

NEWSLETTER

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ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
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Resolve Your
SHOULDER
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 Shoulder Pain Today!

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physiotherapy.

At Foundation Physiotherapy & Wellness, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call Foundation Physiotherapy & Wellness today to schedule an appointment with one of our physiotherapists so we can help you get back to your daily life, free of shoulder pains!

Understanding your shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Common conditions that cause shoulder pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

How physiotherapy can help

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at Foundation Physiotherapy & Wellness will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

Sources:

<https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>

<https://www.jospt.org/doi/10.2519/jospt.2015.010>

<https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

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!

etobicoke@foundationphysio.com | foundationphysio.com/etobicoke
647-953-4132



CLIENT SUCCESS STORY

I came to Foundation Physio because of years of neck, shoulder, and back pain that I wanted to work towards resolving. My experience has been absolutely wonderful! I've been seeing Raphaele for Physio and Fern for massage therapy. Both have been amazing... Knowledgeable, attentive, and friendly. They have really helped me release a lot of the tension/pain I was experiencing and I'm really so happy I chose to come here. HIGHLY recommend! Also, honourable mention to Brittany at the front desk for always being a welcoming and friendly face!" - Caudice S.

MEET OUR NATUROPATH

Free 15 min discovery calls with our naturopath, Jacqueline

HAVE YOU HEARD OF NATUROPATHIC MEDICINE?

Naturopathic medicine weaves current scientific knowledge with traditional and natural forms of medicine. It stimulates the patient's own healing power of the body to treat underlying causes of concern/disease. The symptoms that we experience are considered warning signals. These warning signals tell us the body is not working well and highlight unfavourable lifestyle habits.



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AT-HOME EXERCISE

BANDED ROWS

Stand straight with band secured. Row band to stomach, squeezing shoulder blades together. Keep elbows close. Don't lean backward. Repeat this 10-15 times.



CLINIC DIRECTOR SPOTLIGHT



**KARLYN DRIEDGER, PT, BScKin,
MSCPT, CIDN**

**Clinic Director, Registered Physiotherapist
(Senior Associate), Pelvic Health
Physiotherapist**

I graduated from McMaster University with a Master's of Science in Physiotherapy in 2014. Prior to this, I received my Bachelor of Science in Kinesiology at the University of Waterloo.

Since graduating, I have taken numerous post-graduate courses in manual therapy (Level 2 Certification), acupuncture (McMaster Contemporary Acupuncture Program, Integrated Dry Needling) and Pelvic Health (Pelvic Health Solutions).

I enjoy helping a wide variety of clients move and feel better. Starting with a thorough initial assessment to understand my client's needs and goals, I work to develop an individualized treatment approach using a combination of manual therapy, exercise, acupuncture and education. My Orthopedic and Pelvic Health training, in addition to my clinical experience, offer a unique approach for individuals with lower back/hip pain and women during and after pregnancy.

When I'm not working, I enjoy playing ultimate frisbee, doing yoga and cheering on Toronto's sports teams.

CLINIC DIRECTOR SPOTLIGHT



**ALEXANDRA SANDLER PT,
BScKin, MSCPT**

**Clinic Director, Registered Physiotherapist
(Senior Associate)**

Welcome to Foundation Physiotherapy and Wellness, a clinic I've built my practice and have been helping individuals achieve their fitness and wellness goals since 2013.

A little bit about me: I've graduated with an Honours Bachelor of Science in Kinesiology and Psychology from York University in 2010. I continued my education at Queens University where I completed my Masters of Physiotherapy in 2012.

For the past eight years, I've committed to providing the highest quality care to my clients by integrating evidence-based practice with my clinical experience. I believe in implementing highly individualized treatment plans and rely heavily on manual therapy, soft tissue release, exercise prescription, acupuncture and patient education. I value the importance of continuing education and have taken numerous postgraduate courses including Mulligan concept, Mackenzie Method, dry needling, taping techniques and am always working towards expanding my physio tool box.

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.