

NEWSLETTER

INSIDE:

- Resolve Your Neck Pain and Dizziness
- Check Out Our New Location!
- Vestibular Therapy
- At-Home Exercise
- Staff Spotlights

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Phone: 647-946-1062

DOWNTOWN CORE

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CORKTOWN

King & River
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LEASIDE

Eglinton & Laird
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ETOBICOKE ROYAL YORK

Royal York & Queensway
Phone: 416-847-9112

ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
Phone: 647-953-4132



Knock Out Your
NAGGING

Neck Pain Today!

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!



Resolve Your Neck Pain and Dizziness

Do you notice yourself rubbing your neck after a difficult day on the job? Do you experience dizziness, or the sensation of swaying, as if you're in danger of falling over?

Dealing with neck pain and dizziness can impact what you do and interfere with your enjoyment of life.

Fortunately, at Foundation Physiotherapy & Wellness, our therapists specialize in helping patients battle symptoms of dizziness and neck pain so that they can return to a normal lifestyle without the fear of getting hurt.

Are you ready to return to your normal routine without painful symptoms or dizziness? Do you want to learn more about how neck pain and dizziness are interconnected?

Contact Foundation Physiotherapy & Wellness today to discover how our team may provide you with the relief you've been searching for!

How are neck pain and dizziness related?

It's not uncommon for neck pain and dizziness to occur together. According to Spine Health, "When neck pain and dizziness occur together, it may be due to a blood vessel that supplies blood to the brain being compressed. Some of the associated medical conditions include spinal degeneration or neck instability, which can put pressure on the vertebral artery."

Dizziness that is related to a problem in the neck is known as cervicogenic dizziness. Some of the possible causes of cervicogenic dizziness include:

- **Whiplash:** This injury is caused by the neck rapidly whipping back and forth, as in a rear-end collision or other collision. Whiplash is most commonly associated with neck pain, but dizziness and other symptoms may also occur. It is thought that in some cases, an injury to the neck's joints and/or muscles may alter proprioceptors and contribute to dizziness.
- **Cervical spondylosis:** Cervical spondylosis, or neck spine degeneration, can occur as a result of cervical osteoarthritis, cervical degenerative disc disease, and other wear and tear on the spine over time. Nerve roots and blood vessels may become compressed as the intervertebral discs and joints degrade, contributing to dizziness in some cases.

- **Vertebrobasilar insufficiency (VBI):** VBI occurs when one or more of the main arteries leading to the brain becomes compressed or unable to deliver enough blood, resulting in dizziness. Other causes of dizziness include migraines, stroke, vestibular neuritis, benign paroxysmal positional vertigo (BPPV), and Meniere's disease.

How can physiotherapy for neck pain help with dizziness?

Physiotherapy is one of the most effective treatments for neck pain. Our physiotherapists at Foundation Physiotherapy & Wellness will perform an initial physical evaluation to assess your neck's range of motion and any limitations caused by your pain.

They will then develop a diagnosis that will guide the development of your treatment plan. The primary goal of your treatment plan will be to recover as quickly as possible and return you to a pain-free lifestyle.

Manual or "hands-on" therapy, which consists of unique techniques designed to reduce stiffness and improve the range of motion in your neck, will most likely be used to treat your neck pain. Our physiotherapists will also teach you specific exercises to strengthen, build, and improve the muscles and tissues in your neck.

We will concentrate on improving your posture to aid in the recovery of your neck muscles and prevent future injury. Additional treatment options may include ice and heat therapy, ultrasound, or electrical stimulation, as determined by our physiotherapist.

As your neck pain is treated, you'll likely find that your dizziness naturally diminishes. However, if you need additional treatment to rid your dizziness completely, know that you have many options at Foundation Physiotherapy & Wellness.

We offer vestibular therapy services at our clinic to combat the symptoms of dizziness and vertigo. Vestibular therapy includes treatments such as the Epley maneuver and Cawthorne head exercises.

The Epley maneuver allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV. Cawthorne head exercises focus on decreasing nerve sensitivity and reducing the effects of vertigo.

Are you ready to find relief? Contact Foundation Physiotherapy & Wellness today!

Are you tired of your neck pain and dizziness slowing you down? Comprehensive relief is possible with physiotherapy.

Our therapists can tackle your pain at its source, providing you with long-term relief. Don't hesitate to unlock the help you need. Contact our clinic today to request an appointment with one of our talented specialists.

CHECK OUT OUR NEW LOCATION!

Etobicoke, we're coming for you!

We're pumped to announce that we now have two locations in the beautiful south Etobicoke community! The two locations of Citrus Sports Medicine and Rehabilitation, at 605 Royal York Rd and 2240 Lake Shore Blvd are now part of the Foundation Physio family. We aim to bring our experience driven physical health services, as we transition our brand over in a few months.

If you have friends or family in the Etobicoke area, we will be pleased to serve them!

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CLIENT SUCCESS STORY

I experience terrible neck and shoulder pain due to long hours working in front of a computer, and Avi is a god-send! I am so pleased with his services! He truly tries to cater to your problems with a combination of different techniques, and has helped me get rid of terrible neck and back pain. He is patient, courteous and professional and after trying out multiple RMTs in the downtown area, I am happy I have found him because he is simply the best! The clinic folks are friendly and nice, and the whole process is smooth and hassle free." - *Pallavi K.*

COME BACK TO FOUNDATION

Free 15-minute discovery calls with a physio or chiropractor

CHECK OUT OUR VESTIBULAR REHAB PROGRAM

What is Vestibular Rehab?

At Foundation Physiotherapy & Wellness, we provide vestibular therapy for our patients suffering from balance disorders in Toronto and surrounding areas. Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear.



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AT-HOME EXERCISE

TRAPEZIUS STRETCH

Place one hand on the side of your head, then pull your head towards your shoulder. Hold for 15 seconds and repeat on both sides.



PHYSIOTHERAPIST SPOTLIGHT



KAYLEE FELDMAN, PT, MSCPT
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!

CHIROPRACTOR SPOTLIGHT



DR. CHANTAL JOSEPH DC
Chiropractor

Hey everyone!! My name is Chantal and I'm a Chiropractor at Foundation Corktown!

I graduated from Queen's University in 2017 with an Honours Bachelor of Science degree with a specialization in Kinesiology. Then went on to obtain my Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College. Following this I completed a Contemporary Neurofunctional Acupuncture course at McMaster University.

My passion to help people goes beyond what we do in clinic. I am committed to providing high quality care and more importantly, to educate. Not only is my goal to restore and improve your function but to give you the confidence to realize you are capable of more than you think and be there to help you reach that potential.

Growing up as an highly active individual myself and working with various high level athletes and sports teams during my university and post graduate education, I have a special interest in sport injury, performance and women's health.

My treatment style is very dependent on the patient and their goals. I always aim to find the root cause of the problem and work from there. I strongly believe in patients playing an active role in their healthcare and hope to provide the tools for you to be able to do so!

When I'm not treating, you can find me coaching an F45 workout class (or trying new fitness classes, all suggestions are welcome!), finding any excuse to escape the city and spending time with family and friends.