Anatomy Physiotherapy Clinic

N E W S L E T T E R



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How You Can Become Healthier, Stronger & More Active

It is a common aspiration to become healthier, stronger, and more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet.

When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physiotherapist.

At Anatomy Physiotherapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and a more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physiotherapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems.

When you become stronger and more flexible, you become healthier overall. Our physiotherapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

For more information on how you can become healthier, stronger and more active, give us a call today!

The 7 Helpful Tips You Can Do On Your Own



Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. **Taking care of aches and pains.** Don't let these long-term problems linger. Contact us for professional help today.
2. **Limiting your sitting.** Get up every 30 minutes to walk around at work and home.
3. **Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.
4. **Maintaining a nutritious diet and controlling portions.** Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.
5. **Drinking more water.** Water keeps your body systems functioning at an optimum level.
6. **Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.
7. **Getting enough sleep.** Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Anatomy Physiotherapy would love to help you live your highest quality of life.

Contact us today to begin your new chapter toward becoming a healthier you!

Treatment Spotlight - *We can help you have a pain-free summer!*

With the weather starting to warm up outside, it is the perfect time to go on a run, ride your bike, or enjoy other activities. It is important to remember that with so many of us having worked inside the past year, our bodies may not be able to jump right into vigorous activity. If you find yourself injured from a running accident or any type of injury from outside activity, our physiotherapists at Anatomy Physiotherapy Clinic can help you recover and get back to a fun summer.

Ready to get started?

At Anatomy Physiotherapy Clinic, we can help you live the active and healthy lifestyle you want. Our physiotherapists or registered massage therapists will design a treatment plan with the best exercises for effectively reaching your goals.

These exercises will be dependent upon which part(s) of your body are in need of training/treatment. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

IF YOU ARE INTERESTED IN GETTING BACK TO PAIN-FREE ACTIVITIES, GIVE US A CALL TODAY!

ST. LAURENT 613-680-4477 **ORLEANS** 613-424-4488

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED



Chicken Bacon Bake-Up

Healthy Recipe

Ingredients

- 6 slices bacon
- 6 tbsp. butter
- 6 tbsp. flour
- 3 c. whole milk
- 3 c. shredded cheddar
- 2 large heads broccoli, cut
- 3 c. shredded chicken
- 1 (16.3-oz.) can refrigerated biscuits
- 2 tsp. ranch seasoning

Instructions

Preheat oven to 350°. Grease a 9"-x-13" baking dish with cooking spray. In a large skillet, cook bacon until crispy, about 8 minutes, then drain on a paper towel-lined plate. Wipe skillet clean. In the same skillet over medium heat, melt butter. Whisk in flour and cook until bubbly, about 1 minute. Gradually stir in milk and bring to a simmer. Cook until thickened, about 2 minutes. Whisk in cheese and cook until melted, 1 minute. Season with salt and pepper and stir in broccoli. Remove from heat. Spread broccoli mixture into the bottom of the baking dish, then top with chicken. Cut each biscuit into eighths and scatter on top of the chicken. Chop bacon into small pieces and scatter on top of biscuits, then sprinkle with ranch seasoning. Bake until biscuits are golden and cooked through, about 25 minutes.

Exercise Essentials

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 5-7 times.



We're Hiring!

Anatomy Physiotherapy Clinic is currently hiring a physiotherapist and massage therapist.

PLEASE CALL ONE OF OUR CLINICS FOR MORE INFORMATION.

ST. LAURENT	ORLEANS
613-680-4477	613-424-4488

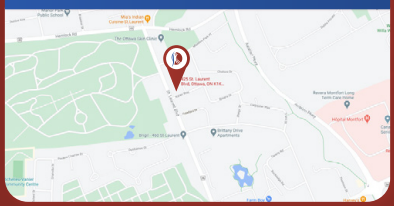
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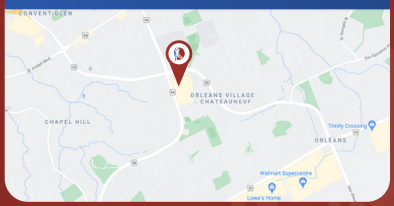
425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

TEL: 613-680-4477
FAX: 613-680-5577



1615 Orleans Blvd. Suite 105
Ottawa, ON, K1C 7E2

TEL: 613-424-4488
FAX: 613-424-4499



Call us to schedule an appointment today!

www.anatomyphysioclinic.com