

www.FoundationPhysio.com

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FOUNDATION PHYSIOTHERAPY:
Your Back's Best Friend!





Back pain can turn everyday activities into overwhelming challenges, but fortunately, effective relief is possible. We offer a multidisciplinary approach to managing back pain that ensures comprehensive and personalized care. Whether you're struggling with a new injury or chronic discomfort, staying active and seeking help early is essential. Reach out to our team today to start your journey towards a pain-free life.

The Problem with Bed Rest

Prolonged bed rest is often counterproductive for back pain. Extended inactivity can lead to muscle atrophy, joint stiffness, and reduced mobility, which can make the pain worse and take longer to go away. Instead of resting, it's crucial to keep moving. Movement is the key to resolving back pain, but knowing what to do can be difficult. That's where our integrated team comes in!

Physiotherapy: Targeted Exercise and Education

Physiotherapy is a key part of managing back pain. Research indicates that tailored exercise programs can significantly reduce pain and improve function. Our physiotherapists create personalized exercise programs to strengthen core muscles, improve joint mobility, and correct posture. Their techniques include:

Targeted Stretching:

- We'll teach you stretches that help alleviate your pain and improve your overall mobility.

Strengthening Exercises:

- These exercises build up the muscles that support the spine, helping to alleviate pain and prevent future issues.

Manual Therapy:

- Hands-on techniques to mobilize stiff joints and soft tissues.

Education:

- Teaching patients how to move correctly and maintain good posture to avoid aggravating the pain.

Chiropractic Care: Spinal Alignment

Chiropractic care focuses on the spine and musculoskeletal system. Studies have shown that spinal manipulation can reduce acute lower back pain and improve mobility. Chiropractors use various methods to relieve pain and improve physical function, such as:

Spinal Manipulation:

- Adjustments to improve spine alignment and reduce pain.

Exercise and Posture:

- We will help teach you proper posture and exercises to ensure you function at your best.

Lifestyle Advice:

- Tips on nutrition, exercise, and ergonomics to support spinal health.

Registered Massage Therapy (RMT): Muscle Relief

Registered Massage Therapists (RMTs) use manual techniques to relieve muscle tension and pain. Massage therapy has been shown to decrease pain and improve function for those with chronic back pain. Their methods include:

Deep Tissue Massage:

- Targets deeper muscle layers to ease chronic pain and tension.

Trigger Point Therapy:

- Focuses on specific tight points within muscles that cause pain.

Relaxation Massage:

- Reduces overall stress and muscle tension, contributing to pain relief.

Acupuncture and Dry Needling: Stimulating Healing

Both acupuncture and dry needling involve inserting thin needles into specific points on the body to relieve pain and promote healing. Research supports the effectiveness of these techniques in reducing chronic back pain:

Acupuncture:

- Based on Traditional Chinese Medicine, this technique aims to balance the body's energy flow, known as qi, to reduce pain and inflammation.

Dry Needling:

- A Western approach that targets muscle trigger points to alleviate pain and improve function.

The Importance of Early Assessment and a Team Approach

Addressing the issue when it starts can prevent it from becoming chronic and significantly improve the prognosis. Our integrated team approach, involving multiple disciplines, ensures comprehensive care.

Here's how working with different members of a healthcare team can lead to optimal outcomes:

Holistic Evaluation:

Combining the expertise of physiotherapists, chiropractors, RMTs, and acupuncturists provides a thorough assessment of the patient's condition from multiple perspectives.

Customized Care Plans:

- Each discipline brings its strengths, creating a well-rounded and personalized treatment plan that addresses all aspects of back pain.

Collaborative Treatment:

- Regular communication among team members ensures that the patient receives consistent and coordinated care, with each specialist contributing to the patient's overall recovery.

Support and Motivation:

- Working with a team provides continuous support and motivation, helping patients stay committed to their treatment plans and active lifestyles.

We'll address the root cause and all the contributing factors affecting your back. Our goal is to resolve your pain and prevent it from becoming a chronic problem.

Start Your Path to Pain Relief Today

Effective back pain management involves staying active, seeking early assessment, and using a multidisciplinary approach. Our team at Foundation Physiotherapy is dedicated to providing comprehensive care tailored to your needs.

Don't let back pain control your life any longer. Contact us today to schedule an appointment and take the first step towards lasting relief!



CLIENT SUCCESS STORY

"Tina is really great. Other than her sweet personality, she was able to identify my problem when it was hard for me to really know the source. I have had issues with my upper back for more than a year now and I just came to find out how my neck issue is directly related to it, so neglecting my neck was why I wasn't improving, but with doing the exercises prescribed to me I'm feeling confident and finally healing. I definitely recommend Tina, she's a genius! Just stick to her exercises and you will see a fast improvement!" — *Sarra A.*

Healthy Recipe: ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed



- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

LIVE BETTER WITH FOUNDATION

PARTNERSHIP EXTENSION! + +



Foundation Physiotherapy & Wellness will return as the Rush's official physiotherapy partner for the 2024 season! Foundation will be treating Rush athletes between games to keep them performing at their best.

Look out for the Foundation tent at games and their unique "Get treated like an athlete" experience coming to a Rush game this summer!

RUN CLUB

Are you a runner? Our Fueled Run Club takes off every Wednesday at 6:45am from our Trinity Bellwoods location. It is a social 5km loop, led by our running team.

Follow our running page ([instagram.com/fueledrunclub](https://www.instagram.com/fueledrunclub)) to stay up to date!

See you soon!



AT-HOME EXERCISE THORACIC WALL ROTATION

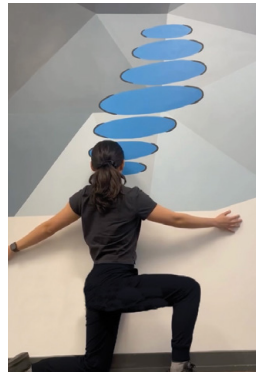
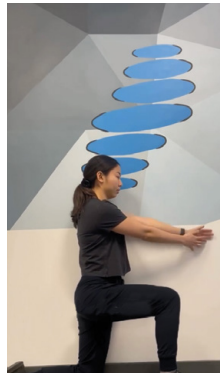
This exercise stretches your back and relieves back pain.



This is a great mobility exercise if you are experiencing pain and stiffness in your upper back, neck and shoulders. Kneel on one knee on a pillow, with arms on wall as shown.

Keep the top hand and arm on the wall as you rotate the arm closest to the wall over your head and to the other side, as shown. Turn your upper body and neck with the arm. Keep the hips and knees in place!

Hold in that position for 5-10 seconds and repeat 5-10 times. Perform several times a day as needed.



Scan to watch!

