

INSIDE:

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HOW STRENGTH TRAINING
With Our Integrated Team
CAN IMPROVE YOUR HEALTH

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you? Do you want to take more breaks throughout the day because you always feel tired?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Foundation Physiotherapy & Wellness, our integrated team of physiotherapists, chiropractors, psychologists, massage therapists, and naturopaths are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Health is a relative term. Your body operates highly in all systems, from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, most people understand that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Our highly trained team at Foundation Physiotherapy & Wellness will design a personalized program that includes a strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, more vital, healthier lifestyle!

Contact Foundation Physiotherapy & Wellness today to request an appointment with one of our specialists!

Why Is Strength Training So Important?

There are approximately 642 skeletal muscles in the body. Your muscles help you move and support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral to our integrated team's specialized treatments. Strength training helps build muscle mass and is an essential step in prevention, rehabilitation, and enhanced performance in recreation and sports.

Whether recovering from an injury or an underlying condition causing pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight

- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

How Our Foundation Physiotherapy & Wellness Team Can Help You Get Strong

Our strength training programs at Foundation Physiotherapy & Wellness will get you back to living a happy and healthy lifestyle. Our physiotherapists, chiropractors, psychologists, massage therapists, and naturopaths will work together to design a treatment plan targeted to your needs to ensure an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or the use of equipment, such as barbells, resistance bands, exercise balls, or hand weights.

Consulting with our highly skilled team should start immediately following most injuries to ensure the fastest recovery possible. One of our specialists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies that address your mental and emotional well-being to ensure you do what you love!

Call Today to Request an Appointment!

At Foundation Physiotherapy & Wellness, our physiotherapists, chiropractors, psychologists, massage therapists, and naturopaths have proven successful with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself!

Call today to request an appointment with one of our specialists!

Sources: https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance_training_is_medicme_effects_of.13.aspx; <https://link.springer.com/article/10.1007/s40279-018-0862-z>; <https://link.springer.com/article/10.1007/s40279-020-01309-5>; <https://link.springer.com/article/10.2165/00007256-200030040-00002>; <https://jamanetwork.com/journals/jama/article-abstract/2776330>

Happy New Year!

We were busy in 2022, working behind the scenes to ensure all our clients at all our clinics receive a consistent experience. We are excited to announce a renewed focus on **ACHIEVING OUTCOMES**. When you come back to our clinic, our team will develop treatment plans with you and find ways to encourage success. Along with this, we have developed a way to track the success of every single one of our clients.

Welcome to our new model of care:

CLIENT SUCCESS STORY

“Jared is the real deal.”

“He’s helped me a number of times with my shoulder issues, and also my ankle.

I couldn’t recommend Jared enough as you can tell he 100% knows what he’s doing. He’ll get down to the root of your problem and work towards fixing it, and I’m very grateful for it.

Love the added homework that’s assigned too, which helped me speed up the recovery process. Thank you!”

— *Kyle G.*



**Move Better.
Feel Better.
Live Better.**

**UNSURE IF PHYSIOTHERAPY,
CHIROPRACTIC OR MASSAGE
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AT-HOME EXERCISE

KETTLEBELL SWINGS

Hold a kettle bell or weight with one hand and stand with your legs apart. Lower your hips into a squat as you swing the bell in between your legs. Rise up into a standing from the squat, as you swing the bell up in front of you. Engage your glutes as you stand and control the speed of the swing with your core. Repeat 10 times. And switch arms.



STAFF SPOTLIGHT

JARED BRUCE, PT, MSCPT, FCAMPT

Registered Physiotherapist (Senior Associate), FCAMPT



Hi, I'm Jared! I am a senior physiotherapist and clinic lead at our Cityplace clinic. I recently completed the Fellow of Canadian Academy of Manipulative Therapists, which is the highest honor for a physiotherapist in manual therapy in Canada.

I value hands-on (and machines-off!) treatment. I also incorporate acupuncture, and strengthening exercises in my treatment programs in order to reach your goals. I have a special interest in the treatment of weightlifting/overtraining injuries, as well as shoulder and rotator cuff injuries.

I have been involved in various sports and athletics throughout my life, including provincial level soccer and competitive hockey, volleyball, and powerlifting. In my spare time, you can find me in the gym, on my bike, playing beach volleyball, or running around the city with my dog, Scoops!

