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CITYPLACE

Front & Spadina
Phone: 647-946-1062

CORKTOWN

King & River
Phone: 647-946-1102

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

Try Therapy Before Surgery!
**REHABILITATIVE
CARE CAN HELP**



TRY THERAPY BEFORE SURGERY!

Rehabilitative Care Can Help

Are you considering arthroscopic, orthopedic or joint replacement surgery? Surgery is an important option that can help people eliminate pain and regain function; however, it does not come without risks. Rehabilitative care before and after surgery is an effective way to ensure a successful outcome. Many times, rehabilitative care can prevent or prolong the need for surgery!

Surgery to replace or rebuild a joint imposes extreme limits on the body, but simply resting the joint for months won't magically resolve the issues either. Fortunately, there are steps you can take before your surgery to prepare yourself, promote the healing process, and maximize your outcome.

In fact, for many conditions such as rotator cuff tears, meniscal injuries and Achilles tears, rehabilitative care has shown to have BETTER outcomes than surgery.

Whether you are going through with surgery or not, our team will work together in a holistic way to address you as a whole person focused on improving your whole function more than the specific body part. **Your first step along that path should be a customized physiotherapy program with a member of our team!**

Preparing for and Reducing the Need for Surgery

The body's joints allow us to move in impressive ways, like reaching and stretching in your shoulders and spine, and in the case of the hips and knees, hold your body weight steady as you stand, run, and jump. Unfortunately, their complexity also opens the door for many potential forms of injury and damage, including torn cartilage, ruptured ligaments, and degenerative changes.

Regardless of the nature of your injuries (i.e., acute or chronic), starting with physiotherapy is the key. We will help prepare you for the procedure and help you put yourself in the best possible position for a quick recovery afterward.

Our integrated team of physiotherapists, chiropractors, massage therapists, and psychotherapists work together, providing you with a holistic approach to care. We'll give you the guidance you need to ensure you are mentally, physically, and emotionally ready to take on any challenge coming your way.

Sources: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2803788>; <https://bmjopen.bmj.com/content/9/11/e031119>; <https://bmjopen.bmj.com/content/6/2/e009857>; <https://www.sciencedirect.com/science/article/pii/S2666061X21002169>; <https://pubmed.ncbi.nlm.nih.gov/29954717/>



Integrated Care to Make Sure You Get Moving Again

Regardless of whether you will have surgery or not, you need to start working on maximizing your movement and strength as soon as you can to avoid complications or other potential health issues. We start with a baseline assessment of your current function, followed by a treatment plan and a timeline.

Treatment sessions will incorporate the following:

- **Improving gait and balance:** If it is a lower body injury, your rehabilitation program may include proper use of bracing, boots, canes or crutches.
- **Manual therapy:** This type of therapy boosts blood flow, improves healing and activates muscle fibres. Joint mobilizations are used to facilitate improving joint range of motion.
- **Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly and promote movement for quality of life.
- **Strengthening:** There are many types of strength training options at different levels of healing and function. Strengthening helps build weakened muscles and maximize your physical capabilities.
- **Education and Confidence:** The more you know, the better you will feel!

Make Your Plan for Success!

If you are unsure whether or not you are a candidate for surgery, consider physiotherapy as the first line of defense.

BOOK NOW!

Rehabilitative care can prevent or prolong the need for surgery!



DID YOU KNOW?



Your Foundation Physio team is the preferred physical health team of the Toronto Raptors' North Side Crew?

We are onsite before games to keep the performers pain free and moving their best!

Check us out at the games and

Let's Go Raptors!



[instagram.com/northsidecrewto](https://www.instagram.com/northsidecrewto)



STAFF SPOTLIGHT

ANDRE LAROCQUE-GRAHAM

MScPT, Registered Physiotherapist,
Running Consultant

Corktown & Dundas West

Growing up in Ottawa, I spent my winters skating on the Rideau Canal and downhill skiing at the local hills. During the summer, I played competitive baseball and ran track and field which fueled my passion for sports and my love for the Toronto Blue Jays. As an avid athlete, I experienced several injuries over the years including runner's knee. After learning first-hand how frustrating and challenging injury can be, I made it a career goal to help people stay active.

These days, I have traded the track for the pavement. I enjoy training for various races and am particularly looking forward to the Toronto Waterfront Half-Marathon this fall. Ultimately, I am passionate about connecting with people. I value understanding patients' stories and working as a team to create a plan to get you back on track to enjoying your favourite activities whether it be running or planning your next hiking trip.

My treatment style is focused on manual therapy, education, and tailored exercises as part of a comprehensive treatment plan. I have a special interest in treating running-related injuries (hip pain, knee pain, ankle pain, and Achilles/foot related issues). Additionally, I excel at conducting running assessments at the clinic to help runners optimize their running form and prevent injury.

Outside of the clinic, I enjoy strength training at the gym, playing tennis at the Wychwood Tennis Club, and running or cycling along the waterfront. I am always on the lookout for Toronto's best almond croissant.

C'est un plaisir de vous parler en français.

BOOK NOW!

AT-HOME EXERCISE

BIRD DOG

Strengthens your core, back, glutes and hamstrings.

Start in tabletop position on your hands and knees. Place your wrists directly under your shoulders and your knees directly under your hips. Brace your core to maintain a neutral spine then slowly raise your right arm and left leg at the same time. Ensure your shoulders and hips stay parallel to the ground. Hold this position for a moment before returning to starting position. This is one repetition.

Complete 2 or 3 sets of 10 repetitions for each side.



www.FoundationPhysio.com