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Resolve Your
HIP & KNEE
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!



How Physiotherapy Helps Hip and Knee Pain

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Foundation Physiotherapy & Wellness, our team of physiotherapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Foundation Physiotherapy & Wellness, our physiotherapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the source of your hip and knee pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/ strains or cartilage injuries.** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physiotherapist can identify what is causing your pain and help clarify what your next steps should be.

How physiotherapy can help hip and knee pain

Our licensed physiotherapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What to expect in physiotherapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physiotherapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physiotherapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physiotherapists are skilled at hands-on intervention and selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome. From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

Contact us today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Foundation Physiotherapy & Wellness to schedule an appointment. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>
<https://www.jospt.org/doi/10.2519/jospt.2017.0301>
<https://pubmed.ncbi.nlm.nih.gov/30126395/>
<https://pubmed.ncbi.nlm.nih.gov/25591130/>

EXCITING TEAM UPDATES!



Dr. Ryan Albert, DC

Chiropractor (Senior Associate)

Ryan has become a Senior Associate at Foundation! He continues to provide excellent care to his clients in addition to taking on a mentoring role for our entire chiropractic team. Ryan can be found working his magic out of our Downtown Core and Corktown locations.



Mackenzie Holden, PT, MScPT

Education Committee Lead, Registered Physiotherapist, Cycling Consultant

Mackenzie has taken on the role as our Education Committee Lead! Mack will be our lead for organizing students' educational visits within our clinics, as well as organizing professional growth opportunities for our employees.



Jared Bruce, PT

Clinic Manager, Registered Physiotherapist (Senior Associate)

Jared is now a Clinic Manager at our CityPlace location. He will be overseeing the clinical team at Foundation's flagship clinic. With this role, he will also be a mentor for all of our Cityplace clinicians to deliver the best results for our clients!



Wendy Escobar

Operations Lead

Wendy is our operations lead across all of our clinics! Wendy started with us as a part time CER at our Cityplace location and now works closely with our director of operations to make sure our systems, operations and client experience team is consistent across all locations!

Congrats to all of our hard-working team members!



CLIENT SUCCESS STORY

I cannot express enough how excellent the team is. The administration staff are friendly, professional, and have always been able to support me in anyway during my visits. 5 stars for making my appointments easy and enjoyable!" — Holly B.

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AT-HOME EXERCISE

LUNGES

Stand with feet shoulder-width apart. Step forward allowing your front and back knees to bend. Return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Don't let your front knee pass the front of your foot. Repeat 10-15 times.



PHYSIOTHERAPIST SPOTLIGHT



TYLER OTTOLINO, PT, MScPT

Registered Physiotherapist

Hi, I'm Tyler! After completing an undergraduate degree in Kinesiology at Western University I completed my Master's Degree in Physical Therapy at McGill University in Montreal, Quebec. While attending Western University I was able to grow my

skillset by working as a student athletic trainer clinically as well as on-field with the Western Men's Rugby team.

This has driven my passion for working with athletes of all levels, from elite level athlete to weekend-warrior.

I highly value patient education and put an emphasis on communication in order to empower clients to take control of their health and wellness. I provide a combination of techniques including specific exercise prescription and manual therapy to help clients reach their rehab, fitness, and health goals. I have a passion for providing active rehabilitation programs for clients including specific and individualized strength training and mobility work to achieve fitness goals, manage pain and prevent future injury.

In my spare time I like to keep active and move daily by lifting weights at the gym or enjoy the weather outside with a nice run or bike ride. I enjoy the discipline that is brought to my life through practicing Brazilian Jiu Jitsu every week, I love socializing with friends on the golf course throughout the summer, and hitting the slopes snowboarding in the winter!



MELISSA ARLANTICO, MScPT

Resident Physiotherapist

Hey, I'm Melissa — but feel free to call me Mel. I am one of the Physiotherapy Residents at the Corktown location.

I was born and raised in Toronto where I danced competitively and completed my Royal Academy of Ballet examinations.

I always enjoyed exploring how human anatomy could create such a beautiful and delicate art, yet be so robust to adapt to various activities, or recover from injury or dysfunction. Driven by my interests, I graduated from the University of Toronto with my Bachelor of Kinesiology and later obtained my Master of Science (Physiotherapy) at McMaster University. I plan to continue my education by taking a variety of post-graduate courses to broaden my skill set in manual therapy, acupuncture, taping, and exercise prescription.

My practice is centred around freedom and collaboration. I believe everyone should have the freedom to engage in activities they choose and have knowledge to make informed health decisions. Therefore, my treatment approach encompasses education, exercise and manual therapy techniques, tailored to addressing your concerns and goals. I am committed to working WITH you, which means open communication, opportunity to ask questions, and space to share ideas. I am here to create a treatment plan that aligns with your lifestyle, supports your physiotherapy goals — and by extension your life goals.

When I'm not in clinic I'm usually catching up with friends over a game of Chinese checkers, trying out a new fitness class, or enjoying home renovation and organization shows.