



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

NOW OPEN

**Our Newest
Location in
Newmarket**

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**Osteoarthritis
is a Pain!**

Physiotherapy Can Help

www.medrehabgroup.com



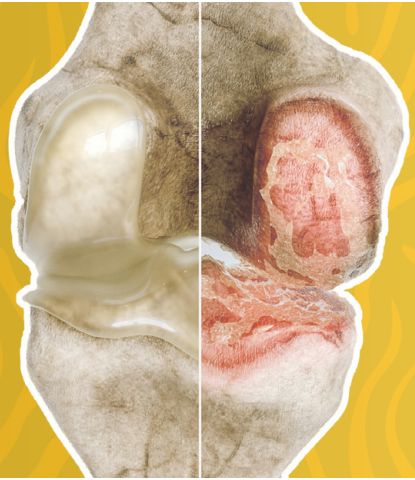
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Osteoarthritis is a Pain!

Physiotherapy Can Help



As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think — by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physiotherapists a call today to discuss pain relief.

WHY DOWE EXPERIENCE OSTEOARTHRITIS?

While it is true that osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren’t very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken

over time, causing the cartilage to shift or thin. As cartilage wears down, osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus — also referred to as a “cracking or crunching” feeling when moving the joint(s), or the sound of bone rubbing on bone.

(Continued On Next Page)



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

Call Us Today! | medrehabgroup.com

NEW YEAR, NEW YOU! MAKE 2024 YOUR YEAR TO GET STRONGER, HEALTHIER & MORE ACTIVE!

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HOW CAN PHYSIOTHERAPY HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret — there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physiotherapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physiotherapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility.

Don't settle for a life of aches and pains — physiotherapy can get you back on your feet and doing the activities you used to love! If you are suffering from osteoarthritis, give us a call today — we can get you back to living your best, most pain-free life.



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

IT'S TIME TO...

ROCK YOUR RESOLUTION!

A NEW YEAR — A NEW YOU!
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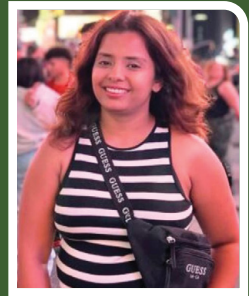
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**NOW
OPEN**

Our Newest Location: Newmarket

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

MEET ME AT MEDREHAB GROUP



Heer Shah
Physiotherapist

SPECIALIZING IN:

- Arthritic Conditions
- Manual Therapy
- Sports Injuries
- Kinesio Therapy
- Cupping
- Shockwave Therapy

VISIT & READ MORE ABOUT HER
www.medrehabgroup.com

Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits.



SHOCKWAVE THERAPY

SIMPLE, SAFE, AND EFFECTIVE!



The term "shockwave therapy" might sound alarming. Its full name – extracorporeal shockwave therapy – is even scarier. However, there's nothing to fear from shockwave therapy, which is a proven, non-invasive method for treating various musculoskeletal conditions.

In fact, shockwaves are actually just high-energy sound waves similar to the ones used in ultrasound technology. "Extracorporeal" just means "outside of the body" and refers to how we administer the treatment.

At MedRehab Group, we use shockwave therapy to help reduce pain, facilitate healing and blood circulation, and minimize inflammation. It can help address pain from tendon injuries, including in the elbow, knee, and shoulders.

WHAT TO EXPECT DURING SHOCKWAVE THERAPY

If we determine that shockwave therapy is an appropriate treatment option for you, we'll begin by applying a gel to the affected area, similar to what happens during an ultrasound. The gel ensures the shockwaves effectively transfer to your body without losing energy.

We use a wand to deliver the shockwaves, which work by causing controlled microtrauma to your soft tissue. The body, in turn, responds to this microtrauma by sending more blood to the area, facilitating your body's natural healing process.

Want to learn more? Call us to schedule an appointment today!



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Call Us Today! | medrehabgroup.com

Our Patients Get Great Results!



"Such a great experience going here! I did physiotherapy and chiropractic here and both experiences have been amazing! I've been having neck pain and headaches and they definitely help! I recommend this place 100%! And all the staff are so friendly and nice!"

— Carly T., 5-Star Google Review —
Woodbridge Clinic

Are you in pain? Have you sustained an injury?

Call Today!

Our New Location In Newmarket Is NOW OPEN

181 Green Lane East, Unit 2
East Gwillimbury, ON L9N0C9

289.301.9379


COMMUNITY VOTES

VAUGHAN
2023

WINNERS

MedRehab Group Physiotherapy
won the Vaughan Community
Award for 2023!



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