



MedRehabGroup  
PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



## HOW TO KEEP UP WITH YOUR PHYSIOTHERAPY THIS SUMMER

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



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## INSIDE:

- HOW TO INCORPORATE HOME EXERCISES INTO YOUR TRAVELS
- 5 WAYS TO INVEST IN YOUR HEALTH TODAY



## HOW TO KEEP UP WITH YOUR PHYSIOTHERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At MedRehab Group Physiotherapy, our physiotherapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physiotherapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

### HOW TO INCORPORATE HOME EXERCISES INTO YOUR TRAVELS

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physiotherapists understand how difficult it is to do your home exercises when not attending regular physiotherapy visits. We provide our patients with home exercises that take their daily life into account.

*Here are a few tips to keep up with your physiotherapy:*

**Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

**Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

**Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity?

*(Continued On Next Page)*



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# How To Incorporate Home Exercises Into Your Travels

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

**Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physiotherapy.

## REQUEST AN APPOINTMENT TODAY

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physiotherapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physiotherapy treatment, or you'd like to begin participating in a regular exercise routine, call MedRehab Group Physiotherapy to set up an appointment!

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

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## Feel Better By Eating Better

### *Peanut Butter Energy Bombs*

- 2 cups old-fashioned rolled oats
- 1/2 cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- 1/2 cup raw honey
- 1/2 cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- 1/2 cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended [about 7-9 times]. Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.



# 5 Ways To Invest In Your Health Today

## 1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

## 2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

## 3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

## 4. Have A Primary Care Physician.

Shockingly enough, many people do not have



primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

# Our Patients Get Great Results!

"I have been coming to MedRehab Group for a few weeks after an injury. Everyone in the office is friendly, warm, and respectful, and my physio treatments with Isha have been very helpful so far! She is wonderful to work with. They are always able to schedule my appointments whenever I need them."

- 5-Star Google Review  
Stoney Creek 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](http://www.medrehabgroup.com)

Call Today!

## Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

**By referring a friend, they will thank you and so will we!**



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