Anatomy Physiotherapy Clinic

NEWSLETTER



WHAT HURTS?

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physiotherapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little or nothing to do with an actual issue in your arm or leg. Physiotherapists are specialists in identifying the causes of pain.

A physiotherapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physiotherapist can help you find the relief you are looking for.

Understanding Your Pain

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physiotherapist can help you.

When you meet with a physiotherapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physiotherapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how

Continued on next page

See Inside

- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

NEW LOCATION NOW OPEN IN WESTBORO

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www.anatomyphysioclinic.com

WHAT HURTS?

Continued from previous page.

long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physiotherapist. Working with a physiotherapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

How Physiotherapy Can Help You Find Relief

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach also allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physiotherapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- **Reduce pain quickly** through targeted movements/stretches
- **Strengthening exercises** to address weak muscles contributing to your pain
- **Return to normal functioning** in daily activities
- **Education** on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

Our physiotherapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Anatomy Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

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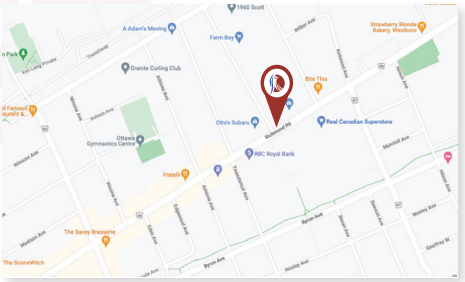
NEW LOCATION IN WESTBORO NOW OPEN

Anatomy Physiotherapy is proud to announce we are growing to better serve our clients. Our new location opened August 15th; located at —

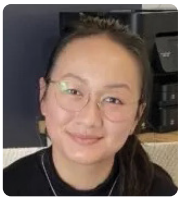
205 Richmond Road, Unit 109 in Westboro

Book your appointment today by submitting a contact form on our website or calling:

613-728-0739



STAFF SPOTLIGHT



Ellen Davies

Client Service Representative

Ellen is one of our Client Service Representatives, and she looks forward to greeting you when you arrive.

She is currently going into her fourth year of the Human Kinetics program at the University of Ottawa. Ellen loves various activities such as soccer, crocheting and staying active!

HEALTHY RECIPE



Hummus & Pita Plate

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus — why not make it the star of the show? Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!



PATIENT SUCCESS SPOTLIGHT

"Next day I was back to normal."

"Went in for a tight neck, Brandon loosened it up within 30 mins! Next day I was back to normal. Plus, he gives a little education while he works so you know what is happening in your body. Will definitely go again!" **- E.M.**

"Excellent care. Cured my knee and hip pain immediately."

- B.D.

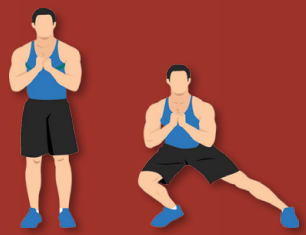
We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

Exercise Essentials

SIDE LUNGE

Stand with good posture. Lunge to the side. Keep back straight and your hip, knee and ankle aligned. Return to the start position. Repeat 10 times on each leg.



Try this simple exercise to help improve strength and stability

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

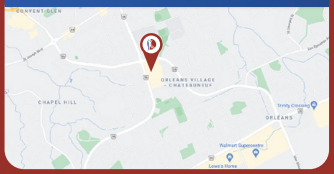
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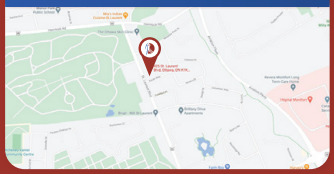
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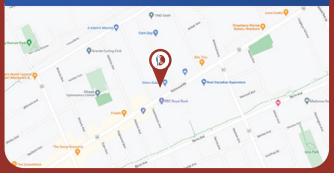
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4 Convenient Locations To Serve You!

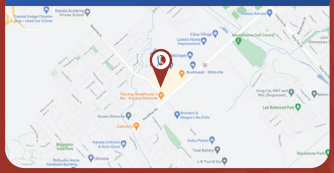
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Call us to schedule an appointment today!

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