



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**PHYSIOTHERAPY CAN AID
YOUR RECOVERY AND HELP
YOU MAINTAIN YOUR RESULTS**

www.medrehabgroup.com



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

- HOW PHYSIOTHERAPY HELPS WITH MAINTENANCE PROGRAMS
- 3 SIMPLE WAYS TO MAKE HYDRATION A HABIT



PHYSIOTHERAPY CAN AID YOUR RECOVERY **AND HELP YOU MAINTAIN YOUR RESULTS**

Are you wondering why you seemed to be getting better with physiotherapy, and it's going downhill since you stopped? Or maybe you're getting near the end of your physiotherapy but are not quite ready to go it alone. At MedRehab Group Physiotherapy, our physiotherapists will work with you until you are fully recovered and beyond!

One of the most common misconceptions about physiotherapy is that it is only for times you are hurt or in pain. The truth is that physiotherapists are highly skilled at helping people along the whole spectrum of health and well-being. We can help prevent injuries, rehabilitate you through pain/injury and help you enhance your overall health and physical performance.

No matter what your needs are, we can help! We are movement experts and can help you achieve your goals and live the life you have always wanted. At MedRehab Group Physiotherapy, we will conduct a thorough assessment to identify any restriction or weakness that can lead to a problem or is currently causing pain.

make when recovering from pain or injury is stopping before you are 100% better. Many times, people return to physiotherapy after their initial discharge with similar problems because they either stopped too soon when they first started seeing improvements or stopped doing what was helping in the first place.

How well and how quickly you completely recover from your condition will often depend on whether or not you follow your post-physiotherapy program. It is also important to note that inactivity and putting off exercise will often lead to a loss of muscle mass and strength, stiffness and breakdown of the joints, and even a struggle just to stay active.

Exercise is an essential component of a balanced, healthy lifestyle at every age and activity level. To help our patients maintain this lifestyle, at MedRehab Group Physiotherapy, we offer post-physiotherapy programs to help you maintain your gains and improve your overall health and well-being.

DON'T STOP YOUR THERAPY TOO SOON!

Did you know one of the most common causes of an injury is having had an injury in the last year? One of the most common mistakes people



Scan the QR Code to visit our website to
schedule your next appointment today!
Call Us Today! | medrehabgroup.com



How Physiotherapy Helps With Maintenance Programs

Our physiotherapists work with patients through the entire spectrum of physical well-being, from preventative exercise programs to injury assessments and rehabilitation to full recovery and performance enhancement. No matter what stage you are in, we are here to help!

We will educate you about ways to move in safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of rehabilitation. The benefits of physiotherapy treatments include easing pain, lowering spasms, increasing circulation, and promoting healing.

Once discharged and left to rely on themselves to continue their programs, some people often don't follow through. Unfortunately, this can negatively impact the healing and rehabilitation process. By stopping short of a full range of motion, strength, and function, the individual sets themselves up for re-injury or new problems due to compensation from their limitations.

We can help you through the prevention, rehabilitation, and maintenance phases. Our physiotherapists design our maintenance programs and tailor them to meet your specific fitness goals and medical needs. Our goal is to facilitate improvements beyond rehab to achieve and maintain your optimal levels of health and activity.

HOW PHYSIOTHERAPY CAN HELP

First things first, rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. We encourage our former patients and any new patients to contact us as soon as an issue arises!

Our physiotherapists will conduct a comprehensive evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength. We will use this information to develop a therapeutic program that includes targeted mobility work, strengthening, and appropriate pain relief techniques.

Physiotherapy treatments are a safe, healthy, and easy way to correct pain and injury and prevent developing future conditions that impair your function. Research has shown that physiotherapy helps the particular condition it is treating, but it also facilitates improvements in overall health.

Upon completing your rehabilitation, your physiotherapist may suggest a maintenance exercise program to help you maintain your gains and even improve your overall physical capabilities and prevent future pain and/or injury.

REQUEST AN APPOINTMENT AT MEDREHAB GROUP PHYSIOTHERAPY TODAY!

The mission of our physiotherapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients. We provide personalized programs to ensure results!

Your therapy will be centered around helping you get back to doing the things you love without pain and providing you with opportunities to maintain your improvements and prevent future problems.

Contact MedRehab Group Physiotherapy to learn more about physiotherapy and our maintenance programs!

Sources:
<https://academic.oup.com/ptj/article/95/10/1433/2686492>
<https://academic.oup.com/ptj/article/90/7/1014/2737793>
<https://academic.oup.com/ptj/article/89/9/884/2737597>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC454368/>
<https://bjsm.bmj.com/content/52/24/1557.citation-tools>



Scan the QR Code to visit our website to schedule your next appointment today!
(888) 409-4058 | medrehabgroup.com



3 Simple Ways To Make Hydration A Habit

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

1. Drink A Glass Of Water First Thing In The Morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so



you can start drinking immediately in the morning!

2. Add Fruits Or Vegetables To Your Water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3. Set Reminders On Your Phone To Hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.

Our Patients Get Great Results!

"Great place for physiotherapy and chiro! The building is new, very pleasant and neat as a pin. Extremely nice and reasonable staff with affordable prices! Thank you to Daniella for fixing my neck. MedRehab is very welcoming. I would highly recommend this place for anyone in need of physiotherapy!"

- 5-Star Google Review
North York Clinic

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 your nearest clinic or visit www.medrehabgroup.com

Call Today!



Remembering Janice Chan

It is with deep sorrow that we announce the passing of Janice Chan, a loving and caring therapist, mother, wife, sister, aunt, and friend.

In her time at MedRehab Group, she impacted countless lives- staff members and patients alike. Janice was known for her kind and considerate nature. It was clear to everyone who witnessed her work that Janice was genuinely living her passion. MedRehab Group became a better place thanks to her dedication, patience, and empathy.

Although Janice is no longer with us, her spirit and energy will continue to inspire our team and through this, her presence will be felt. We are thinking of her and her family during this time.



www.medrehabgroup.com