



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

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INSIDE:

- WHAT TO EXPECT FROM PHYSIOTHERAPY
- 11 QUICK WAYS YOU CAN ADD GREENS TO YOUR DIET

HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine connected. At MedRehab Group Physiotherapy, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physiotherapists at MedRehab Group Physiotherapy, you can find solutions to your pain and learn how to help prevent future episodes!

HOW PAIN IN THE SPINE IS CONNECTED TO YOUR NECK

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.



We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, **our physiotherapists would be more than happy to meet with you for a consultation to discuss how they can help.**

HOW PHYSIOTHERAPY CAN HELP

Physiotherapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physiotherapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At MedRehab Group Physiotherapy, our physiotherapist's end goal is the same as yours – **to get you feeling better!**



Scan the QR Code to visit our website to
schedule your next appointment today!
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What To Expect From Physiotherapy

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a "good" posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out -- lifting you up -- keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

CALL OUR CLINIC TODAY

Visit a physiotherapist at MedRehab Group Physiotherapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. **If you are experiencing lower back pain or neck pain, give us a call today!**

Source:

https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499785/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC389545/>

<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>



Staff Spotlight | Gaganpreet Kaur

She currently works as our Physiotherapist at our Brampton location. She has many years of experience working with musculoskeletal and neurological injuries. Her success has come from helping those in acute stages and specializing in arthritic conditions and transitional care. Gaganpreet has developed her skills and taken additional educational courses in order that she is now able to treat:

- Concussion Care
- Vestibular conditions (vertigo, dizziness and headaches)
- Oculomotor training (vision difficulties)

In a brief time with Medrehab Group Gaganpreet has developed a strong following and her schedule is always in demand. She educates her patients in order to help them become independent. She is compassionate and effective with her treatment protocols.



11 Quick Ways You Can Add Greens To Your Diet

It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. **These 11 strategies can help make getting more vegetables convenient, simple, and delicious.**



- 1. Make them more interesting.** Look up new recipes.
- 2. Prep ahead of time.**
- 3. Get everyone involved.**
- 4. Hide them in yummy dishes.** Roasted vegetable Lasagna
- 5. Make an omelet.**
- 6. Make them portable.**
- 7. Slip 'em into smoothies.**
- 8. Upgrade starches.** Zucchini fries
- 9. Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
- 10. Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
- 11. Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.

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

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

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

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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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