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Front & Spadina
Phone: 647-946-1062

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DOWNTOWN CORE

University & Dundas
Phone: 647-946-1082

ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
Phone: 647-953-4132

ETOBICOKE ROYAL YORK

Royal York & Queensway
Phone: 416-847-9112

LEASIDE

Eglinton & Laird
Phone: 647-946-1170

TRINITY BELLWOODS DUNDAS WEST

Dundas & Manning
Phone: 647-694-3405

*How Our Team
Can Help You*

FIND THE ROOT CAUSE OF YOUR PAIN



How Our Team Can Help You Find The Root Cause Of Your Pain

Have you been dealing with pain that just won't go away? Are you willing to do what it takes to feel good again?

At Foundation Physiotherapy & Wellness, our skilled physiotherapists, chiropractors, massage therapists, and other health professionals, collaborate to provide you with strategies to manage and, for some, properly deal with that pain!

In honor of September's Pain Awareness Month, Foundation Physiotherapy & Wellness seeks to share essential insights about the multifaceted nature of pain and how our holistic approach can be your gateway to relief.

Understanding pain is no small feat. The old approach of merely enduring it doesn't cut it anymore. Thankfully, our multi-disciplinary team recognizes the depth of pain challenges. We're equipped with strategies to help you find relief once and for all.

If limitations or discomfort are creeping into your daily routines, it's time to engage the expertise of our integrated team.

Pinpointing the Source of Your Pain

Your pain's duration, onset, and characteristics can explain its origin. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief. Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or environmental factors. However, pinpointing its location and duration can pave the way to effective, lasting relief.

When you meet with our Foundation Physiotherapy & Wellness team, you'll have a conversation about your pain to determine how it started, when it began, where it began, and how it behaves (i.e., what makes it better or worse). Together, we'll unravel its origins, triggers, and patterns.

Before embarking on the journey to pain relief:

- **Pinpoint the exact pain location:** Direct pain can hint at its source, while more spread-out pain requires a comprehensive approach.
- **Characterize its sensation:** Continuous or sporadic? Numbing or sharp? These nuances can guide treatment strategies.
- **Assess activity impact:** Do particular motions amplify it? Sometimes, consistent postures or prolonged inactivity exacerbate issues.

Rest assured; our integrated team is experts at weeding through the possibilities and clarifying the root cause, not just the symptoms. Our goal is to help you resolve it once and for all!

Diving Deeper into Chronic Pain

Life, with its unpredictable twists, can result in injuries. Procrastinating care can entangle you in the web of chronic pain, which lingers longer than typical healing times and is defined as pain that lasts or recurs for more than 3 to 6 months.

It's a misconception that chronic pain is nonstop. Most of the time, it is cyclic or episodic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence. As time goes on, the frequency and duration of the pain get longer, whereas the episodes with less pain grow shorter.

Seeking help from our integrated team at Foundation Physiotherapy & Wellness can make all the difference. We dig deep to find the root of your pain and its triggers, aiming for lasting comfort.

How Our Integrated Approach Helps

Our team will identify and address your pain's roots. This holistic approach means less reliance on medications, focusing instead on hands-on therapy, exercise, and lifestyle techniques.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our integrated team will work with you to identify solutions that fit your lifestyle and offer lasting results. Incorporating our entire team into your care plan is the most effective way to improve physical function and resolve chronic pain struggles.

We employ a myriad of hands-on methods, targeting pain or movement restriction zones. Once we discern the cause, we guide you, movement by movement, to restore maximum function in joints, muscles, or tissues.

With our dedicated team by your side, we'll encourage you to achieve all the initial goals you outlined!

Book a Session with Us Today

Through our integrated care at Foundation Physiotherapy & Wellness, you can envision a life rich in activity, free of painful limitations.

Call our office today and set up an appointment with one of our specialists!

BOOK NOW!

Sources: <https://www.tandfonline.com/doi/full/10.1080/24740527.2019.1582296>; <https://www.tandfonline.com/doi/full/10.1080/24740527.2018.1433959>; <https://www.canada.ca/en/health-canada/corporate/about-health-canada/public-engagement/external-advisory-bodies/canadian-pain-task-force/report-2021.html>; <https://www.tandfonline.com/doi/abs/10.1080/10833196.2018.1483550>; <https://academic.oup.com/ptj/article/98/5/315/4925492?login=true>

**NEW LOCATION
NOW OPEN!**



We are excited to announce
our new location at

TRINITY BELLWOODS DUNDAS WEST

is now open!

**861 Dundas Street West
Toronto, ON M6J 1V6**

647-694-3405

STAFF SPOTLIGHT

DANIELLE SOURY

Client Experience Lead

Etobicoke



Hi! My name is Danielle, I've been in the industry for 16 years. I started out with a co-op at a massage clinic in high school. After that, I went to school to be an esthetician and worked in a fair amount of spas. I learned quite a bit from the RMTs I worked with and

quickly fell in love with the rehab industry.

I enjoy helping clients with their treatment plans; it brings me joy when I see a client from start to finish. I find everything to do with Rehab amazing.

In my spare time, I enjoy traveling and spending time with my pup, friends and family.

I am looking forward to seeing you in the clinic!

BOOK NOW!

AT-HOME EXERCISE

FOREARM PLANK

Strengthens core muscles.

Start in tabletop position on your hands and knees. Place your elbows directly under your shoulders with your forearms facing forward. Then step your feet back, one at a time. (Bring your feet wider than hip-distance apart for more stability, and closer for more of a challenge). Maintain a neutral spine by looking down at the floor, drawing your belly button towards your spine to engage your abs, and driving your toes into the floor. Don't forget to breathe!

Hold this position for 30 - 60 seconds and release to complete one set. Repeat the process two more times, resting 60-90 seconds in between each set.

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