



Special February Offer...

Find The Details Inside

WWW.MEDREHABGROUP.COM

Shoulder, Elbow, & Wrist Pain, Where Is It Coming From?

MedRehabGroup
PHYSIOTHERAPY 

INSIDE

**Getting a Handle on Shoulder, Elbow, & Wrist Pain
Thai Carrot & Sweet Potato Soup
A Message From Our President**

Shoulder, Elbow, & Wrist Pain, Where Is It Coming From?

It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows and wrists with targeted techniques from your experienced physiotherapists.

What is Causing the Pain?

Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history — and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary lifestyles frequently contribute to weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace — including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

Common issues that can lead to shoulder, elbow, and wrist pain include:

- Issues with poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

Have shoulder, elbow, or wrist pain that won't go away?
We want to help you! Call us at (888) 409-4058 today!



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 a Handle on Shoulder, Elbow, & Wrist Pain



One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts — and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

This is why so many issues regarding pain in the shoulder, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.

Treating Shoulder, Elbow and Wrist Pain

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain.

Physiotherapy is the ideal tool for support in this regard. Working with a physiotherapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulder, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your physiotherapist.

MedRehabGroup
PHYSIOTHERAPY

CALL US AT (888) 409-4058

We're Staying Safe!



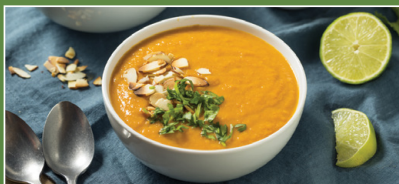
OUR EMPLOYEES
ARE WASHING
HANDS
REGULARLY



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS



Thai Carrot & Sweet Potato Soup

Ingredients

- 1 tbsp coconut oil
- 2 cups chopped yellow sweet onion
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 2 tbsp red curry paste
- 4 cups low-sodium vegetable broth, plus more if needed
- ½ cup raw almond butter or peanut butter
- 3 cups diced carrots
- 3 cups diced peeled sweet potatoes
- ½ tsp fine-grain sea salt
- Freshly ground black pepper
- Up to ¼ tsp cayenne pepper (optional, if you like spice)

For Garnish:

- Minced fresh cilantro
- Fresh lime juice

Directions

In a large pot, melt coconut oil over medium heat. Add onion, garlic, and ginger and sauté for 5-6 minutes until onion is translucent. Stir in curry paste. In a small bowl, whisk together some of the broth with almond butter until smooth. Add mixture to pot, along with carrots, sweet potatoes, salt, and remaining vegetable broth. Stir until combined. Bring soup to a low boil over medium-high heat and then reduce heat to medium-low. Cover and simmer for 15-20 min, until potatoes and carrots are fork-tender.

Ladle soup carefully into a blender. You will likely have to do this in a couple of batches, depending on the size of your blender (never fill your blender past the maximum fill line). Being careful to avoid hot steam from the lid, blend on low and slowly increase speed until soup is completely smooth. (Alternatively, you can use an immersion blender and blend the soup directly in the pot.) Season with salt and black pepper to taste. For more spice, add ¼ tsp cayenne pepper, and blend again. Transfer soup back to pot and reheat if necessary. If desired, you can thin soup out with a bit more broth if it's too thick for your preference. Ladle soup into bowls and top with minced cilantro, a squeeze of lime juice.

A Message From Our President

What you think about most of the time expands!

To live a pain-free lifestyle you must first focus on the success of achieving what you desire. When you want something but doubt you can manifest it in your world you will struggle and push that want away. So, adopt a mindset that you can get a pain free life if you truly believe it is possible. Imagine you have already arrived at that pain-free destination and look out for the opportunities that present themselves to you in order to help you succeed. Then take immediate action by making a daily effort to improve your health. If you plant the seed today with an expectation for better health coming then you will get the pain free life you deserve.

Frank Giambagno

President and CEO

Treatment Spotlights

Accelerate Healing with Shockwave Therapy

There are no side effects with this non surgical treatment and it is available at a reasonable cost. Shockwave treatments are non invasive and promote accelerated recovery of injured soft tissue, bone, heel and joint pain.

A shockwave is an intense, but very short energy wave traveling faster than the speed of sound. The basic technology involved with extracorporeal shockwave technology has been used for decades on millions of people.

Therapy sessions are short, usually 20 - 30 minutes in length, and provide successful relief of chronic pain and restore mobility painlessly. Permanent relief typically begins about 72 hours following treatment.

Conditions That Can Be Treated By Shockwave Therapy



- Plantar Fasciitis
- Achilles Tendinopathy
- Scar Tissue Treatment
- Tennis Elbow
- Jumpers Knee
- Calcific Rotator Cuff Tendinitis
- Stress Fractures
- Non Healing Ulcers

Manual Therapy

Manual therapy is a low-risk pain-management treatment that has produced countless positive patient outcomes. Our physiotherapists take a hands-on approach with manual therapy to guarantee the most effective treatment. If you are interested in learning more about shockwave or manual therapy and how it will benefit you, contact us today!



Staff Spotlight

Introducing Dr. Keon Kirlew

New Chiropractor at our St. Clair and North York clinics



Dr. Kirlew's journey in healthcare began at the University of Lethbridge studying a Bachelor of Science in Kinesiology. During his education he played soccer for the University of Lethbridge that sparked his interest in injury rehabilitation. He eventually found himself studying at New York Chiropractic College where he earned his Doctorate in Chiropractic and began exploring his interest in sports medicine.

Dr. Kirlew recognizes the importance of exercise in people's lives and has done additional education earning a Diploma in Fitness and Health promotion at Humber College. He is a member of the Ontario Chiropractic Association (OCA) and has experience working with athletes, powerlifters, pediatric and geriatric patients. He specializes in using movement based therapy coupled with patient education, soft tissue techniques, stretches, exercises and joint manipulations to treat his patients. Dr. Kirlew believes in educating his patients on what's causing their pain, empowering people to function at their highest level, and live a pain free life.

Coupon Corner

Book your first appointment with Dr. Kirlew for FREE, on us!

Call us at (888) 409-4058 to schedule your appointment today!

Introductory Offer valid throughout month of February only.