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# Helping Aches & Pains

MedRehabGroup   
PHYSIOTHERAPY

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# Helping Aches & Pains

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

## How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return.

Don't just complain about those aches and pains. Start doing something about them. *Here is a quick rundown of things that you can do at home that can reduce your daily pain:*

1. Use hot and cold therapy appropriately to reduce inflammation. After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the

first 24-72 hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.

2. Don't underestimate the power of resting! Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.
3. Keep your body in good shape with regular exercise. It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physiotherapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

Come back in for physiotherapy!  
Give us a call at (888) 409-4058 or visit  
[www.medrehabgroup.com](http://www.medrehabgroup.com)



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!

# Why Physiotherapy?



There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physiotherapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physiotherapist can help you develop a new approach to managing your aches and pains. Your physiotherapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort. **Give us a call so we can help you say goodbye to your aches and pains.**

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

Medrehab Group takes a lot of pride on the service it provides to its customers. It matters how effective the treatment is in order for the patient to recover as quickly as possible. Medrehab therapists engage with their patients to best obtain an understanding of their needs and what methods are best to design a treatment plan. Medrehab is serious about providing positive outcome and being your number one service provider within the communities we serve.

We appreciate all the feedback we get from our customers because that shapes who we are and allows for improvement where needed. We are so lucky that many of you provide us Google reviews and highly recommend our services. We are blessed with receiving your feedback and support. As a company we can only grow and continue to improve by your on-going feedback. Thank you to the heart of Medrehab Group which is our customers.

Frank Giambagno



## Trail Mix Recipe

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

# Accelerate Healing With Shockwave Therapy



*Available at our Woodbridge, Richmond Hill and Pickering Locations!*

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.

## 75%-95% Success Rate

### 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

### Benefits

- Non surgical treatment
- No side effects
- Accelerates healing
- Affordable
- Coverage available from most insurance companies

**CALL US AT (888) 409-4058**

# Mind Exercise

## Fall Word Search

S F G H E G H U E X V V U O L G E Y S R U Y O S  
 D S E N Y A K G R W X Q A Z N S O G E Y D J Y E  
 H D T S I O C F P O L S U K T L A U Y Z G V R J  
 A O J O N V Y S J Z U D W M Z C Q C R Q I L Y W  
 L J B C Y Q I L D X V I K H F X P D T L U B X  
 L A L W Y X S G X W S T E K C A J K Q L S C R C  
 O C K U U S N N S O O X Y E K R U T Z A L A O F  
 E O H I F F O H H L N Q F A L L P E V Q B D N W  
 W O L B J Z R F S K N M H R R T S A A Y I G W E  
 N N I P P Y A P N F I G H Y N K D B J A C A F D  
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 U I S T O R S O T R W V V K T U M H I R I E Y R O  
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 T T P V F E C O L O H A T M O Q S U H F A Q C E  
 O S P R R C P R A C V N V R D R F M U O Y H E T  
 O O A A A S V F F P W E Q K T U C R R G Z U Q A  
 B Q Y H E Z O N J K W Y M D F E Y E C I E T M E  
 H I A G X B J S L S A X J B H G J M R W B Q K W  
 E H K I K K A U T U M N Y S E H X X Z A I B H S  
 F F P U M P K I N S B T I X U R A T R N C R O A  
 A G K G E E O Q D V S I T U E W S E X S Z S Q L  
 U N J S E E R T V C C I V T R H R D T C J L Y A O  
 U N P D P I J M V K E G A I L O F L L A F M X O

TURKEY	HARVEST	COLORFUL	HAYRIDE
SCARECROW	THANKSGIVING	NOVEMBER	HALLOWEEN
GOURDS	AUTUMN	ACORNS	PUMPKINS
APPLES	SCENERY	FALL FOLIAGE	NIPPY
FROST	COOL NIGHTS	JACKETS	SWEATERS
BOOTS	TREES	LEAVES	BROWNS
FALL			

*Offering eight different locations  
for your convenience:*

Brampton	Pickering
East Hamilton	Richmond Hill
Georgetown	Toronto   St. Clair
North York   Finch	Woodbridge

## Come Back In For Physiotherapy!

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 schedule your appointment today!