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A Full-Body Approach to
LIVING BETTER





Our Integrated Team Provides All the Tools You Need for Health, Happiness, and Longevity

What do you think of when you hear the word “health”? Most people immediately turn to physical markers, such as a lack of disease or physical pain. Fewer people, however, will consider the impact of preventative and lifelong health. At Foundation Physiotherapy & Wellness, we recognize that the best approach considers health as a journey, more than an outcome, targeted towards the entire person: physical, mental, spiritual, and social.

Whole body health is an approach to health and wellness that strives to look at the whole person, not simply their physical symptoms. By blending physical and mental health, we better understand a person’s specific needs and can better help them achieve long-term health outcomes.

At Foundation Physiotherapy & Wellness, we take an integrated and preventative approach to health and wellness, offering physiotherapy, chiropractic, massage therapy, services even after your symptoms have recovered! Our goal is to be your one-stop shop for lifelong health, ensuring you live your healthiest, happiest, and longest life possible.

To learn more about how our integrated approach can improve your overall health and wellness, call us to schedule an appointment today.

Five Tips for Improving Health and Longevity

The integrated team of experts at Foundation Physiotherapy & Wellness is dedicated to helping you achieve long-term health outcomes. We focus on the solutions—not the problems.

Here are five tips for improving your overall health, plus information on how the experts at Foundation Physiotherapy & Wellness can help you achieve your goals.

Find a Form of Exercise You Enjoy.

Regular exercise is one of the best things you can do for yourself both physically and mentally. Furthermore, it’s been shown to help slow the aging process, allowing us to live longer, fuller lives. That said, the exercise you choose must be enjoyable—otherwise, you won’t want to do it! Walking, swimming, and dancing are all great aerobic exercises that can also be fun and relaxing. Strength training is a great way to reduce pain and improve balance and stability.

If you’re not sure how to get started, our team of experts is here to help you determine which forms of exercise will get your blood pumping and your heart singing.

Take Up Meditation.

Meditation is a fantastic way to connect with your physical body, inner self, and the world around you. It also helps to reduce stress and improve your overall mental health. If the standard form of meditation — sitting quietly and focusing on your breath — doesn’t work for you, try meditative forms of movement like yoga or tai chi.

Treat Those Aches and Pains.

If you notice persistent pain in your muscles and joints, schedule an appointment with Foundation Physiotherapy & Wellness, so we can develop a drug-free treatment program for you. With our integrated team of physiotherapists, chiropractors, massage therapists, and naturopathic doctors, we’ll get to the root of your pain and find a pain management solution that works—whether it’s manual therapy, spinal adjustment, acupuncture, or something else entirely.

Talk to Someone.

Speaking with someone can be tremendously beneficial if you’re struggling with your mental health. Furthermore, there is a strong connection between chronic physical conditions and psychological conditions like depression and anxiety. Improved mental health outcomes can actually lead to improved physical health outcomes!

Get a Good Night’s Sleep.

Finally, one of the best things you can do to promote overall health and longevity is to get a full night’s sleep. Many tips on this list, like exercise, meditation, and psychotherapy, can promote better sleep. In addition, try to avoid using your computer or smartphone too close to bedtime. Doing so can make it harder to fall asleep.

Schedule Your Appointment with Foundation Physiotherapy & Wellness today!

When you come in for your appointment with Foundation Physiotherapy & Wellness, your live better plan draws on our integrated team of experts will work together to determine exactly what you need to achieve optimal health, no matter your age, history, or fitness level. We want to see you thrive! Call us today to schedule an appointment so we can set you on a lifelong path toward whole-body health.

Sources: <https://newsinhealth.nih.gov/2016/06/can-you-lengthen-your-life>; <https://www.nccih.nih.gov/health/whole-person-health-what-you-need-to-know>
<https://www.physio-pedia.com/Meditation>; <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health>

The Foundation Journey to Living Better

Step 2: The Plan

After determining the causes and contributing factors, your assessing clinician will build out a plan for living better. Your care at Foundation goes beyond symptom relief. It's built to prevent injury, optimize recovery and maintain strength. At Foundation, we like to call it a "Live Better" plan instead of a treatment plan.

Your clinician will also suggest other types of services to optimize living better; such as massage therapy, naturopath, mental health, and personal training. We also have specialized services like running assessments, pelvic health, dance rehabilitation and vestibular/dizziness treatment.

Along the way, collect Loyalty Points for every dollar spent and earn yourself a gift certificate for yourself or a friend!

CLIENT SUCCESS STORY

"The best clinic around! From the moment I phoned to book my first consult, I was greeted by the most helpful and kind staff, Dua Ahmed. She made it so easy to get set up and organize all my appts. So far I have seen Dr. Ryan Albert (Senior Associate, Chiropractor) and Allison Cumberbatch (RMT) and been very impressed by both. I'm already feeling better and it's thanks to them! I couldn't recommend this clinic more — 5 stars."

— Jen S.

Foundation

PHYSIOTHERAPY



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Feel Better.
Live Better.

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STAFF SPOTLIGHT

DUA AHMED

Client Experience Rep, Downtown



Hey, I'm Dua, and I manage the front desk at Foundation Downtown Core. My favorite part about the job is chatting and connecting with all of you. I'm passionate about supporting others, specifically in healthcare, and providing excellent customer service. In my free time, I love reading, watching TV shows and spending time outdoors.

BOOK DOWNTOWN

AT-HOME EXERCISE

WALL ANGELS

This is a great exercise to do after a few hours of sitting. It helps "re-align" your posture, and open up your chest and shoulders.

Stand with your back and head against a wall with your arms bent at 90 degrees as shown. Without moving your head, and keeping your arms flush with the wall, raise your arms to be as straight as possible. Hold at that position for 3-5 seconds before lowering down to the start position. Repeat 5 times. If you sit for work, this is best done at the start of your day, and every 2-3 hours throughout your day.

