

INSIDE:

- What Is Strength & Conditioning?
- The Foundation Journey to Living Better
- At-Home Exercise
- Staff Spotlight

CITYPLACE

Front & Spadina
Phone: 647-946-1062

DOWNTOWN CORE

University & Dundas
Phone: 647-946-1082

CORKTOWN

King & River
Phone: 647-946-1102

LEASIDE

Eglinton & Laird
Phone: 647-946-1170

ETOBICOKE ROYAL YORK

Royal York & Queensway
Phone: 416-847-9112

ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
Phone: 647-953-4132



How Strengthening
HELPS BACK and
NECK PAIN

STRUGGLING WITH BACK AND NECK PAIN? OUR TREATMENT PLANS MAY BE THE SOLUTION THAT YOU'VE BEEN LOOKING FOR!

Have you been told that strengthening will help your back or neck pain but aren't sure how it actually works? At Foundation Physiotherapy & Wellness, our highly trained team of physical health specialists will explain not only why strengthening is important but which exercises are most effective at addressing your specific weaknesses.

Back and neck pain can significantly affect your daily routine and can affect performance at work, rescheduling social plans, or even struggling to complete normal everyday tasks.

While back and neck pain may feel like two separate issues, it is somewhat expected that they may actually be related. Weakness is a common contributing factor to the problem, which is where strengthening comes into play.

If you've been experiencing back and neck pain, you understand how frustrating it can be. However, while these issues can have a taxing effect on your life, they can be significantly improved with a proper care plan. With guidance from our team of integrative specialists, you will learn exactly how to address your weaknesses and reduce your back or neck pain!

Call Foundation Physiotherapy & Wellness today and schedule your first appointment.

How Muscles Affect Neck Pain

Most of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. This means that holding our heads in one position can irritate the muscles, affecting our ability to move the head and neck. A lack of movement can also lead to a cycle of chronic pain.

Learning to strengthen the upper back and neck muscles can help to alleviate pressure. Over time, you may notice that it becomes much easier to hold your head with proper posture.

How Muscles Affect Back Pain

Back pain impacts millions of people worldwide, and several will endure long-term symptoms such as stiffness, numbness, and aching pain. Once back pain appears, many people start to modify their movements and, as a result, put more pressure on the affected muscles. This will often eventually lead to worsened back pain.

In the lower back, the muscles that support the spine are referred to as the "core." Just like the core of an apple, these abdominal muscles circle around from the front of your body to the back. The core muscles of the spine include:

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Treatment at Foundation Physiotherapy & Wellness can address back pain by helping to improve your spinal mobility as well as strengthen the muscles in your back and surrounding areas.

How Our Treatment Plans Can Help You Strengthen Your Back and Neck Muscles

Our team at Foundation Physiotherapy & Wellness includes registered physiotherapists, massage therapists and chiropractors. At the start of treatment, we will perform a thorough physical examination to identify the source of your pain. This essential information helps us to design a comprehensive program that is tailored to your specific needs.

There are many reasons why we incorporate muscle strengthening that support the neck and back. When you build strength in the muscles of the spine, your ability to maintain your ideal posture will likely be improved, reducing the risk of developing or worsening back and neck pain.

Furthermore, exercise that helps improve your strength can ease unnecessary stress on the spinal joints. If you haven't spent much time building strength in the past, working with our experienced providers is a great place to start. Our specialist can guide you through postural correction and strength training exercises to reduce further risk of injury.

Contact Our Clinic Today!

You deserve to feel your best, which includes living a pain-free life! Call Foundation Physiotherapy & Wellness today and discover how we can help relieve your pain and improve your strength to prevent future pain from hindering your daily activities.



Sources: <https://www.niams.nih.gov/health-topics/back-pain>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>



WHAT IS STRENGTH & CONDITIONING?

Physiotherapy strength and conditioning is a one-on-one personal training program created and supervised by a health professional. The goal of the program is to improve strength and cardiovascular capacity in a safe and effective manner to reduce the risk of injuries while maximizing functional outcomes.

What Are the Benefits of Weight Training?

Other than improving your strength, weight training has been shown to have the following benefits:

- Reduce risk of injury
- Improve pain
- Improve metabolic rate (burn more calories throughout the day)
- Regulate insulin and reduces inflammation
- Improve strength of bones and joints
- Reduce weight
- Improve your mental health
- Improve your sleep and increases energy levels
- Increase testosterone (needed for men and women)

Why Train with a Physiotherapist?

Physiotherapists are highly trained professionals specializing in assessing the human body for strength, flexibility and diagnosing injuries. Training with a physiotherapist maximizes your workout effectiveness, improves on

your weaknesses and imbalances and strengthens key areas that may lead to future injury.

Physiotherapy services are covered under most extended-health benefits and health spending accounts, and can be an extremely cost-effective way to improve your health. Physiotherapy appointments are tax-deductible – save your invoices for tax time!

What Does the Program Entail?

Programs are offered in 5- or 10-session packages:

- **5-session package:** \$145 (billed per session, eligible for physiotherapy coverage)
- **10-session package:** \$135 (billed per session, eligible for physiotherapy coverage)

Visits are weekly and are 60-minute exercise sessions in a fully-equipped gym. In the first session, 30 minutes is spent on a discussion of goals, along with a detailed assessment of posture and movement, strength, and flexibility.

Expect to sweat and work hard!

Your physiotherapist will provide you with a home strength program in between sessions, in order to meet Canada's activity guidelines of two strength workouts per week! Nutritional support as well as email and phone support will be provided throughout the program!

All fitness and gym equipment is fully sanitized between clients, and masks can be worn upon request.

Who Is the Program for?

Strength and conditioning are for anyone! People of all ranges and experiences can benefit.

This service is available at our Cityplace and Downtown Core locations.

BOOK NOW!

Start your journey to strength!

The Foundation Journey to Living Better

Step 4: The Outcome

You've been assessed, you've received your plan and you've committed to your plan. That's how you reach your outcomes!

At Foundation, our practitioners review our clients weekly, update progress and track outcomes. Missed an appointment? Not a problem, we'll reach out to make sure you get back on track. By tracking outcomes of every one of our clients, we become better at what we do!

COME BACK TO FOUNDATION

foundationphysio.com

WANT MORE GREAT CONTENT?

 FOLLOW US ON
SOCIAL MEDIA!



foundationphysio
fb.com/foundationphysio



foundationphysio
instagram.com/foundationphysio



FoundationPT
twitter.com/FoundationPT

www.FoundationPhysio.com

STAFF SPOTLIGHT

NICOLE CONZELMANN, PT, MScPT

Registered Physiotherapist, Running Consultant,
Vestibular Physiotherapist



Hey I'm Nicole and I am a physiotherapist at Foundation's Downtown Core location!

I have a Bachelor of Science in Kinesiology from Western University, and a Master of Science in Physiotherapy from U of T. I had multiple volunteering experiences along the way in total knee replacement rehab, spinal cord injury rehab, and sports clinic settings

that confirmed that physiotherapy was the right job for me. I have since taken multiple post graduate courses in Manual Therapy, the Bobath Concept of the Study of Human Movement, Assessing and Treating Runners, and Vestibular Rehab.

My typical treatment approach involves a combination of hands-on manual therapy, exercise prescription, and education. I also often utilize taping and cupping as supplementary methods of treatment. For runners, I also perform a treadmill analysis, and for vestibular clients (anyone who experiences dizziness, decreased balance, or has had a concussion), I also include visual integration exercises and balance training.

Outside of work, I love running, playing sports such as basketball, beach volleyball, tennis, and spike ball, going for hikes, and yoga.

**BOOK AT
DOWNTOWN CORE**

AT-HOME EXERCISE

WEIGHTED LUNGE

Builds the Quadriceps, Glutes, and Hamstrings

Holding a weight or kettle bell in one hand, lunge forward as shown. Hold for 3 seconds and return back to standing. Repeat on one side for 5 times and alternate. Progress weight as needed!

