



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



EMPOWER YOURSELF

SAY GOODBYE TO NECK PAIN
AND HELLO TO FREEDOM!

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INSIDE: 3 TIPS FOR
BACKPACK WEARERS



EMPOWER YOURSELF

SAY GOODBYE TO NECK PAIN AND HELLO TO FREEDOM!

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At MedRehab Group, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physiotherapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physiotherapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call MedRehab Group today and schedule an appointment with our physiotherapist. Find the relief you have been looking for!

UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and some headaches will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

One of the most common causes of headaches that are easily treatable with physiotherapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from

(Continued On Next Page)



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Empower Yourself Say Goodbye to Neck Pain and Hello to Freedom!

(Continued from previous Page)

the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.



Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow — the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being

prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

HOW PHYSIOTHERAPY CAN HELP

The majority of head and neck pain can be treated with physiotherapy. Working with a physiotherapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At MedRehab Group, our physiotherapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call MedRehab Group today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!



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

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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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East Hamilton
289.206.7247

North York | Finch
289.512.0803

Richmond Hill
289.276.5195

Vaughan
905.265.8966

Concord
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SOON!**

Our Newest Location: Newmarket

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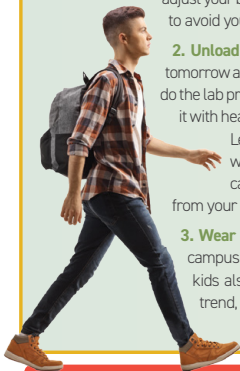
3 Tips for Backpack Wearers

Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Here are three tips to help relieve the pain.

1. Adjust your backpack: One of the reasons your back hurts is because the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.

2. Unload your backpack: I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will — literally — take weight from your back and will improve your posture.

3. Wear both straps of your backpack: The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.



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

BENEFITS ENDING SOON!

DON'T LET YOUR BENEFITS GO TO WASTE

Book your appointment soon with any of our therapists today as the schedule is getting booked up fast!

Call Today!



www.medrehabgroup.com

Our Patients Get Great Results!



"The staff is really friendly and helpful. I came in with persistent neck pain, and my physiotherapist listened and was really attentive to my needs. After my session I left feeling better, and I'm looking forward to my next visit."

— Lucas, 5-Star Google Review
Woodbridge Clinic

Our New Location In Concord Is NOW OPEN!

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

905.798.1165

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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