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Don't Ignore Your Back Pain

MedRehabGroup
PHYSIOTHERAPY 

INSIDE

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Don't Ignore Your Back Pain

Injuries are a real pain in the back.

The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

Understanding Back Pain

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin

to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. This will likely include the following:

- Gentle manual therapy, including specialized stretching techniques to correct pelvic alignment issues and release pressure from nerves which can be the cause of your pain.
- Simple exercises to improve range of motion, help with stability of the back and pelvis and increase flexibility. These will take into account your pain levels and any specific injuries present.
- Supportive treatments (laser, percussion, diathermy and others) to reduce inflammation and promote healing.
- Support and guidance with a custom home exercise and stretching routine to create lasting change.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.



1. *Feel free to call us and ask to speak to your physiotherapist.*



2. *Your physiotherapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your physiotherapist might recommend you come in for an appointment.*

**Call MedRehabGroup
Physiotherapy
to schedule your
appointment today!**

Getting to the Bottom of Back Pain

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea.

Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Tear or hyperextension to the supporting muscles or tendons
- Misalignment of the pelvis
- Arthritis
- Slipped vertebrae or disk

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

When it comes to back pain, Don't Wait!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on. Working with a physical therapist can help you to identify the difference between environmental causes and something more medically based. To get started with putting an end to your back pain, contact us.



Success Spotlight

"This is my first time going through physiotherapy and have had the best experience at MedRehabGroup in Pickering. The receptionists (Melissa and Keisha) are very kind and always greets you when you enter. As mentioned before, everyone says hi and are friendly. My physiotherapist (Rhoda) and physiotherapist assistant (Anna) have been great and helpful every session. Within less than a week, I've noticed a difference with my knee. I recommend this location to everyone."

- Charnelle A.

Staff Spotlight

Anna Maria



Dr. Annamaria De Fina is the chiropractor at our Woodbridge location for the past 17 years. Dr. De Fina has been interested in healthcare since childhood and knew that she wanted to be a chiropractor since high school. Her involvement in athletics throughout her life sparked an interest in the human body, how it moves, and how it is able to recover and rehabilitate from injury. Dr. De Fina loves working with people of various

backgrounds and ages and genuinely cares for her patients and their health and well-being. She has a wide range of clinical interests from acute and sports injury management to symptomatic care from chronic issues. Outside of practice, Dr. De Fina loves to enjoy time in nature through walking/biking/swimming/running/skiing and especially golfing, with her husband and two children. She also in recent years loves high intensity interval training classes and is looking forward to a new addition to her family...a dog!



Homemade Slow Cooker Apple Cider

Ingredients

- 10 apples
- 10 cups water
- 3/4 cup brown sugar
- 5 cinnamon sticks
- 1 tsp whole cloves
- 1 tsp ground allspice

Directions

Cut your apples into quarters (Don't worry about removing the seeds). Place apples, spices, sugar and water into the slow cooker and cook on low for 3 hours. After 3 hours use an immersion blender. Cook for another 1-3 hours or until the desired flavor has been reached. Strain the liquids with a strainer covered with cheesecloth to remove any fine apple pieces. Place in airtight container in the refrigerator for up to one week.

What do you want to read about next?
We would love to hear your feedback!
Call us today at (888) 409-4058
or email info@medrehabgroup.com

Importance of Physiotherapy

1. **Reduction of pain and stiffness.** By using passive treatments such as manual therapy, our physical therapist will help alleviate pain in the affected area and accelerate the healing process.
2. **Development of strength.** Our physical therapist will create a specific exercise plan for your particular needs, which will aid in the strengthening of muscles in the affected area.
3. **Improvement of range of motion.** Our physical therapist will implement flexibility exercises into your treatment plan, which will help increase the range of motion in your back and neck.
4. **Prevention of further issues.** By learning proper body mechanics, you can avoid future injuries and prevent pain from recurring.
5. **Improvement of overall quality of life.** Physiotherapy can help you return to your normal routine much quicker, allowing for an overall improvement in the quality of life.

Why wait to begin your physiotherapy treatments? Give our office a call at (888) 409-4058 today and begin your journey toward long-lasting pain relief!

Just a Reminder...

Don't let your benefits go to waste



The end of the year is quickly approaching and if you have any unused benefits, now is the time to book your appointments as our schedules are quickly filling up.

Exercise Essentials



Piriformis Stretch

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



Exercises copyright of www.simpleset.net

We're Staying Safe!

Physiotherapists are considered "Essential Critical Infrastructure Workers" during the COVID-19 pandemic. Because of this, MedRehabGroup Physiotherapy is remaining open and seeing patients during this time while taking the necessary precautions to make sure everything is sanitary and everyone is safe.

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as require all of our staff to wear masks as an additional measure of precaution.



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

CALL US AT (888) 409-4058