



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**ARE YOU EXPERIENCING CHRONIC
HEADACHES OR MIGRAINES?**

MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

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INSIDE:

- EXERCISES TO DO INDOORS
- TIPS TO PREVENT HOLIDAY STRESS
- EXERCISE ESSENTIALS



ARE YOU EXPERIENCING CHRONIC HEADACHES OR MIGRAINES?

MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

If you are experiencing stiff or tight muscles in your neck, and/or if you are living with chronic headaches or migraines, myofascial release can help you find relief. This hands-on treatment helps with pain relief by easing the tension in your muscles. It is a form of massage performed by your physiotherapist that focuses on specific pressure points, aimed at bringing the myofascia back to its elastic form.

If you've been noticing pain in your neck or head, and you think you could benefit from myofascial release, give our office at MedRehab Group Physiotherapy a call today. We would be happy to set up a consultation and discuss how our treatment services could benefit you!

HOW DOES MYOFASCIAL RELEASE HELP?

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by

loosening up the constricted area, thus promoting easier mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck. If you've sustained an injury to the neck or head that is causing your headaches, myofascial release can also help by massaging out the affected area, in order to loosen up the muscles and allow for a quicker healing process.

These manual techniques not only help in reducing pain, but they also keep the head and neck moving the way they should. In fact, the manual and massaging properties of myofascial release have also been shown to help chronic headache and migraine sufferers sleep better and experience attacks less frequently.



**Come Back In For
Physiotherapy!**

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



How Can I Get Started With Adding Myofascial Release Into My Plan?

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At MedRehab Group Physiotherapy, our physiotherapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life.

FIND RELIEF TODAY!

Don't let your chronic headaches and neck pain dictate your life! You can live comfortably once again and get back to your normal life with the help of our dedicated and highly experienced physiotherapists at MedRehab Group Physiotherapy. Myofascial release can help you reclaim your life once again!

Our team will provide you with clear guidance for a safe progression and set up tune-up visits to answer your questions and advance your program.



Exercises To Do Indoors

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Burpees
- Jumping jacks
- Jump rope
- Mountain climbers
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

Exercise Essentials

Good Stretch For Your Lower Back

CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.



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



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Tips To Prevent Holiday Stress



Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

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

Our Patients Get Great Results!

"I have been to MedRehab for a back injury, then again for neck pain due to a car accident. I really like the staff there. They are friendly, caring and knowledgeable. I have been to other physiotherapy clinics over the years and this by far is my favorite. No one is rushing you. Everyone has their own expertise and styles and ideas to help you recover from your injuries but together it works. They have a good team."

- 5-Star Google Review

Leave Us A Review!

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We would love to hear! Scan the QR Code
to leave us a review!**



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President's Message

Welcome to 2022

Yet another year of struggling with COVID-19 but we made it!

It proves how resilient people are and how capable they can be through difficult times. It is important to take care of our physical and mental health especially through trying times. Remember that anxiety, stress and depression are prevalent these days and we need to take care of not only our physical self but our mental wellbeing. If you are feeling overwhelmed do not just ignore it but

ask for help or simply just talk to a family member or friend. If you are experience physical pain or sustained an injury get to treatment as early as possible so that you do not have to live in discomfort.

Let this New Year bring you all health and happiness and put COVID-19 in the past.

Thank you to everyone for being part of the Medrehab Group experience in 2021 and we look forward to serving you in 2022.

Frank Giambagno, President