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How Our Team
**HELPS PREVENT
INJURIES**

Have you ever wondered how to prevent injuries before they occur? Our Foundation Physiotherapy & Wellness experts can help you resolve your injuries and teach you how to avoid them in the future! We can help you achieve and maintain a healthier body by teaching you how to properly balance, move, and strengthen your muscles.

One of the most common symptoms that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period.

However, unlike many people, the key to injury prevention and rehabilitation isn't rest - it's physical movement, and our Foundation Physiotherapy & Wellness integrative team can teach you exactly how to minimize your chance of injury. We will guide you through the proper movements, body mechanics and exercises to recover from injuries and prevent them from occurring.

Call today to schedule an appointment with a member of our team!

How to Tell Injury From Normal Aches and Pains

When you're participating in regular workouts, it's normal to experience some occasional muscle soreness. This tight, aching feeling can be uncomfortable, but it's usually temporary and should go away over time. However, pain from a joint, tendon, or muscle injury may require treatment and can worsen if you continue with exercise.

There are some obvious signs of injury, such as bruising, swelling, deformity, and severe pain. Many injuries occur due to improper techniques or overexerting your body. Fortunately, our practitioners are trained in identifying and treating musculoskeletal injuries.

6 Easy Ways to Prevent Injuries

There are plenty of ways that you can take preventative action to avoid your chance of injury. Our Foundation Physiotherapy & Wellness providers can help teach you the most effective injury prevention strategies, including:

- **Body mechanics and positions:** The way and positions you use your body during your movements and sports are important in preventing injury or excessive load on your muscles and tendons.
- **Specific strength training:** Improving the strength of the specific muscles, tendons, and ligaments is one of the most effective ways to stay injury-free.
- **Use the proper equipment:** It's essential to use the right equipment, such as running shoes, hiking boots, helmets, and pads. Protective equipment should fit appropriately, be well maintained, and always be worn correctly.
- **Dynamic warm-ups:** Warm-ups may include foam rolling, stretching, and sports-specific movements, all effective ways to exercise tissue and may lead to fewer injuries.

- **Sleep & Nutrition:** A healthy sleep cycle and diet is the foundation for good health and injury prevention. Every 'body' is different and requires a specific plan.
- **Stay within your abilities:** While challenging yourself during sports or fitness is healthy, it's important to stay within your limits. Remember to train and practice any physical activity by starting small and building up your endurance.

Get Active and Move Your Way to Better Health This Summer

There's no better time to get moving than summer! With longer, lighter days ahead, the summer season is a great time to get outside and exercise. Being physically active can improve your brain health, help you manage weight, strengthen bones and muscles, and improve your ability to do everyday activities.

Common outdoor physical activities include:

- Golf
- Jogging/running
- Kayaking
- Cycling
- Outdoor yoga
- Paddleboarding
- Nature walks
- Tennis
- Hiking
- Swimming

What to Expect in Treatment

Your provider will conduct a physical evaluation to determine how you move. During this assessment, he or she will be able to pinpoint the source of your pain. We build out a plan with you to ensure you are moving optimally and symptom-free.

Our integrative team of specialists evaluates and treats all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of chiropractors, massage therapists, and physiotherapists who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a significant role in preventing, reversing, and managing injuries that are both old and new. Our treatment plans are based on a holistic, patient-centered approach, meaning we consider your physical, psychological, and cognitive health. This way, we can treat you with comprehensive care rather than solely focusing on your present symptoms.

Your practitioner will guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Request an Appointment Today!

If you've been suffering from aches and pains, have sustained an injury, or would like to learn more about injury prevention, call our team at Foundation Physiotherapy & Wellness today.

One of our integrative specialists would love to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources: <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1600-0838.2009.01058.x>; https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html; <https://bjsm.bmj.com/content/52/24/1557.abstract>; https://journals.lww.com/acsm-csmr/Abstract/2021/06000/Sleep_and_Injury_Risk.3.aspx?context=FeaturedArticles&collectionId=1

THE FOUNDATION JOURNEY TO LIVING BETTER

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

Welcome to Our New Model of Care!



The Assessment

Did you know your knee pain could be coming from your hip, or even your back? Did you know that your elbow pain could be related to shoulder and postural issues? This is the value of the assessment and building a relationship with our clients to understand who they are from

top to bottom. Finding out the root cause and other contributors can lead to better treatment plans and more successful outcomes beyond pain relief.

It is recommended you get reassessed by a physiotherapist or chiropractor regularly (at least twice a year) to manage or prevent issues that may arise from your sport, job or daily habits.



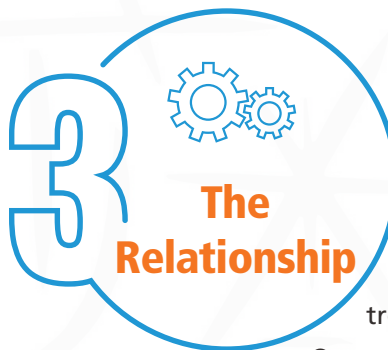
The Plan

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!



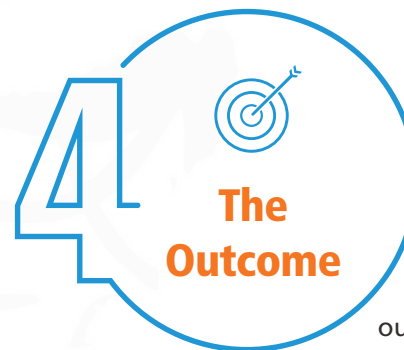
The Relationship

The most important step of all! Relationships take commitment. None of us want to waste the work and time both yourself and your clinician have put in during the initial visit and developing the treatment plan.

On your side, staying committed to the treatment plan means attending your sessions and openly communicating about your progress. Being open about your progress and your resources allows us to change the plan if we need to.

On our side, our clinicians and client experience team will help you make your appointments, prevent you from dropping off and helping you reach success!

Your journey at Foundation is a relationship and commitment for lifelong improvement. We understand there may be reasons you may not be able to commit or complete. We are committed to working with you to provide solutions for your success.



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!

BOOK NOW!

Start your journey to living better!

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STAFF 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 exercise prescription and manual therapy, to help clients reach their health goals. I have a passion for providing active rehabilitation programs for clients including individualized strength training and mobility work to achieve fitness goals, manage pain, and prevent future injury. I am a certified Functional Range Conditioning Mobility Specialist (FRCms) and always apply this knowledge into my sessions with clients.

In my spare time, I like to keep active and move daily by lifting weights at the gym or enjoying 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!

BOOK AT CITYPLACE

AT-HOME EXERCISE

LOW BACK EXTENSIONS

Builds strength in the lower back, hamstrings, and glutes

Lying flat on your stomach, place your hands under your shoulders as if you are going to do a push-up. Gently press through your palms and straighten your elbows as you push your upper body towards the ceiling. Relax your pelvis, hips, and legs as you do this and remember to breathe!

