

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



H
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National
Physiotherapy
Month

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!

GET BACK IN THE GAME!

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game.

Thankfully, our physiotherapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physiotherapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact Foundation Physiotherapy today to consult with one of our physiotherapists.

What are the most common sports-injuries?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

- **Acute trauma:** A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.
- **Repetitive/overuse injuries:** Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Acute injuries are caused by a single specific incident, such as:

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles
- **Fractures:** injuries to bones
- **Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- **Tendonitis**
- **Bursitis**
- **Shin splints**
- **Tennis elbow**
- **Runner's knee**

Whether you rolled your ankle on the soccer field, swung your bat too

aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Foundation Physiotherapy can help you find relief!

How physiotherapy can help

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physiotherapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.

The overall goals of physiotherapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

Contact us today

Physiotherapy has been proven to treat both acute and chronic sports injuries successfully. At Foundation Physiotherapy, our physiotherapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physiotherapy team!

Call today to schedule an appointment with one of our specialists.

Sources:
<https://link.springer.com/article/10.2165/00007256-2001131140-00003>
<https://www.dkinjuryclinic.com/v2/wp-content/uploads/2020/10/3-4-74-161.pdf>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5332197/>
<https://www.cdc.gov/nchs/data/nhsr/nhsr099.pdf>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>
<https://orthoinfo.aaos.org/en/diseases-conditions/sprains-strains-and-other-soft-tissue-injuries/>



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

416-487-2442



CLIENT SUCCESS STORY

Been coming to Foundation to see Raj for physiotherapy and Avi for massage therapy. I cannot recommend them enough. I've struggled with shoulder hip and knee pain for years and could not figure out the causes. Over time they have been able to figure out the root causes of each issue and fix them. Life has been much more enjoyable since discovering them. Excellent experience overall!" - *B.I*

COME BACK TO PHYSIOTHERAPY

foundationphysio.com



SPEAK WITH A PHYSIOTHERAPIST

Want to know if Physio is right for you? Or have a friend who you think physio can help? All our physiotherapists offer 15 min introductory calls.

VISIT OUR PORTAL
TO BOOK YOUR CALL

 **foundation**
PHYSIOTHERAPY
& WELLNESS

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AT-HOME EXERCISE

A certain physiotherapist's favourite!

BACK EXTENSIONS

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.

Helps relieve back pain.



CO-FOUNDER SPOTLIGHT



RAJ SUPPIAH, PT

BHScHons, MScPT, Cert. MDT, Cert. Sport PT
Co-Founder, Registered Physiotherapist
(Partner), Vestibular Physiotherapist

Welcome to Foundation Physiotherapy & Wellness! Along with Matthew, I helped I co-found this practice in 2011 on the passion of delivering high quality health care in a progressive, non-traditional setting. We have seen this company grow beyond what we ever envisioned!

Despite running the business, my heart still lies in helping clients and practitioners reach their outcomes. Clinically, I have a special interest in treating spine and sport conditions.

As a certified sport physiotherapist, I have extensive experience working with elite level athletes. I have managed health care teams and treated athletes at a variety of international and national level sporting events. I also have post-graduate certifications in the McKenzie method, vestibular rehabilitation (treatment of vertigo and dizziness), concussion rehabilitation and advanced manual therapy. I use a unique blend of communication, manual therapy, movement patterning and functional retraining to attain outcomes.

At my core, I am a family man, and improving myself as a person and a father is integral. Another passion is giving back to my community - whether it be through volunteer work, mentoring future physiotherapists or constantly working on improving the business. I LOVE learning about people, places and cultures. I'm a fan of the Toronto Raptors, 90's hip hop and entrepreneurship. Despite my aching knees, exercise and sports are still a part of my life (although more of it is now watching sports instead of playing!). I can small talk about ANYTHING, so challenge me!

CO-FOUNDER SPOTLIGHT



MATTHEW LAING PT

BPHE, MScPT, Manip. Dip. PT, FCAMPT, CIDN
Co-Founder, Registered Physiotherapist
(Partner), FCAMPT

Since my teenage years, I've always valued the strong connection between community, sport & exercise, and health care in our overall health. Our clinic, Foundation Physiotherapy & Wellness was built to help connect those pillars of health.

With a goal of helping people move pain free and find community through sport and activity, my professional journey began as a graduate of the University of Toronto where I received both a Masters in Science in Physiotherapy in addition to a degree in Physical Education and Health.

Having received a Diploma of Manipulation and Fellowship of the Canadian Manipulative Therapists and more recently a Certification of Intramuscular Dry Needling, I've been able to treat a wide range of injuries and clients.

Working with me, you can expect a combination of hands on manual therapy techniques, dry needling, and focused exercise prescription to provide an individualized program to help you reach your goals faster.

In my spare time, you can find me playing on the rink playing hockey, on the tee box golfing, or in the gym practicing what I preach!