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How Physio and Chiro Can Help

PREVENT LOW BACK INJURIES



Have you injured your back in the past and are worried about hurting it again? Do you notice your back feels stiff and sore and worry you may injure it if you don't do something about it? At Foundation Physiotherapy & Wellness our physios and chiros are highly skilled at identifying the underlying causes of lower back injuries and helping you deal with them before you hurt yourself!

Lower back pain is one of the most common disorders people face throughout their lives. The most common types of injuries are due to acute traumas, like a sprain or strain, or an overuse injury typically related to repeated movements or improper technique while performing a specific task.

Fortunately, lower back injuries are often preventable. At Foundation Physiotherapy & Wellness, our physios and chiros stay up-to-date on research-backed techniques to reduce or eliminate the risk of injury and pain.

Request an appointment today to learn more about our programs to help assess your risks and ensure your results!

Common reasons for lower back injuries

Believe it or not, a sedentary lifestyle is one of the most significant risks of a lower back injury. For years, the medical community falsely believed that rest and avoiding certain activities could prevent an injury. The reality is that the more active you are, the better prepared your back is to handle your lifestyle demands.

Avoiding movements and activities is not as effective as being prepared by staying active and maintaining (or improving) your strength. Our lower back is one of the strongest areas on our body and, by design, can handle immense forces. Recent evidence has shown that the joints and soft tissues adapt to the stresses we place on them, and the ideal scenario is a combination of mobility and stability.

Proper spine care requires minimizing repetitive movements, especially in awkward positions. Prolonged positions or sustained postures are often more disruptive to the spine's health than lifting, including heavy lifting.

Most acute injuries to the lower back are associated with a sprain/strain type injury. A sprain is an overstretching of a ligament, whereas a strain is an injury to the muscles or tendons. A strained muscle affects people of all ages, fitness levels, and physical abilities.

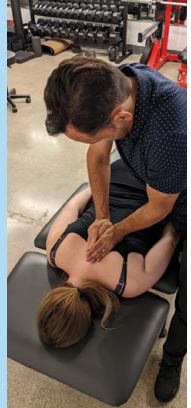
The typical cause of a strained muscle is from bending or bending and twisting type movements, and these same movements are often associated with a sprained joint and may even cause an injury to the discs in the spine.

The contributing factors that are most often associated with a lower back injury include:

- Improper posture or prolonged positions (i.e., prolonged sitting or bending)
- Repetitive bending and twisting-type movements

How Chiropractic Can Help You

Chiropractic is a regulated health care profession in Canada that focuses on disorders of the musculoskeletal system and the nervous system. Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches. Call to schedule your appointment today!



- Limited hip, spine, and pelvis mobility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor coordination of the abdominal, pelvic and back muscles (i.e., often from compensations due to a previous injury)

The other most common cause of a lower back injury is an overuse-type injury. Overuse injuries are often due to improper technique resulting in compensations and muscle imbalances that lead to irritation and eventually injury of the muscles, joints (i.e., the intervertebral discs and facet joints), nerves, surrounding ligaments, and fascia.

Our physios and chiros at Foundation Physiotherapy & Wellness will assess your risk factors and, more importantly, give you the tools to address them and prevent future lower back injuries.

What to expect at your sessions

Too often, people wait until their back is hurting before addressing their restrictions, weaknesses, and bad habits that increase their risk of injury. This ineffective approach may be harmful or increase your risk of injury.

Avoiding a lower back injury by avoiding activity and exercise leads to more pain and severe injuries. Fortunately, our team at Foundation Physiotherapy & Wellness understands what it takes to minimize your risk of injury. It will thoroughly evaluate weaknesses or limitations that may make you more susceptible to pain and damage.

We will use the information we gather from our comprehensive assessment to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate coordination drills to make sure your spine is functioning at its best.

Our therapeutic interventions will start with pain management and restoring mobility to restore your function and eliminate the need to use compensations with your typical daily activities. Next, we will focus on building your strength and stability to prevent injuries.

Our physios and chiros will also educate you on proper body mechanics and proper lifting techniques to stimulate your nervous system and help ensure you can perform more risky activities with proper form to avoid an injury.

At Foundation Physiotherapy & Wellness, our team recommends addressing your limitations head-on to ensure you can get back to doing what you love safely and without worrying about an injury standing in your way.

Request an appointment at Foundation Physiotherapy & Wellness today!

If you are looking for solutions to a persistent problem or ways to prevent a severe lower back injury, call today and make an appointment with one of our specialists

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6620421/>
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<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full?highlight=Abstract-back%7Cpain>

“When I arrived at Foundation Physiotherapy two months ago, I couldn’t move, sit, bend or change position. I barely could walk from my car to the Foundation Physiotherapy clinic. But, with just three sessions, I was back to normal. I was helped by Dr. Chantal Joseph; she is amazing! Extremely knowledgeable, quick and accurate with her diagnosis, and a clear communicator.

She works with you to develop treatment options, length of treatment, and short- and long-term goals that are right for you and your body. After every visit, I felt rejuvenated. She has magic hands and a positive vibe! Don’t waste your time — go to her if you need to see a chiropractor.

Thank you, Chantal, for my mobility and freedom!” — **B.P.**

THIS HOLIDAY SEASON,
GIVE THE GIFT OF FEELING BETTER



MASSAGE THERAPY GIFT CARDS!

Massage therapy can be extremely beneficial for people of all ages and can complement physiotherapy and chiropractic treatments.

Massage therapy can be used to prevent stress, maintain mobility, and facilitate sporting activities. It is also helpful in treating everyday aches and pains, improving circulation and relieving muscle tension and stiffness.

Massage therapy is available at CityPlace, Corktown, Downtown Core and Royal York

Call us today to order yours!

FEATURED SERVICE:

CUSTOM FOOT ORTHOTICS

Foot orthotics can alleviate pressure, eliminate pain, and promote stability. It's important to receive custom orthotics that are created to fit the exact shape of your foot in order to receive the maximum benefits.



Orthotics can be prescribed and dispensed by physiotherapists and chiropractors. There may be restrictions based on your insurance provider. Please check prior to booking.



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CHIROPRACTOR SPOTLIGHT

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DR. CHANTAL JOSEPH, DC

Chiropractor, Foundation Corktown & Cityplace

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

I graduated from Queen's University in 2017 with an Honours Bachelor of Science degree with a specialization in Kinesiology. Then I 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 a 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.

AT-HOME EXERCISE

McKENZIE BACK EXTENSIONS

Lying flat on your stomach with hands on the ground as though you were going to perform a push-up.

- Use arm to guide your lower back muscles as you aim to curve your spine.
- Do not hold your hips down on the ground — simply let them come up if that is what happens.
- At the end of comfortable range, breathe out and let your abs and hips sag.
- When you sag you will may feel some pressure in your low back, this is normal.
- Hold for 5 seconds and return to the start position. Repeat 10x.

