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**HOW TO KEEP UP
WITH YOUR RECOVERY
On Vacation**

How to Keep up With Your Recovery On Vacation

Now that summer's here, you may be thinking about traveling with family or friends. However, while you're having fun on vacation, it's important to keep your physical health in mind! With all of the excitement and chaos involved in traveling, it can be hard to stay on top of maintaining your physical best. Fortunately, our Foundation Physiotherapy & Wellness team can help provide tips for maintaining your recovery during your travels so you don't get behind!

Our clinic utilizes a full-body approach by prioritizing all aspects of your health, not just the symptoms you present. With services from our physiotherapists, massage therapists, and chiropractors, we strive to ensure that you receive optimal care.

Request an appointment with one of our team members to start preparing for your next vacation!

Tips for Staying Healthy While Traveling

If you plan on traveling but are still in recovery, you may be looking for ways to manage your condition. Our team can help you keep your body in check and enjoy your vacation at the same time.

Here are a few tips to use on your next vacation:

Remember your posture: There's usually a lot of sitting involved in traveling. You could even end up sitting on a plane for several hours at a time! Awkward body positions like slouching and slumping can worsen issues like back and neck pain. This is why it's important to practice good posture habits. Try these tips to improve your posture:

- Make sure your seat is adjusted to support your back and neck
- Sit tall while lifting your chest and relaxing your shoulders
- Stand up and move every so often or pull over and walk around outside if driving
- Avoid looking down at your phone screen for a long period of time

Stay active by exploring the area: Did you know that inactivity can worsen issues like pain, stiffness, and overall discomfort? The good news about traveling is that there are ample opportunities for exercise and mobility, such as taking walks around the city or swimming at the beach. It's important to consult with your practitioner first to make sure physical activities are safe for you with your condition, symptoms, and limitations.

Maintain a healthy diet on the go: Studies show that processed foods and saturated fats heavily contribute to levels of inflammation in our bodies which can lead to internal scarring and other conditions. Try to stick to dishes with vitamins and minerals, like lean meat, fish, greens, and healthy carbohydrates.



Pack light and carry less: Pulling heavy bags around or carrying them on your shoulders can cause muscular issues and pain over time. While overpacking can be tempting, it's best to stay light and simple! Consider making a list of items to help you decide what's really necessary for your trip.

Don't forget your home exercises: When you're traveling and getting out of your daily routine, it's more important than ever to practice exercises prescribed by your practitioner. Resistance bands and massage balls are lightweight space-saving tools that belong in every suitcase! And remember your core, wall and floor exercises!

Know your body's limits: If you start feeling worn out, sit down and take a break. While being active is important, pushing yourself too hard with strenuous activities could cause an injury and worsen your condition. Make sure to monitor any pain or symptoms that arise during vacation, and contact us if necessary!

Use the hotel gym: Exercise is a great recovery tool after a day of traveling! You will sleep better and be ready for the next day!

Integrating these simple and easy tips into your vacation and your body will thank you! Our practitioners can help you learn more about staying healthy and maintaining your recovery while traveling.

Request an Appointment at Foundation Physiotherapy & Wellness today.

It's essential to keep your health a top priority no matter where you travel this summer. Our integrative specialists strive to help you feel at your best, so you can continue to do all the fun things you love!

Call us today to learn more and schedule an appointment.

BOOK NOW!

**STAY STRONG
ON VACATION
THIS SUMMER!**



**ONLY
\$15!**

Pick up any
TWO RESISTANCE BANDS
at your next session for **\$15**
(tax inclusive)

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STAFF SPOTLIGHT

DR. TANNIS BOISVERT, DC

Chiropractor, Etobicoke – Royal York



Hi, I'm Tannis! I'm so happy you found your way to Foundation Physiotherapy and I can't wait to work with you! Here's a little about me: I grew up traveling the world competing as a downhill ski racer and spent my summers sailing on Georgian Bay with my family. From the slopes to the waters, I love being active and enjoying the outdoors!

My athletic history led me to pursue an undergraduate degree in Nutrition and Dietetics from Western University and subsequently, a chiropractic degree from the Canadian Memorial Chiropractic College. This education has equipped me with the ability to treat complaints from head to toe—with a special interest in women's health and pre/post-natal care.

I am passionate about knowledge transfer and advocating for you and your health. I approach each patient with a unique lens and the goal of solving the bespoke puzzle that is your health while helping you understand why you're experiencing pain and how to prevent it in the future. In addition to the hands-on component of my practice (acupuncture, soft tissue therapy, mobilizations, and adjustments), I also love to educate on all things wellness (eg. nutrition, sleep) and provide at-home rehabilitation programs to ensure you feel your best 24/7. My goal is for you to leave each appointment feeling centered, relaxed, and empowered to take charge of your health.

When out of the office you can find me enjoying a workout class, walking along the Humber river with my two miniature dachshunds, or spending quality time with my husband, family, or friends!

BOOK AT ETOBICOKE – ROYAL YORK

AT-HOME EXERCISE

LATERAL BAND WALKS

Improves hip, foot, and ankle stability by strengthening hip abductors and gluteus medius

Place your resistance band just above each ankle and stand with your feet shoulder-width apart. Bend your knees slightly and move into a half-squat position. Maintaining the half squat position, take one step sideways with one foot followed by a step with the other foot in the same direction. Repeat until you have walked across the room. Then repeat this process again in the opposite direction - ensuring that if you walked sideways to your right earlier, you are now walking sideways to your left. The band should remain taut during the entire exercise.

Ensure your back is straight, and that your knees, hips, and shoulders are pointing forward. Avoid swaying/bouncing or twisting/tilting your torso with each step.

