



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



RELIEVE YOUR ARTHRITIS PAIN

WITH Physiotherapy!

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INSIDE: 5 POOL EXERCISES FOR A
FULL-BODY WORKOUT



RELIEVE YOUR ARTHRITIC PAINS WITH PHYSIOTHERAPY

Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis.

Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physiotherapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy!

UNDERSTANDING ARTHRITIS PAIN

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and is one of the leading causes of disability in the adult population. While it can influence anyone of any age, it most frequently develops among those who are overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the

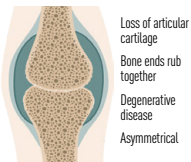
hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

SOLUTIONS FOR ARTHRITIS PAIN

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physiotherapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physiotherapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement.

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bones. This cartilage allows the joints in the elbows, ankles, knees, and



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Relieve Your Arthritic Pains with Physiotherapy



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The emphasis of therapy is a conservative approach through:

- Patient education
- Weight loss recommendations
- Joint protection and energy conservation
- Modifying activities and environments
- Use of assistive technologies

PHYSIOTHERAPY SOLUTIONS FOR ARTHRITIS

Working with a physiotherapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion — Physiotherapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

Strengthen the Muscles that Support an Arthritic Joint — You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physiotherapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.



Improve Balance — Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physiotherapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling.

In many cases, physiotherapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

Physiotherapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physiotherapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis.

Contact MedRehab Group Physiotherapy today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!



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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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Toronto | St. Clair

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Vaughan

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Woodbridge

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5 POOL EXERCISES

FOR A FULL-BODY WORKOUT

Why not turn your summer pool time into a fun workout. Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

- 1. Walk in water.** It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.
- 2. Water arm lifts.** Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.
- 3. Lateral arm lifts.** This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.
- 4. Back wall glide.** This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.
- 5. Leg kicks.** This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your physiotherapist first. Contact MedRehab Group Physiotherapy to see if aquatic exercise is right for you!



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

Our New Location In Concord Is

Now Open!

80 Bass Pro Mills Dr., Unit 12, Concord, ON, L4K 5W9

Tel: (905) 798-1165 | Fax: (905) 798-1166

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Our Patients Get Great Results!



"My foot was so swollen I could not walk right or put my shoes on, I had excruciating pain and I could not sleep. I had to wear slippers when I went out. **My family doctor told me that it was arthritis at the base of my big toe and there was nothing he could do for it.** I happened to be going by MedRehab's office and noticed that they treated arthritis, so I went inside. The staff were very friendly and accommodating. They booked an appointment right away for me with Norel, a therapist. **After just the first visit and treatment the swelling had gone down and with each subsequent treatment my foot is feeling better and better.** Thank you guys you're a godsend!"

— Joan, 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.**

Call Today!



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