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Living Life Without Back Pain

It's Time to Say Goodbye to Back Pain, Once and For All!

MedRehabGroup 
PHYSIOTHERAPY

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Living Life Without Back Pain

It's Time to Say Goodbye to Back Pain, Once and For All!

For some, back pain is a daily occurrence that dictates the way you live your life. Every movement, every motion is determined by the pain in your back. Standing, sitting, laying down, driving, walking or running — the pain persists.

In ages past, back pain was difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal. This isn't the way that things go anymore, and for several reasons. To start, the world isn't as forgiving. Heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength. This could lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

Physiotherapy for Back Pain

While rest and relaxation can help you overcome the immediate pain of a back injury, and may even be recommended by your physician in the early days following an injury, it is not a long-term solution.

Frequently, a misalignment of the pelvis can cause pressure on nerves in the spine. This can result in radiating pain, felt in the back, hip, knee and even the foot. Disc issues are also a common cause of back pain. Fortunately, our treatments include gentle manual therapy that can correct these alignment problems as well as improve disc placement. Along with our specialized manual therapy, simple exercises can aid in muscle development and joint movement. There are also excellent options including Class IV laser therapy which can stimulate healing and quickly reduce inflammation.

Here at MDM, our complimentary consultations offer the opportunity for our physiotherapists to discuss your issues, make an assessment and recommend treatment options. Back pain doesn't have to be a permanent part of your life.

Has your pain come back? We can help!
Give us a call 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!**

Determining The Origin Of Your Pain



You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk in different types of shoes, particularly shoes that lack support or those with high heels.
- Prolonged engagement in sedentary behavior, including sitting at a desk for eight hours or more consecutive days of the week, or spending free time on the couch or otherwise relaxed.

Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and improving blood flow and nutrient disbursement throughout the back. When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine.

How Physiotherapy Helps

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't. Simply going from sedentary activity to being active and healthy isn't an option — at least not so easily. It takes time and effort, and when back pain is obstructing you from getting started, it requires help.

Physiotherapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals. Working with a licensed and experienced physiotherapist ensures that you do not take on too much too quickly, but instead are guided through the process of healing with gradual steps.

Before you can treat your back pain, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a physiotherapist can help.

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

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Vegan Chicken Salad

Ingredients

- 1 cup cooked or canned chickpeas, drained, rinsed and lightly mashed
- 8 ounces seitan (about 1/2 batch if using homemade), finely diced
- 1/2 cup slivered or sliced roasted almonds
- 1 cup diced celery (about 2 stalks)
- 1/3 cup chopped fresh dill
- 1/4 cup chopped scallions (about 2 medium scallions)
- 1 garlic clove, minced
- 1/4 cup vegan mayo (or more if you'd like a creamier salad)
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

Directions

1. Place the chickpeas into a medium bowl and roughly mash them with a fork or potato masher.
2. Add the remaining ingredients and stir until fully mixed.
3. Taste-test and adjust any seasonings to your liking.
4. Chill or serve immediately.

A Message From Our President

Building A Pain-Free Culture

After 25 years operating rehabilitation clinics in Ontario, Medrehab is still focused on helping patients recover and live a pain free life. Our purpose is to make a difference in people's lives and ensure we are making contributions to others. Medrehab continues to develop a great customer experience by consistently adding value to the customer experience and getting them the result they desire.

I am often asked how we have been able to sustain in business for over 25 years and my response is simple:

- Just help others get better and improve the quality of their life
- Be sincere and authentic in everything you say and do
- Show appreciation and gratitude for the opportunity to help others
- Never stop improving and learning from your experiences

My vision is to provide a culture where greatness is delivered and people want to be a part of. Thank you to everyone that has been part of this journey.

Frank Giambagno
President

Benefits Of Spring Cleaning

1. **Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
2. **Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
3. **Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin, January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

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Exercise Essentials



Front Plank Forearms & Feet

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up on your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



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Staff Spotlight Rochelle Nicdao, PT



Rochelle has been practicing for many years treating a multitude of various conditions including post-surgical conditions, musculoskeletal, and neurological conditions. Her clinical practice involves a combination of manual therapy, motor retraining/specific exercise prescription, and patient empowerment through education and specific strategy design. Rochelle has special training in Neuro Proprioceptive Taping Level 1, Myofascial Manipulation Level 1, Mulligan Concept of the Upper and Lower Quadrant, Acupuncture and Dry Needling, and Basic Manual Lymphatic Drainage, Custom Orthotic Therapy 1,2 and 3. She has developed a strong following providing her patients with the highest standard of care and results driven outcomes.

*Offering eight different locations
for your convenience:*

Brampton
East Hamilton
Georgetown
North York | Finch

Pickering
Richmond Hill
Toronto | St. Clair
Woodbridge