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# Walking Away From Your Nagging Back Pain

MedRehabGroup   
PHYSIOTHERAPY

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# Walking Away From Your Nagging Back Pain

Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your pain head on. Physiotherapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physiotherapy could be the answer to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

## Walking Your Way Pain Free

Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physiotherapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.



**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!**

# Fixing Your Stride



When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

**Here are several ways that you can start taking care of your back with each step you take:**

1. Make sure that you are wearing the right types of shoes. While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.
2. Try a custom insert in your shoe. Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.
3. Work on improving your posture. If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.

Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. Working with a physiotherapist to improve your walking technique can help you to overcome back pain one step at a time.

Has your pain come back? We want to help!  
Give us a call at (888) 409-4058 or visit  
[www.medrehabgroup.com](http://www.medrehabgroup.com)

# A Message From Our President

We are slowly getting back to the way life was before COVID-19 impacted all of our lives. That means we will be more engaged and able to resume many of the activities we were doing prior to the pandemic. Our mental health has suffered and our physical health has deteriorated and I trust we have all had enough. We now must get back to a life that is rich in health and satisfying. We all must plan to achieve all those goals we put aside for a while. It is amazing how pain and suffering impacts our desire to live a life that is full of joy and contentment. When our body aches or our mental health suffers we become complacent with the very actions that make us enjoy life. So, it is time to take charge and get your physical or mental health back. Seek the opinions of health care professionals you trust on what is best for you to do. Know that you can live a great life when you are not bothered by pain. Take the first step for better health and the rest will follow.

Frank Giambagno



## Spinach & Egg Sweet Potato Toast

- 1 large slice sweet potato (¼ inch thick)
- 1/3 cup cooked spinach
- ½ teaspoon hot sauce
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

# Prepare To Swim In The Water Safely!



Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

CALL US AT (888) 409-4058

## Staff Spotlight

*Gaganpreet Kaur*



Gaganpreet Kaur, graduated with her Masters in Physiotherapy (Neuro) in 2014, after completing her Bachelor in Physiotherapy from Guru Nanak Dev University, Amritsar in 2012. She has over six years of Clinical experience of crafting efficacious rehabilitation programs for international clients with intricate and sophisticated care requirements. She has been industriously handling patients with musculoskeletal and neurological injuries. In addition to this, she has burnt midnight's oil to successfully treat acute cases of arthritis, transitional care, Her empathetic and compassionate personality helps her to diagnose the clients with dexterity and treat them with utmost effectiveness.

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your appointment today!

