



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



DAILY ACHES AND PAINS HOLDING YOU BACK?
LOOK NO FURTHER FOR RELIEF

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INSIDE:

- 6 SIMPLE TIPS FOR RELIEVING COMMON ACHES
- 5 SIMPLE TIPS FOR SHOVELING SNOW



DAILY ACHES AND PAINS HOLDING YOU BACK?

LOOK NO FURTHER FOR RELIEF

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from

an overly-active lifestyle, aches will also be common.

Whatever the case may be, physiotherapists are here to help. Their sole focus is helping you achieve your highest level of comfort. **If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.**

WHY AM I SO ACHY?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physiotherapist if your aches and pains persist.

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



6 Simple Tips For Relieving Common Aches

- 1. Sleep!** - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- 2. Stay hydrated** - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- 3. Maintain a healthy diet of fruits and vegetables** - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- 4. Exercise regularly** - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- 5. Keep a good posture** - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.
- 6. Get a physiotherapy consultation** - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physiotherapist. They will help you determine the best course of action for your specific needs.

HOW PHYSIOTHERAPY WILL HELP

A consultation with a physiotherapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physiotherapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physiotherapy today!

5 Simple Tips For Shoveling Snow



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

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

Our Patients Get Great Results!

“The facility is clean and welcoming. The staff is very friendly, helpful, and knowledgeable. After a couple of weeks, I was feeling better already. They disinfect any equipment used and surfaces after each patient leaves.”

- 5-Star Google Review

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Did You Know...

Chronic pain can be categorized as any ache, soreness, tenderness, irritation, stiffness or discomfort that lasts for three or more months. People may experience chronic pain for many reasons. It's actually what most people seeking medical help struggle with. Chronic pain can decrease a person's quality of life by creating opioid dependence, limiting their mobility, and causing them to experience bouts of depression or anxiety. There's good news though! Physiotherapy can be a great option if you're dealing with chronic pain and want a treatment that yields lasting results.

Acute pain is different from chronic pain because it typically goes away

without the aid of therapy or surgery in a few hours, days, or weeks. A good example of acute pain would be a minor ankle sprain. This kind of pain dissipates within a few days.

If you think you might have issues with chronic pain due to overuse of certain muscles, or an injury, you should make an appointment with a physiotherapist as soon as possible. They'll be able to properly assess your condition and take the necessary steps to help you get back to doing the things you love without that nagging pain.

So, what are you waiting for? If you're ready to stop dealing with chronic pain issues, contact MedRehab Group Physiotherapy to schedule your own consultation.