provide the following:

#### Education

Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions for resolving current episodes and preventing future episodes.

#### Exercise therapy

Supervised exercises are vital to a successful outcome and include:

- Specific stretches to alleviate pain and improve mobility,
- Instruction on proper posture and body mechanics for lifting
- Strengthening exercises to address any areas of weakness

#### Manual therapy

Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

#### Modalities

A modality is an electrical, thermal, or mechanical energy used to relieve pain, improve circulation, decrease swelling, reduce muscle spasms, and

deliver medication. Modalities such as ultrasound or electrical stimulation may reduce pain, muscle spasms, or inflammation.

#### How should your sprain or strain be treated?

We train you on the correct exercises to maintain good posture and reduce the risk of future episodes. The following tips can help keep you safer when you set out to shovel:

**Warm-up.** Warm your muscles before heading out to shovel by doing some light movements to get your body ready, such as bending side to side and walking in place. You are more likely to injure yourself with “cold” muscles.

**Push rather than lift.** Pushing the snow with the shovel instead of lifting it can help reduce the strain on your body.

**Good Posture.** When lifting is required, be sure to bend at the hips and knees with your chest out. Place the snow instead of twisting and throwing.

**Lighten your load.** Consider multiple trips during a prolonged snowfall and use a lighter shovel. It may also help if you shovel right after a snowfall because waiting may allow the snow to melt slightly and become heavier.

<https://pubmed.ncbi.nlm.nih.gov/20825768/>

<https://pubmed.ncbi.nlm.nih.gov/32669487/>



## GIFT CERTIFICATES

### FEATURED SERVICE

Did you know we sell massage gift certificates and pre-paid personal training packages?!

Gift certificates make a great holiday gift for employees, friends and family.

Call our clinic to purchase one!

To learn more, call or email us today at  
[info@foundationphysio.com](mailto:info@foundationphysio.com)

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## AT-HOME EXERCISE

Use This Exercise to Help Relieve Back Pain

### BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



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

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## CHIROPRACTOR SPOTLIGHT



**DR. RICHARD SETO, DC**

Chiropractor

I've always known I wanted to help people, and I believe through Chiropractic, I'm able to do so in the way I've always dreamt of.

As a practitioner who has both been injured and treated injuries, I can empathize with the challenges of an injury while living an active and fulfilling lifestyle. Staying active and healthy has always been integral for me. If I'm not at the clinic, you can probably find me at the gym or on the water! I developed a love for all paddling-related sports through dragon boating as a student. I was also involved in the competitive curling scene as both a varsity athlete and a strength and conditioning coach for the University of Toronto Varsity Blues.

At the clinic, I aim to motivate patients to dig deep and find the root cause of their pain. Whether it's lifestyle or activity-related, pain and injuries can often be much more complex than one may initially think. During my schooling at UoT and CMCC, I've honed my critical thinking skills to help patients understand and conquer their pains and injuries so they can be proactive in their own recovery. While my treatments may involve hands-on methods and tools, I believe education and movement are the keys to success in almost all cases. Even as the practitioner, I believe the patient is the one who ultimately controls their outcome—I can give you the keys to success, but you're the one driving!

I'm excited to be a part of your road to recovery and see where it takes you. Remember: you are stronger than you think!

## PHYSIOTHERAPIST SPOTLIGHT



**KAYLEE FELDMAN, PT**

Registered Physiotherapist

Hi, I'm Kaylee and I work at the Corktown location! After completing my undergraduate degree in Kinesiology at Western University, I got my Master's degree in Physical Therapy at the University of Toronto.

From dancing and swimming to spin classes and gym workouts, my exercise journey has been a winding road and ever-evolving. But, the one thing that has remained constant is my love for exercise. I always knew that a career that focused on helping others lead a healthy life was the perfect fit for me.

My physio philosophy is to understand what motivates each person that I am working with to ensure that their recovery is effective and engaging.

I have taken multiple post-graduate courses including athletic taping, medical acupuncture, and my level 1 manual therapy with the Orthopaedic division. I plan to continue taking more courses to expand my toolbox with the goal of better serving my patients.

My treatment approach focuses on a combination of manual therapy, patient education, exercise prescription, and correction. Whether your goals are to return to competitive sport, or simply being able to walk your dog, I got you!

 **foundation**  
PHYSIOTHERAPY  
& WELLNESS