



MedRehabGroup  
PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**ARE YOU IN NEED  
OF CUSTOM ORTHOTICS?**

[www.medrehabgroup.com](http://www.medrehabgroup.com)



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## INSIDE:

- WHAT TO EXPECT FROM WEARING CUSTOM ORTHOTICS
- 5 HEALTH BENEFITS OF SPRING CLEANING!



## ARE YOU IN NEED OF CUSTOM ORTHOTICS?

Have you noticed lately that your feet are feeling sore or painful? As we age, our feet will often change. Changes in the shape of our feet, the support of our ligaments, and complications from previous injuries can all cause strain and pain. One way to alleviate this issue is to use a custom orthotic.

When you are in need of an orthotic device, you may head straight to your corner store and grab a random in-sole insert, hoping for the best. The problem with this decision is that orthotics are not one-size fits all... you need something that will target your specific problem. This is why a custom orthotic is a good idea to provide extra support and relief for your feet!

If you are searching for an orthotic device and you are unsure where to turn, MedRehab Group can help. Contact us today to learn how custom orthotics can help you function and move with ease through your daily life!

### THE BENEFITS OF CUSTOM ORTHOTICS

Custom orthotics are devices that are individually created to uniquely fit your feet. They resemble insoles but are specifically crafted and made of materials that will last longer than prefabricated orthotics. They are sometimes referred to as prescription glasses for each of your feet. There are generally three types of custom orthotics, therapeutic, accommodative, and functional.

According to Healthline, "Orthotics can be part of a comprehensive treatment plan to address various symptoms, usually having to do with pain and discomfort of the feet and legs. **Some of the goals a doctor may have for orthotic treatment include:**

- Correcting foot deformities
- Helping the foot or ankle function better
- Providing support to the ankle
- Reducing the risks for further injuries

Many people seek out support from custom orthotics to alleviate foot pain from arthritis or diabetes. Orthotics range in price and quality. The kind of foot pain you have, the severity of the pain, and your levels of physical activity all factor into whether or not custom orthotics can truly alleviate your condition. There isn't a "one size fits all" option no matter that you see being sold on shelves in stores!

If you are searching high and low for the right fit when it comes to orthotics, the best bet is to seek completely custom ones from MedRehab Group.

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

# What To Expect From Wearing Custom Orthotics

**It's often difficult to know exactly what your pain problem is when it comes to your feet, until you take the time to see a specialist.**

When you have a custom orthotic that is tailored to your specific needs, you'll know that it is the best option for your pain and discomfort. Having one that is specifically designed to help your needs is going to be better than grabbing a random one off the shelves at the grocery store!

You might be wondering just how well orthotics work. The entire point of an orthotic is to alleviate pain while you are walking or running so that you are able to engage in exercise without being held back by chronic foot pain.

The orthotic may not be capable of fixing the pain in your foot when you are not wearing your orthotic-laden shoes, but while the orthotics are on your feet, chances are your feet will feel much better.

One of our trained physiotherapists at MedRehab Group can give you a comprehensive orthotic evaluation. He or she will provide a custom fitting to determine what will work best for your feet. The physiotherapist will take into consideration your current medical conditions and activity level when providing the best custom orthotics. After your evaluation and fitting, it will likely take a few weeks for your custom orthotics to come back from the lab.

When they arrive, we'll let you know, and set up a follow-up assessment to make sure they're performing the way they should be to help you experience less pain and discomfort.



## ASK ABOUT OUR CUSTOM ORTHOTICS TODAY

If you are in need of a custom orthotic device, don't hesitate to contact MedRehab Group today so that one of our skilled therapists can properly assess your situation and help you figure out what kind of custom orthotic would be best for you. We will make sure you receive the best device for your needs, with the best fit, at the best price.

<https://www.healthline.com/health/bone-health/orthotics#diagnosis>

## Featured Service: 3D Scanning



3D Scanning, Augmented Reality,  
& Instant Measurements

**Fast & Accurate!**



# 5 Health Benefits of Spring Cleaning!



## 1. Allergy Symptom Reduction.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Americans have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

## 2. Cleanliness Produces Happiness.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

## 3. Better Heart Health.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

## 4. Declutter & Do a Good Deed by Donating.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Sources:  
[ncbi.nlm.nih.gov/pubmed/19934011](https://ncbi.nlm.nih.gov/pubmed/19934011)  
[parsleyhealth.com/blog/health-benefits-spring-cleaning](https://parsleyhealth.com/blog/health-benefits-spring-cleaning)

# Our Patients Get Great Results!

"I recently visited this location for my physiotherapy needs and the entire staff was amazing. They were extremely kind and professional. The people at the front desk are incredibly welcoming, they were so helpful in accommodating my crazy schedule. The physiotherapist was able to identify the issue very quickly and helped me achieve a full recovery."

- 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!



## Staff Spotlight

### DR. MICHAEL ZIMBARO

Dr. Michael Zimbaro is a registered Chiropractor who graduated from The University of Ottawa with an Honours Bachelor of Health Sciences, continuing his education at the Canadian Memorial Chiropractic College in Toronto where he obtained his Doctorate of Chiropractic, followed by a certification in Functional Integrated Acupuncture. Dr. Zimbaro is an evidence-informed Chiropractor who utilizes a combination of chiropractic adjustments, mobilizations, soft tissue therapy, acupuncture and modalities,

along with individualized exercise, ergonomic, nutritional, and lifestyle advice in his treatment plans. He focuses on putting the patient's needs, interests, wellbeing, and comfort above all else. His goal is to ensure that every patient has the knowledge, understanding and confidence to manage their conditions and reach their individual health goals. By taking a holistic approach, Dr. Zimbaro strives to discover the cause of pain, along with any factors that affect it, to ensure total recovery. He is always looking to improve and continues to learn by keeping up to date with current scientific research in which he develops his treatment plans, along with furthering his delivery of care through continuing education courses.

Learn more about our entire team by visiting [medrehabgroup.com/about-us/our-team](https://medrehabgroup.com/about-us/our-team) today!