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CITYPLACE

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Toronto, Ontario M5V 3S8

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Fax: 647-350-5900

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SAT | 9am – 5pm

DOWNTOWN CORE

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Toronto, Ontario M5A 1M1

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Massage Therapy

CAN CHANGE YOUR LIFE

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!

Massage Therapy can Change Your Life

Athletes push their body to the limit day after day, and so it is no surprise that athletes keep up with the best medical resources to help their body recover and rejuvenate between workout sessions. Massage therapy is soft tissue mobilization and is often part of a physiotherapy treatment plan, and it is one that many athletes rely on regularly to soothe muscle tension and to improve flexibility. However, massage therapy is not just for athletes. If you aren't taking advantage of massage therapy to help with the physical stress and mental pressures of your day-to-day life, then you may be seriously missing out.

Why massage therapy?

When you get home after a long day at the office or after finishing that long jog you have worked so hard to accomplish, you probably sit down and rub your feet with a gentle massage as you take off your shoes. We rub our necks and shoulders when we are dealing with stress at work. We rub our backs with our knuckles after a long drive in the car or when we are feeling stiff and want to stimulate blood flow throughout our body. You are already utilizing the basic benefits of massage to experience relief from daily concerns. And if you are experiencing even small benefits from just these little touches of massage, then imagine the relief you could experience from true massage therapy.

Massage therapy goes beyond the basics of massage. Even a simple massage performed by a friend or family member in a casual environment, even for just a few minutes, is incredibly comforting. There is something about the brief experience of pressure on a tired muscle that can stimulate you to find the energy you need to power through the rest of your day.

Massage therapy is highly recommended for the treatment of tension and stress in the muscles and joints, either as a result of tension buildup from mental stress or from physical challenges.



Massage therapy is proven to:

- Alleviate tension
- Reduce pain
- Improve flexibility and range of motion
- Alleviate tension headaches
- Reduce depression and anxiety
- Boost your immune system

What are the benefits of massage therapy?

The massage that your friend or family member gives you feels good, but you will likely make more progress with lasting benefits from a registered massage therapist.

Massage therapy targets pressure points and muscles. Some people have massages for relaxation, but many have massages to help with pain or aide in injury recovery. Your massage therapist can target particular pressure points in the body that may be identified as a source of your pain, using specialized techniques to ensure safety and comfort during

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PATIENT SPOTLIGHT



 **Avi is an excellent RMT. He is very thoughtful in his treatments for my neck, shoulders, back, hips, and headaches. I always feel so much better and zen after receiving treatments from him. I highly recommend him!"**

"Avi is an excellent RMT. He is very thoughtful in his treatments for my neck, shoulders, back, hips, and headaches. I always feel so much better and zen after receiving treatments from him. I highly recommend him! The other staff (receptionists, physiotherapists, and RMTs) are also knowledgeable, kind, and courteous." – Peggy C.



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the massage experience.

Massage treatments can lessen depression and anxiety, while promoting tissue regeneration and reducing scar tissue and stretch marks. Your skin is the body's largest organ and massage therapy stimulates blood flow to improve circulation. Increased blood flow carries more oxygen and nutrients into underlying tissues, like muscles and vital organs. Feeling good and more relaxed during a massage is from the release of endorphins, which is an amino acid that works as the body's natural pain killer. Regular massage can relieve migraines, reduce post-surgery adhesions, swelling, spasms and cramping. Patients have reported less low back pain, increased joint flexibility and range of motion.

Massage after injury:

One of the most common times that massage therapy is used is following an injury, as part of a rehabilitation program. Following an injury, it is incredibly

important to be careful about allowing anyone to have contact with the injured area of your body. Applying pressure incorrectly to a shoulder that was recently operated on, or a knee that is still recovering from a tear, can have drastic results and major setbacks for your physical wellness.

Whether you are feeling sore because of your latest workout or dealing with building tension in your neck and back as a result of stress from work or family concerns, massage may be helpful for you. If you have questions about what type of massage therapy is best for your personal health needs, please contact Foundation Physiotherapy & Wellness to learn more about the different types of massage and how this therapy method may best be incorporated into your health and wellness routine.

<https://www.harrisschool.edu/10-reasons-to-get-a-massage/#.W4BSR15KjIU>

<https://www.massagetherapy.com/massage-and-its-benefits>

<https://www.physicaltherapyfirst.com/services/massage-therapy/>



HAPPY VALENTINE'S DAY!

Foundation would like to wish you a Happy Valentine's Day. Get your Valentine a massage gift certificate! Purchase 1 massage gift certificate and receive \$50 off the second one!

\$50 OFF

Expires 02/28/22

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AT-HOME EXERCISE

Use This Exercise to Help Relieve Tension

SOFT TISSURE RELEASE

Take a sock (or towel) and a tennis ball to perform this exercise. Place the tennis ball in the sock. Drape the sock over your shoulder so the tennis ball is against your upper back in a place where you have a tight muscle or localized pain. Now, lean against the wall so the ball presses directly on the affected area. Apply as much pressure as you can tolerate and so you can breathe comfortably. Hold it against that spot for 30 seconds to 2 minutes, or until the pain dissipates. You can roll your back up and down and side to side against the wall to create a self-massage effect.



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

www.FoundationPhysio.com

MASSAGE THERAPIST SPOTLIGHT



AVISHEK BHATTACHARJEE, RMT

Registered Massage Therapist

Hey, My name is Avi, or if you prefer, you can use my nickname, Tito (all my close people do)! My Post-Secondary journey began at York University where I completed my BSc. in Kinesiology and Health Sciences and graduated with Specialized Honors. I utilized this degree in order to pursue one of my passions which is to teach people, and I did this by becoming a Teaching Assistant (TA)

at the same institution. It was an opportunity for me to be the TA that I never had and really speak to university students who were my peers just a couple of months prior. Some of the courses I taught included Human Anatomy and Gender and Sexuality in Sport and Health. As I stated before, teaching is only one of my passions and the other is to heal. This began my pursuit of becoming a Registered Massage Therapist and I completed that pursuit at Centennial College while simultaneously working at the Morningside Campus location gym as a Fitness Advisor/Attendant.

In my personal life, all my interests revolve around activity. I am a 1st Degree Black Belt in Shorinjiryu Kenkohan Karate. I perform dance routines at birthday parties/weddings/anniversaries, and I have been involved in sports such as basketball/cross-country/track and field for over 10 years. I personally advise people on their health and fitness goals, specifically focusing on bodybuilding principles within long and short-term programming structures, dieting for weight loss, and preparation for sprint/endurance activities such as road biking, track and field, and long-distance running events. I have never given up on myself, regardless of the injuries after injuries in trying to maintain this active lifestyle and I promise to never give up on you.

MASSAGE THERAPIST SPOTLIGHT



ALLISON CUMBERBATCH, RMT

Registered Massage Therapist

Hey there. I'm Allison, an RMT and current Netflix binge-watcher. With nearly a decade of experience located in the heart of the city. I have had involvement in various fields of massage ranging from long-term care homes, hospitals, spas and physical rehab clinics and rehabilitation is where I truly shine. When it comes to wellness, physical and mental

reform are my top focus. While I do enjoy physical activity I'd have to say my enthusiasm for it is mediocre at best. I'll never say no to a camping trip but don't invite me to your orange theory class.

Whether you're experiencing chronic pain, are pregnant, suffer from an injury or just looking for something relaxing instead of therapeutic I can help you out. With the right level of communication, we can work together as a team to make sure you get the treatment you're looking for! My preferred massage style is Swedish-based. However, I do include other modalities and techniques from other styles of massage such as Indian Head Massage, Shiatsu and craniosacral therapy. You know, for the more worldly experience.

When I'm not working I'm travelling, thinking about travelling, eating, reading, dancing and being a random thing doer (thanks Groupon). If you have any questions or concerns please feel free to contact me. Don't be a stranger!