



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



Get Back In The Action

DISCOVER HOW
MEDREHAB CAN HELP
RESOLVE YOUR HIP
AND KNEE PAIN!

www.medrehabgroup.com



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The Newsletter About Your Health and Caring for Your Body

INSIDE:

- HOW TO SQUEEZE IN A SHORT 10-30 MINUTE WORKOUT
- OUR PATIENTS GET GREAT RESULTS!

GET OFF THE COUCH AND... **GET BACK IN THE ACTION**

How Physiotherapy Can Help Resolve Your Hip and Knee Pain!



Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physiotherapist is the best course of action. Working with a physiotherapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call MedRehab Group Physiotherapy today to make an appointment. With guidance from our physiotherapist you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physiotherapy assessment is crucial for a good outcome. At MedRehab Group Physiotherapy, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSIOTHERAPY CAN HELP YOU

Physiotherapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at MedRehab Group Physiotherapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.



Scan the QR Code to visit our website to schedule your next appointment today!

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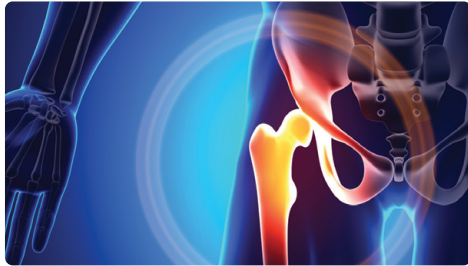
Get Off the Couch and Get Back In The Action

WHAT YOU CAN EXPECT AT PHYSIOTHERAPY

If you're experiencing hip or knee pain, contact a physiotherapist immediately. Your physiotherapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.



Advice To Stay Active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physiotherapist can help you identify modifications to painful tasks and help you be safe and active.



Exercise Therapy

A physiotherapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CALL TODAY TO MAKE AN APPOINTMENT

Physiotherapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physiotherapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call MedRehab Group Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.



Scan the QR Code to visit our website to schedule your next appointment today!

Call Us Today! | medrehabgroup.com

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Richmond Hill
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Pickering
(289) 207-6316

Toronto | St. Clair
(289) 205-0379

Woodbridge
(289) 278-6709



How to Squeeze In a Short 10-30 Minute Workout



Are you looking for a quick way to get results from your workouts? At MedRehab Group Physiotherapy our physiotherapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call MedRehab Group Physiotherapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!

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

Our Patients Get Great Results!

"Med Rehab has been a fantastic experience from beginning to end. The administrative staff are incredibly accommodating, helpful, patient and efficient in booking, rescheduling and dealing with insurance matters. My Physiotherapist, Mina, is knowledgeable, understands and accommodates my needs. He displays a wonderful bedside manner and keeps me accountable to my rehabilitation program so I can get back to what I love doing. I highly recommend this clinic."

— 5-Star Google Review
Woodbridge 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!

Our New Location In Concord Is

Now Open!

We are excited to announce the opening of our new Concord physiotherapy practice location, where we will continue to provide top-notch care to our valued patients.

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