



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



IS PAIN SLOWING YOU DOWN?
WE HAVE EFFECTIVE SOLUTIONS!

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INSIDE:

- MAKING MOVES TO UNDERSTAND YOUR PAIN
- TREATMENT SPOTLIGHT: DRY NEEDLING

IS PAIN SLOWING YOU DOWN? WE HAVE EFFECTIVE SOLUTIONS!

Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At MedRehab Group Physiotherapy, our physiotherapists use the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, MedRehab Group Physiotherapy would like to provide you with some vital information regarding the origins of pain and how physiotherapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps in combating it and preventing it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physiotherapists from MedRehab Group Physiotherapy.

UNDERSTANDING THE SOURCE OF YOUR PAIN

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.



When you meet with a MedRehab Group Physiotherapy physiotherapist, you'll have a conversation about your pain to determine how it started, when it began, where it began, and how it behaves (i.e., what makes it better or worse).

There are also some things to consider before heading into physiotherapy:

- **Try to remember or identify precisely where the pain occurs in your body.** Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- **Consider how the pain feels.** Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.
- **Does it get worse with activity or inactivity?** For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physiotherapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!



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schedule your next appointment today!
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Making Moves To Understand Your Pain

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence.

As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physiotherapists at MedRehab Group Physiotherapy can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

HOW PHYSIOTHERAPY CAN HELP

Physiotherapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists

will work with you to identify solutions that fit your lifestyle and offer lasting results. The combination of physiotherapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physiotherapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

REQUEST AN APPOINTMENT TODAY

The result of physiotherapy at MedRehab Group Physiotherapy is that you can live the active life you want, free of painful limitations.

Call our office today and set up an appointment with one of our specialists!

Sources:
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Feel Better By Eating Better

The Best Guacamole Ever

- 3 tomatillos
- 1/3 cup chopped red onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.





Treatment Spotlight

Dry Needling for Chronic Pain

Dry needling is a safe and effective method of treatment provided at MedRehab Group Physiotherapy to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

DOES DRY NEEDLING HURT?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments.

Our highly-trained physiotherapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle. This is comparable to a quick muscle cramp or ache. The 24-48 hours following a treatment may also result in muscle soreness, which should go away on its own.

ARE YOU READY TO GET STARTED?

If you are in Ontario looking for relief, or if you'd like to gain more information on how dry needling could benefit you, **request an appointment at MedRehab Group Physiotherapy today!**

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!

"Great place to get physiotherapy! I am always treated with the utmost respect and care and I would definitely recommend MedRehab Group."

- 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.**

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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