

## INSIDE:

- The Importance of Strength Training
- Patient Spotlight
- Featured Service: Personal Training
- At-Home Exercise
- Staff Spotlights

### 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**



*Get Active With*  
**STRENGTH TRAINING**

## 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!

# The Importance of Strength Training

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physiotherapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Contact us today to get started!

## Why is strength training so important?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!



Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physiotherapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral

(Continued on Next Page)



## PATIENT SPOTLIGHT



**Special shout-out to Jared, who is the most incredible physiotherapist. He is extremely knowledgeable and skilled, and will continue to work closely with you to adjust your program depending on your progress and needs."**

*"Foundation physio is the best physio clinic. From the booking experience, to the front desk, you can always expect to feel comfortable and welcomed. Special shout-out to Jared, who is the most incredible physiotherapist. He is extremely knowledgeable and skilled, and will continue to work closely with you to adjust your program depending on your progress and needs. He motivates you in your recovery. He is also highly functional and takes on a different lens to get you back to doing your meaningful activities. I would give them 6 stars if I could :)” – Tara S.*



(Continued from  
Previous Page)

fat and improved insulin sensitivity)

- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

### What are the benefits of training with a physiotherapist?

Our strength training programs will get you back to living a happy and healthy lifestyle. Our physiotherapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physiotherapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

[https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance\\_training\\_is\\_medicine\\_effects\\_of.13.aspx](https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance_training_is_medicine_effects_of.13.aspx)

<https://link.springer.com/article/10.1007/s40279-018-0862-z>

<https://link.springer.com/article/10.1007/s40279-020-01309-5>

<https://link.springer.com/article/10.2165/00007256-200030040-00002>

<https://jamanetwork.com/journals/jama/article-abstract/2776330>

An advertisement for a 3-session personal training package. The text "3 SESSION PERSONAL TRAINING PACKAGE" is written in large, bold, black letters. Below the text is the logo for "foundation PHYSIOTHERAPY &amp; WELLNESS", which features a stylized blue and white graphic of a person's head and shoulders. The background of the advertisement is a blurred image of a gym setting with yellow and black equipment.

## PERSONAL TRAINING

### FEATURED SERVICE

There are a number of professionals who are able to prescribe, supervise, and modify exercise programs. Physiotherapists are of the most highly trained and specialized in assessing the human body. Physiotherapists can assess strength and flexibility and diagnose injuries. Training with a physiotherapist allows you to maximize your workout effectiveness, to improve on your weaknesses and imbalances and strengthen key areas that may lead to future injury. If you're dealing with a current injury or pain, a physiotherapist will provide close supervision of a safe exercise program while simultaneously improving your pain and function. Your training program will be condition-specific and reflect your goals and injury recovery. Your rehabilitation will be adjusted depending on pain and injury and results will be tracked.

For a limited time, we are offering a 3-session package for \$250. Call today to sign up!

WANT MORE GREAT CONTENT?

 FOLLOW US ON  
**SOCIAL MEDIA!**



**foundationphysio**  
fb.com/foundationphysio



**foundationphysio**  
instagram.com/foundationphysio



**FoundationPT**  
twitter.com/FoundationPT

[www.FoundationPhysio.com](http://www.FoundationPhysio.com)

## AT-HOME EXERCISE

Use This Exercise to Build Muscle

### SINGLE LEG + ARM DEADLIFT

Stand on one leg, dumbbell in the opposite hand as the stance leg. Keeping your pelvis facing forward, bend at the hip and move your non-stance leg up and behind you. Your stance knee will bend slightly. Point your toes towards your stance foot to help keep your hips from opening up. From this position, rise up from the hips. Repeat exercise 10 times. Repeat on both sides.



[www.FoundationPhysio.com](http://www.FoundationPhysio.com)

## PHYSIOTHERAPIST SPOTLIGHT



**JARED BRUCE, MScPT**

Registered Physiotherapist (Senior Associate)

Hi I'm Jared and I am a physiotherapist practicing in downtown Toronto focusing on manual therapy. I am a senior associate at Foundation Physiotherapy, which involves leading and training new therapists!

After receiving my Bachelor of Science degree in Kinesiology at the University of Western Ontario in 2012, I moved to Toronto to complete a Master of Science in Physical Therapy at the University of Toronto. I have been working at Foundation Physiotherapy ever since graduation!

I have taken a number of advanced post-graduate courses including Functional Dry Needling, Intramuscular Stimulation (IMS), and contemporary medical acupuncture. I am currently in the process of completing my Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy. In clinic, I provide mentorship and education sessions for our newer physiotherapists, in order to maximize their learning and clinical effectiveness.

I appreciate the value of hands-on (and machines-off!) treatment and hope to extend my passion for exercise and physical activity to prevent injury and maximize function for all individuals. I incorporate acupuncture techniques, manual therapy, stretching, and strengthening exercises in my treatment programs in order to reach your goals. I have a special interest in the treatment of weightlifting/overtraining injuries, as well as shoulder and rotator cuff injuries.

In my spare time, you can find me in the gym, on my bike, playing beach volleyball, or running around the city with my dog, Scoops!

## PHYSIOTHERAPIST SPOTLIGHT



**ROMAN IZQUIERDO, PT, MScPT**

Registered Physiotherapist

Hello, my name is Roman. Welcome to Foundation Physiotherapy! I am an innovative physiotherapist, specializing in injury rehabilitation, musculoskeletal health preservation, and performance optimization. As a graduate of Western University, I provide unique treatments through my unique application of Contemporary Medical

Acupuncture, Dry needling, joint mobilization/manipulation, and soft tissue techniques.

I have been lucky enough to work with professional, Paralympic, and Olympic level athletes in-clinic and court side alongside medical staff. I am very happy to have seen some of my athletes succeed at the Olympic level.

My interest and passion for physiotherapy started after having suffered from chronic and acute pain issues as an athlete, and student. I graduated from York University with a Specialized Honors BSc. in Kinesiology with the highest distinction [Summa Cum Laude] in 2013. I went on to complete my M.Sc. in Physical Therapy at the University of Western Ontario from 2014 to 2016. My ambition to provide patients with the best care possible led me to extend my education with courses in acupuncture/dry needling, manual therapy [Level 1-Ortho Div], and Myofascial-Release techniques. I have also had the privilege of working as a CSEP Certified Personal Trainer with private clients under the Canadian Society for Exercise Physiology since 2011.