

INSIDE:

- Take Our Client Feedback Survey
- At-Home Exercise
- Meet Our Chiropractic Team!

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

*How Our Integrated
Team Can Help You*
GET ACTIVE AGAIN





How Our Integrated Team Can Help You GET ACTIVE AGAIN

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that our integrated team can help. At Foundation Physiotherapy & Wellness, our physiotherapists, chiropractors, and massage therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, our integrated team members are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Foundation Physiotherapy & Wellness today for guidance on how to get moving so you can increase your energy and live a healthier life!

How Does a Sedentary Lifestyle Affect Your Body?

People often spend their lives with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories, which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation, making you more susceptible to aches and pains.

Your body starts to weaken when you don't participate in frequent physical activity. As time passes, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How Our Integrated Team Can Help

Our physiotherapists, chiropractors, and massage therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. Our team is skilled at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>; <https://medlineplus.gov/healthrisksforinactive/lifestyle.html>

Our team will provide a program tailored to your needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

- **Identifying your prior level of fitness.** This requires ongoing discussions about your typical day when you felt your best. Next, we will determine how much movement you get on a typical day at work, home, and community.
- **We'll teach you about the consequences of being sedentary.** Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.
- **Develop and progress you through specific exercises.** Every program is designed based on your needs. Learning to move safely without injury or pain is a significant part of our physiotherapy and chiropractic programs. We use objective measurements to determine the strength and fitness level and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, we strive to enhance your quality of life.

Unlock Your Full Potential: Schedule Your Holistic Care Appointment Today

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels. Regardless of the cause of inactivity, our team can play a significant role in helping you get moving again, and this should be the first step.

Your physiotherapist and chiropractor can educate you on how regular physical activity and individualized exercise programs can reduce pain, prevent the condition from worsening, and improve daily function.

In many cases, working with different team members, including our naturopath or psychologist, can help you identify lifestyle habits to change and guide you through healthier choices to improve your overall health and well-being.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of the experts on our team!



CLIENT SUCCESS STORY

"I was connected to Foundation and to Dr. Corey Cipolla following a motor vehicle accident. It took only a few days to get me in for an assessment and begin the treatment I needed. It is because of how efficient this process was, that I was able to start recovering right away. My sensory challenges were respected and supported (soft lights and sound), I felt heard and received fantastic care for the entire duration of my treatment. I had a concussion and whiplash and Dr. Corey created a treatment plan that allowed me to recover from both these injuries in a rapid time frame; in a flexible and very supportive way. I am grateful that I was connected with this clinic for my concussion recovery." — *Crystal B.*



Have You Taken Our Client Feedback Survey?

Complete the survey and receive **100 loyalty points**. PLUS, we will enter you for a draw to **win a \$50 gift certificate** at Foundation.



Let Us Help You Get Back to Doing the Things You Love!

foundation
PHYSIOTHERAPY
& WELLNESS

foundationphysio.com

LIVE BETTER WITH FOUNDATION

MEET OUR CHIROPRACTORS!



CHANTAL JOSEPH
DC, Chiropractor
CityPlace & Corktown
chantal@foundationphysio.com



RYAN ALBERT
DC, Clinic Lead, Chiropractor (Senior Associate)
Dundas West
ryan@foundationphysio.com



GILLIAN GROWSE
DC, Chiropractor
Etobicoke Royal York
gillian@foundationphysio.com



ANISA BOLAND
DC, Chiropractor
Downtown Core
anisa@foundationphysio.com



COREY CIPOLLA
DC, Chiropractor,
Concussion Rehabilitation Consultant
Leaside & Etobicoke Royal York
corey@foundationphysio.com

MORE ABOUT CHIROPRACTIC

- *A good adjunct to physiotherapy*
- *Work on multiple regions with the physio tackling one and the chiro tackling the other*
- *Get full body care and split your coverage*
- *Our chiros assess and treat very much like physios following our three pillars: education, manual therapy and exercise*



AT-HOME EXERCISE BIRD DOG

Strengthens Your Back, Glutes, Hamstrings and Core

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.

