



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**MENTAL HEALTH, ANXIETY,
STRESS, DEPRESSION & TAKING
CARE OF YOURSELF**

www.medrehabgroup.com



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INSIDE:

- FEELING STRESSED? PHYSIOTHERAPY CAN HELP
- EXERCISE ESSENTIALS
- WHY CHOOSE PHYSIOTHERAPY?



MENTAL HEALTH, ANXIETY, STRESS, DEPRESSION & TAKING CARE OF YOURSELF

Did you know that chronic pain and poor mental health are linked? If you're suffering from one of them, it's almost guaranteed that you're dealing with the other as well.

Frequently, we find that our patients who are living with chronic pain are living with depression or have immense amounts of stress on their shoulders. Depression and anxiety can manifest as random aches and pains in the body, and living in constant pain can also cause a person's mental state to suffer.

Depression, stress, and anxiety can completely zap a person's energy, drive, and hope. MedRehab Group Physiotherapy strongly encourages patients who are struggling with chronic pain and low mental health to give us a call. Movement is medicine, and physical activity truly can make a huge difference in your overall morale.

Contact our clinic today to schedule an appointment. Our therapists are here for you and want to help you feel better in your body and mind.

DON'T LET DEPRESSION CONTROL YOUR LIFE.

Depression can be one of the most crippling feelings in the world. It's no surprise that depression rates are up all around the globe with everything we've been forced to deal with over the past couple of years.

If you're feeling depressed, getting off the couch or rolling out of bed can be compared to running through molasses. However, it's still highly recommended to do what you can to get your body moving.

Even modest amounts of exercise, such as a walk around your neighborhood, can make a difference. No matter your age or fitness level, MedRehab Group Physiotherapy is here to teach you how to use exercise as a powerful tool to feel better.

If you've been experiencing anxiety to any extent, physiotherapy can also help you learn breathing exercises that can alleviate pains in your chest caused by panic attacks.

Our skilled therapists here at MedRehab Group Physiotherapy are ready and able to assess how your body is currently functioning if you're dealing with anxiety and depression.

These two conditions can cause a lot of unnecessary stress on the body and make it very difficult for you to function normally, or have enough energy to use critical thinking skills.



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



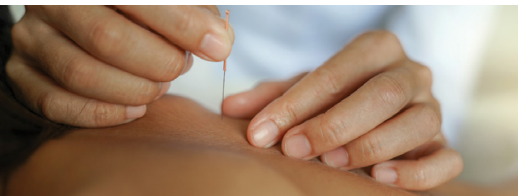
Feeling Stressed? Physiotherapy Can Help

When you're feeling low physically and mentally, the most important thing you can do is prioritize your health. Having regular checkups with your doctor and giving your body the attention it needs is key to reclaiming your life.

Getting regular exercise is excellent for your body, and it's also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression and anxiety, and it also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

Depending on what kind of stress you are dealing with, you may start noticing pain in some regions of your body. This is because stress manifests itself in our physical form: the way we walk, sit, stand, and even lie down at night can all be negatively impacted by stress. You may notice your back, hips or shoulders are aching lately, as these are three places many people tend to "carry" their stress.

Dealing with stress constantly can also manifest in the form of headaches. Physiotherapy may not be the first thing that comes to mind when considering treatment options for headaches, however, it may be the ideal treatment if you're experiencing tension or stress headaches.



Featured Service: Dry Needling

Dry needling is a safe and effective method of treatment provided at MedRehab Group Physiotherapy to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you'd like to gain more information on how dry needling could benefit you, request an appointment at MedRehab Group Physiotherapy today!

Exercise Essentials

Good Stretch For Your Lower Back

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



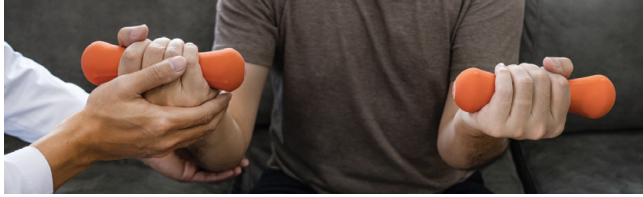
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*Always consult your
physiotherapist or physician
before starting exercises you
are unsure of doing.*



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Why Choose Physiotherapy?



Our clinic offers physiotherapy services to treat several types of illnesses, injuries, and diseases. We specialize in pinpointing the underlying source of a person's pain. If you've been experiencing acute or chronic pain that keeps you from living everyday life, you may also be experiencing feelings of doubt, worry, or general sadness.

MedRehab Group Physiotherapy's therapists will work with you to relieve your pain symptoms, prevent future injuries, and help restore your mobility and function.

The goal is to ensure your mental health ceases to take a direct hit every time you try to move or perform specific actions.

CALL US TODAY FOR HELP

When you're under a cloud of physical and emotional disorder, paying attention to exercise or seeing the light at the end of the tunnel can be tough. If you're having trouble coping with everything going on around you right now, it's time to stop dealing with it on your own.

Here at MedRehab Group Physiotherapy, we're dedicated to the best overall health of every single one of our patients. Our therapists will talk with you about your current stressors and thoroughly evaluate your physical abilities and any areas causing you pain.

We'll make sure that you feel taken care of and supported during this time, both mentally and physically. **Call our clinic today to schedule an appointment, and rest assured you're in good hands.**

Give us a call at **(888) 409-4058** or visit www.medrehabgroup.com

Our Patients Get Great Results!

"The staff here are great! As soon as you walk in, you're greeted with a smile from the front desk. My physiotherapist is extremely helpful and knowledgeable and will keep in touch via e-mail between appointments to check up on how my progress is going and to see if I have any questions. I would definitely recommend this place to anyone looking for a physiotherapist."

- 5-Star Google Review

Leave Us A Review!

Have you been loving MedRehab Group? We would love to hear! Scan the QR Code to leave us a review!



Enter for the chance to win \$10 off of your next visit by leaving us a Google Review!

Covid-19 Precautions

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. 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 checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS

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