



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

NOW OPEN

**Our Newest
Location in
Newmarket**

289.301.9379

**Stop Shouldering
Your Shoulder**

PAIN

**Find Relief with
Physiotherapy!**

www.medrehabgroup.com



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PHYSIOTHERAPY

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The Newsletter About Your Health and Caring for Your Body

Stop Shouldering Your Shoulder **PAIN**

Find Relief with
Physiotherapy!



Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physiotherapy.

At MedRehab Group, we have the solutions that you are looking for! Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call MedRehab Group today to schedule an appointment with one of our physiotherapists so we can help you get back to your daily life, free of shoulder pains!

UNDERSTANDING YOUR SHOULDER

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

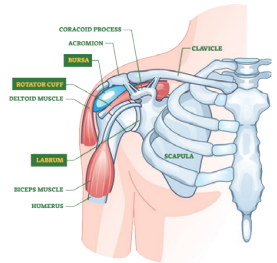
- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.

- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

THE SHOULDER



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

Call Us Today! | medrehabgroup.com

HURRY — THE END OF YEAR BENEFITS ARE EXPIRING SOON. USE THEM OR LOSE THEM!

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COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

Strains: A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.

Tendinitis: Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.

Cartilage injury: An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.

Arthritis: Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.

Frozen shoulder: Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

HOW PHYSIOTHERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physiotherapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapists at MedRehab Group will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

CALL TODAY TO FIND EFFECTIVE SHOULDER PAIN RELIEF!

Two of the biggest goals of physiotherapy are to alleviate your pain and to improve your function. Your physiotherapist will work with you to ensure that both are achieved throughout your physiotherapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call MedRehab Group today to find relief once and for all!



Scan the QR Code to visit our website to schedule your next appointment today!
Call Us Today! | medrehabgroup.com



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 who 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!

Brampton
289.806.1726

East Hamilton
289.206.7247

New Market
289.301.9379

Pickering
289.207.6316

Toronto | St. Clair
289.205.0379

Woodbridge
289.278.6709

Concord
289.274.2060

Georgetown
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North York | Finch
289.512.0803

Richmond Hill
289.276.5195

Vaughan
289.814.8825

**NOW
OPEN**

Our Newest Location: Newmarket

181 Green Lane East, Unit 2, East Gwillimbury, ON L9N0C9 | **289-301.9379**





HOW DOES YOUR CHAPTER ONE BEGIN?

A NEW YEAR IS BEGINNING

TURN THE PAGE ON YOUR HEALTH AND START FRESH!

With a new year comes a fresh start to an all-new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of them. The earlier you start your physiotherapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, the sooner your insurance plan may cover the cost completely.

Our highly experienced team of physiotherapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling.

Let MedRehab Group help you on your journey to becoming strong, healthy, and active in 2024.

WE NEED YOUR HELP!

It Is Time For Our Annual Food And Toy Drive

All the toys and perishable food items collected will help bring Christmas joy to children and families on Christmas morning. Please place your donations in one of the boxes in the waiting area of one of the MedRehab Group clinic.



THANK YOU!

Our Patients Get Great Results!

"Been going to physiotherapy for over 2 weeks now, and all I can simply say is that I've had such a great experience. Beginning from the receptionists, they are extremely kind and helpful. The place itself is also very clean and well equipped. I have had the pleasure of receiving physiotherapy with Margaret. She is very kind and knowledgeable. She follows all requests and ensures I am comfortable as a patient. She provides me with very helpful at home exercises that target the affected area. Overall, MedRehab is a very welcoming and positive environment!"

— **Juan T., 5-Star Google Review North York Clinic**

Our New Location In Newmarket Is NOW OPEN

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East Gwillimbury, ON L9N0C9

289.301.9379



MedRehab Group Physiotherapy won the Vaughan Community Award for 2023!



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PHYSIOTHERAPY