

# NEWSLETTER

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### CITYPLACE

383 Front Street West  
Toronto, Ontario M5V 3S8

**Phone: 647-946-1062**

Fax: 647-350-5900

**MON – FRI | 7am – 8pm**

**SAT | 9am – 5pm**

### DOWNTOWN CORE

123 Edward Street, Suite 100  
Toronto, Ontario M5G 1E2

**Phone: 647-946-1082**

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: 647-946-1102**

Fax: 416-703-5886

**MON, WED, THURS | 12pm – 8pm**

**TUES & FRI | 8am – 8pm**

**SAT | 9am – 5pm**

### LEASIDE

25 Industrial St Unit 206,  
East York, Ontario M4G 1Z2

**Phone: 647-946-1170**



*Run to Recovery*  
**WITH PHYSIOTHERAPY**

### 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!

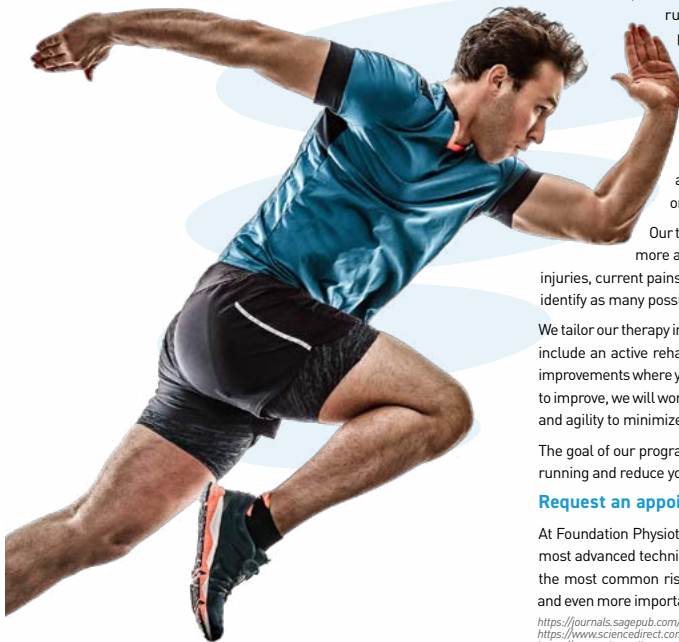
# Let's Get You Back on the Running Track

Do you notice pain when you run? Have you noticed more soreness after running? Injuries are common with runners of all levels. At Foundation Physiotherapy, our physiotherapists can help you resolve existing pain and teach you how to reduce the risk of future injuries!

Running is one of the most popular ways people exercise, but unfortunately, research has shown that over 50% of runners experience injuries every year. And for long-distance runners, the percentages can be as high as 80%.

We know how important running is for mental, physical, and emotional well-being. We also know that runners are infamous for ignoring pain and running even when hurting. Too often, people are afraid to seek help because they worry someone will tell them not to run anymore.

Fortunately, our experienced physiotherapists know to thoroughly assess your running technique and determine the best intervention to help you enjoy running and prevent future injuries!



## What are the main risk factors for running injuries?

According to the research studies, the leading risk factor associated with runners sustaining an injury is having a previous injury in the last 12 months. It is critical for any runner to fully resolve a prior injury to reduce your risks and keep you running. This is why runners must seek a physiotherapist with experience treating runners!

Although many studies looked to identify specific biomechanical variables responsible for injuries, the evidence is inconsistent. There are multiple factors at play and, therefore, require the expertise of our skilled clinicians.

*The following biomechanical factors may be affecting you and are worth having one of the physiotherapists assess:*

- **Contralateral pelvic drop:** (i.e., the pelvis on the opposite side tilts, it lacks proper leveling). A contralateral drop is strongly associated with common running-related injuries like IT band syndrome and runner's knee and may be related to shin splints.
- **Limited calcaneal eversion:** (heel bone moving outward/laterally) is associated with IT band syndrome and may be related to the lower leg and foot conditions.
- **Greater knee stiffness:** (i.e., lack of bending) is more common in runners with higher body weights. This increased stiffness increases the risk of sustaining an overuse running injury no matter the gender.

## What to expect at your physiotherapy sessions

Our therapists have proven success in treating runners. We help runners in all aspects of rehabilitation, injury prevention, return to run programs, and improved performance on race day.

The first step is to start with our Running Program assessment, which includes an in-depth evaluation of your running shoes, a functional running-specific strength and flexibility assessment, and a video-recorded running analysis on the treadmill.

Our therapists will take a thorough history to understand more about the training schedule, the history of previous injuries, current pains/injuries, and the runner's overall health status to identify as many possible factors contributing to the pain/injury.

We tailor our therapy interventions to your individual needs. This will likely include an active rehabilitation that focuses on exercises that facilitate improvements where you have limitations or weaknesses. As you continue to improve, we will work with you to challenge your balance, coordination, and agility to minimize the risk of future injuries.

The goal of our program is to ensure you have the tools to resume/keep running and reduce your risk of future injuries!

## Request an appointment today!

At Foundation Physiotherapy, our therapists are up-to-date on runners' most advanced techniques and rehabilitation programs. We understand the most common risk factors and causes of running-related injuries, and even more importantly, we know how to resolve any old or new injury.

<https://journals.sagepub.com/doi/abs/10.1177/0363546518773755>  
<https://www.sciencedirect.com/science/article/abs/pii/S0363546518316758>  
<https://www.sciencedirect.com/science/article/abs/pii/S1440244018301798>  
<https://journals.sagepub.com/doi/full/10.1177/0363546518793657>

# CHECK OUT OUR NEW LOCATION!

If you are in the Leaside or East York and surrounding areas, look no further.

Foundation Physiotherapy has opened up our fourth clinic close to you! We have partnered with the Leaside Village Medical team and can be found at 25 Industrial St, Unit 206. Our dedicated team is passionate about helping you succeed. We continue to offer our highly specialized care in an experience driven environment. We look forward to seeing you here!

[leaside@foundationphysio.com](mailto:leaside@foundationphysio.com)

416-487-2442



## PATIENT SUCCESS STORY

Working with Shirin from Foundation Physiotherapy & Wellness has been a great experience. After 8 weeks of training/exercising, we were able to strengthen my knee, so that I could continue running. Prior to visiting Foundation Physiotherapy, I was suffering from knee pain as soon as I started running (as a result of overtraining in 2020). Through the exercises and stretches that Shirin recommended that I complete, my knee pain has disappeared, and I'm back to running multiple times a week. I would highly recommend the team at Foundation Physiotherapy for any physical fitness issues, soreness/pain, that you may be suffering from. Thank you!" - *Frauk M.*

## COME BACK TO PHYSICAL THERAPY

[foundationphysio.com](http://foundationphysio.com)



## USE RUN15 FOR 15% OFF\*

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

\* Book during the month of April for 15% off your initial running assessment!

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

## CONCUSSION PHYSIO SPOTLIGHT



**SHIRIN PATEL, MSCPT**

Registered Physiotherapist, Running Consultant

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.

## PHYSIOTHERAPIST SPOTLIGHT



**BRYAN HAGUE BSCKIN, MSCPT**

Resident Physiotherapist

Hi, my name is Bryan and welcome to Foundation Physiotherapy! I truly believe that every individual is unique in their own way and thus requires a personalized plan of care tailored to their needs. I like to use a combination of manual therapy, education, and functional exercises to achieve your specific goals.

I have always been fascinated by movement and the human body, which led me to pursue a career in physiotherapy. After obtaining my Bachelor of Science Kinesiology (Honours) from McMaster University, I completed my Master of Science in Physical Therapy at the University of Toronto.

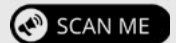
I know first-hand how physical activity and movement can improve and enhance one's quality of life. I am especially keen on empowering clients to learn about their bodies and to find ways to manage their pain, mobility, and fitness. This can be in the form of rehabilitation following an injury or prehabilitation to help prevent further issues. Whether it is a specific injury, long-term nagging pain, or something in between, I look forward to working with you to get you back to doing the things you love!

## TELL US HOW WE DID!

*The best way to help a small business in the community is by leaving a Google review!*

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## AT-HOME EXERCISE

**A Must do exercise to keep runners' hips strong!**

### CLAMSHELLS WITH RESISTANCE BAND

*Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg.*

