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Find Natural Relief For...
Knee and Hip Pain

MedRehabGroup 
PHYSIOTHERAPY

INSIDE

Who Needs Physiotherapy?
A Message From Our President
Tips For Planting A Potted Herb Garden



Find Natural Relief For... Knee and Hip Pain

Mark Twain once said that growing old is an issue of “mind over matter,” but if you struggle with knee or hip pain, then you know that this isn’t true at all. Knee and hip pain can really take the spring out of your step, causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step.

There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident.

Don't Wait Until It Is Too Late!

When an injury develops, seeking the support of a physiotherapist is the best course of action. Working with a physiotherapist soon after an injury develops can help reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

When you are dealing with a knee or hip injury, every step requires

more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office.

What Can Physiotherapy Do to Help?

Physiotherapy is not a one-stop cure-all for pain management. This is a long-term solution to pain and suffering through the use of targeted exercises and stretching techniques that are designed to strengthen the targeted areas and help the body recover and heal. By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to increase flexibility, motion, strength and even improve coordination.

Whether you've tweaked a muscle or have a deeper injury, a physiotherapist can help. Give us a call at (888) 409-4058 to schedule your appointment 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!**

Who Needs Physiotherapy?

Are you moving like you should be? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking or running, you need your hips and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait, which is the way that you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

If you've experienced any hip or knee pain and are considering whether physiotherapy is a good choice for your health needs, consider the following:

- From a standing position, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physiotherapy could be helpful.
- In a sitting position, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physiotherapy.
- From a standing position, with your feet planted flat on the floor, can you push your body into a squatting position? You should be able to squat all the way down so that your buttocks are almost touching your heels. If you aren't able to do this, then physiotherapy may be helpful in improving your range of motion.
- Standing near a wall or countertop, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physiotherapy may be able to improve balance and coordination.

The goal of any physiotherapy program is to restore range of motion and improve flexibility and strength while reducing the general experience of pain. Unfortunately, hip and knee injuries often tend to linger. Every movement relies so heavily on the hips and knees that it makes it difficult to allow these joints to actually rest following an injury. Physiotherapy provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. For more information, contact your physiotherapist to learn more about options that will suit your health needs.

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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**

Give us a call at (888) 409-4058 today!

A Message From Our President

Connecting with our patients is what makes us different from our competitors.

When you look at those people you connected with in your life, you notice a common interest or goal. You mirror each other's feelings and beliefs, and thus, put forth more effort into building that relationship. You genuinely like each other and that leads to caring about the overall wellness of that person. At Medrehab Group, our vision is to make those connections with everyone and be authentic about what we say and do. Our mission is to make life long relationships by ensuring we deliver on our promise to you, the customer.

Medrehab Group staff puts your needs first and focuses on your recovery experience. We set an expectation of providing you the greatest customer experience and results that impact your life. Our goal is to communicate to you with each visit to ensure your treatment expectation is being met. We are facilitating an environment where value is derived and certainty with treatment progress is obtained. Medrehab group is truly making a difference because we care about the results we provide. We are listening and responding to the customer's needs and by putting those needs first and foremost.

Frank Giambagno
President

Tips For Planting A Potted Herb Garden

Make the Most of Spring Activities!



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Med Rehab Group Physiotherapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

- 1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
- 2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. *A general guideline for common herbs is as follows:*
 - 1 foot in diameter: chives, cilantro, parsley, dill
 - 2 feet in diameter: summer savory, thyme, basil, tarragon
 - 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano
- 3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.

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Exercise Essentials



Clamshells

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your buttocks. Tilt your hips forward towards the ground slightly. Lift your knees apart (like a clam opening). This helps stretch your hips.



*Exercises copyright of
www.simpleset.net*

Staff Spotlight

Noel Laguna | PT

Richmond Hill & Pickering Clinic



Noel has been working as a Registered Physiotherapist at Medrehab Group since 2013 at our Pickering and Richmond Hill locations. Noel has developed a loyal following due to his friendly and welcoming demeanor. His superior skills with assessing those who sustain MSK (musculoskeletal) injuries and neurological conditions have helped him designed hundreds of treatment programs for past patients. Noel's treatment approach consists of highly trained manual techniques (McKenzie and Mulligan protocol), acupuncture, shockwave, laser and ultrasound therapy. Noel has also helped many patients suffering with chronic pain conditions, vertigo and balance issues, and vestibular rehab programs. He is an empathetic healthcare provider who is able to quickly establish rapport with his patients.

*Offering eight different locations
for your convenience:*

Brampton
East Hamilton
Georgetown
North York | Finch

Pickering
Richmond Hill
Toronto | St. Clair
Woodbridge