

INSIDE:

- Free 30-Minute Personal Training Session
- At-Home Exercise
- Welcome Our Newest Staff Members!

CITYPLACE

Front & Spadina
Phone: 647-946-1062

CORKTOWN

King & River
Phone: 647-946-1102

DOWNTOWN CORE

University & Dundas
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ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
Phone: 647-953-4132

ETOBICOKE ROYAL YORK

Royal York & Queensway
Phone: 416-847-9112

LEASIDE

Eglinton & Laird
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TRINITY BELLWOODS DUNDAS WEST

Dundas & Manning
Phone: 647-694-3405



Physiotherapy:
**A POWERFUL ALLY IN
ACHIEVING NEW YEAR'S
RESOLUTIONS**

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As the New Year dawns, it brings with it the promise of new beginnings and fresh goals. Many of us set resolutions to enhance our health and fitness, but sticking to these can be challenging. Here's where our physiotherapists at Foundation Physiotherapy step in as an unexpected yet powerful ally.

Physiotherapy isn't just for recovery post-injury. It's a proactive tool for anyone aspiring to boost their physical well-being. Our physiotherapist's expertise goes beyond rehabilitation; we possess a deep understanding of body mechanics and can provide tailored strategies to help enhance overall fitness, prevent future injuries, and optimize physical performance.

For instance, if your resolution involves running a 5K, a physiotherapist can help improve your running form, increase endurance, and advise on injury prevention strategies. If improving posture or reducing back pain is your goal, they can assess your work setup and provide exercises to strengthen core muscles.

Our physiotherapists can play a vital role for those who've struggled with chronic issues that hinder physical activity. By addressing these underlying issues, our physiotherapists pave the way for more effective workouts, ensuring that your resolution isn't just a January fad but a sustainable, year-long lifestyle change.

At Foundation Physiotherapy, we offer a holistic approach to wellness that aligns perfectly with New Year's resolutions focused on health and fitness. It's about setting the foundation for a healthier, more active lifestyle!

Keys to Keeping Resolutions with Physiotherapy

Successfully sticking to New Year's resolutions can be a challenging task, but incorporating physiotherapy into your plan can significantly enhance your chances of success. Here are five ways physiotherapy can be instrumental in ensuring you stay on track with your resolutions:

- **Personalized Plans:** Our physiotherapists excel in creating tailored exercise routines. By considering your current fitness level, health history, and specific goals, they develop a program that is both effective and engaging, thereby increasing your likelihood of adherence.
- **Injury Prevention:** Injury is a common derailment in fitness-related resolutions. Our physiotherapists can identify your vulnerabilities and work to strengthen these areas, reducing your risk of injury and keeping you on track with your goals.

- **Motivation and Accountability:** Regular sessions with a physiotherapist provide a source of motivation. We'll monitor your progress and offer the necessary encouragement and adjustments to keep you moving forward.

- **Educational Insight:** A key component of success is understanding the 'why' and 'how' behind your exercises and routines. Our therapists will educate you about body mechanics and the benefits of each exercise, making your workout regimen more meaningful.

- **Realistic Goal Setting:** We can also help you set achievable, realistic goals. By avoiding overly ambitious targets, you're less likely to face disappointment and more likely to maintain motivation and progress.

Incorporating these elements into your resolution plan with the help of one of our physiotherapists can transform your aspirations into tangible, attainable achievements.

The Successful Outcome: Physiotherapy and Personal Training Synergy

Envisioning success in your New Year's resolutions with the support of physiotherapy can lead to outcomes beyond achieving goals. It fosters a sustainable change in your lifestyle and attitude towards health and fitness.

However, the path to these achievements has its challenges. Common pitfalls like loss of motivation, plateaus in progress, or incorrect exercise techniques can impede success. This is where the combined expertise of physiotherapy and personal training becomes crucial.

Physiotherapy lays a strong foundation by addressing any underlying health issues, enhancing mobility, and building a base of strength and endurance. Personal trainers build on this foundation with diverse, challenging workouts tailored to your specific goals, keeping the routine dynamic and engaging.

This synergy ensures a well-rounded approach to fitness. While physiotherapy focuses on the correct form, injury prevention, and therapeutic exercises, personal training introduces elements of intensity, variety, and specific skill training. Together, they ensure your efforts are effective, safe, and aligned with your objectives.

By being proactive and combining these two disciplines, you work towards your current resolution and establish habits and routines that promote long-term health and fitness. This approach leads to a more fulfilling outcome where the success of your New Year's resolutions translates into a healthier, more active, and balanced lifestyle!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7725288/>; <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0234097>

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?

It is common knowledge that exercise and physical activity are vital to maintain and improve your health and prevent diseases. Canada's physical activity guidelines recommend 150 minutes of moderate to high-intensity aerobic exercise per week for adults. This includes running, biking, swimming, and organized sports. There are also recommendations for muscle strengthening. The Canadian Society for Exercise Physiologists (CSEP) recommends engaging in strength exercises using major muscle groups AT LEAST twice per week.

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

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

What Are the Benefits of Strengthening with a Physiotherapist?

There are a number of professionals who are able to prescribe, supervise, and modify exercise programs. Physiotherapists are highly trained and specialized in assessing the human body. Physiotherapists can assess strength and flexibility and diagnose injuries. Training with a physiotherapist allows you to maximize your workout effectiveness, to improve on your weaknesses and imbalances, and strengthen key areas that may lead to future injury. If you're dealing with a current injury or pain, a physiotherapist will provide close supervision of a safe exercise program while simultaneously improving your pain and function. Your training program will be condition-specific and reflect your goals and injury recovery. Your rehabilitation will be adjusted depending on pain and injury and results will be tracked.

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 and give them to your accountant when doing your taxes!

What Does the Program Entail?

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

- **Initial assessment and session:** \$150 (counts as 1 session in the 5- or 10-session package, eligible for physiotherapy coverage)
- **5-session package:** \$150 (billed per session, eligible for physiotherapy coverage)
- **10-session package:** \$140 (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 as well!

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 is for anyone! People of all ranges and experiences can benefit.

BOOK NOW!

Ready to Get Started on Your Strength & Conditioning?

FREE

30-MINUTE PERSONAL TRAINING SESSION

Only available at Trinity Bellwoods and Etobicoke locations.

Scan to Book!

 **foundation**
PHYSIOTHERAPY
& WELLNESS



COME BACK TO FOUNDATION

GET YOUR CUSTOM ORTHOTICS BEFORE THE YEAR ENDS!

Quality orthotics can alleviate pressure, eliminate pain, and promote stability. It's important that they are created to fit the exact shape of your foot for maximum benefits. Get yours before the year ends!



<https://foundationphysio.com/physiotherapy-treatments/orthotics/>

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WELCOME OUR NEW STAFF!



NEDI ERIM

Registered Kinesiologist
Personal Trainer

Dundas West and Etobicoke – Royal York



LESLEY ANDREES, RMT

Registered Massage Therapist
(Senior Associate)

Dundas West and Cityplace



MINA MLADENOVICH, MScPT

Registered Physiotherapist
Pelvic Health Physiotherapist

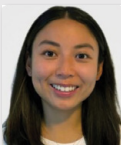
Etobicoke – Royal York and Etobicoke – Lakeshore



DANIEL OTOO-APPIAH, RMT

Registered Massage Therapist

Downtown Core



CINDY LI, MScPT

Resident Physiotherapist

Leaside and Downtown Core

AT-HOME EXERCISE THREADING THE NEEDLE *Opens your shoulders and stretches the spine*

Start on your hands and knees, leaning back slightly with your hips. Next, slowly lift your right hand and reach directly overhead towards the ceiling. Gently gaze at the ceiling as you reach upwards and hold this position for 2-3 deep breaths. Next, lower your right arm and slide it underneath your left arm. As you reach underneath, lower your right shoulder and rest your cheek on the floor but do not press weight onto your head. Instead, keep your hips raised and your left elbow bent to support your body as you relax your lower back. Hold for 30s then repeat the exercise on the opposite side.



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