Anatomy Physiotherapy Clinic

NEWSLETTER



PREVENT INJURIES

WITH PHYSICAL THERAPY!

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Anatomy Physiotherapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Anatomy Physiotherapy, our licensed physiotherapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

How To Tell Injury From Normal Aches And Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physiotherapists are trained in identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- **Sprains** occur when a ligament is stretched beyond its limits or torn.
- **Strains** occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

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- *And More!*

NEW LOCATION NOW OPEN IN WESTBORO

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www.anatomyphysioclinic.com

PREVENT INJURIES WITH PHYSIOTHERAPY!

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Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physiotherapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

What To Expect In Physiotherapy

Our physiotherapists evaluate and treat all sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing old and new injuries. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Anatomy Physiotherapy today. One of our dedicated physiotherapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

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CLINIC BOSS SUMMIT IN TORONTO



We Are Committed To Learning How to Better Serve YOU!

In September, our clinic leaders went to the Clinic Boss Summit in Toronto. The 2-day conference was to educate our leaders on business practices and the client experience. They enjoyed networking with new people in the industry and are excited to implement a variety of new ideas into our Anatomy Physio community.

HEALTHY RECIPE: Hearty Tomato Soup with Beans & Greens



Ingredients

- 2 (14 oz) cans low-sodium hearty-style tomato soup
- 1 tbsp olive oil
- 3 cups chopped kale
- 1 tsp minced garlic
- ⅛ tsp crushed red pepper (Optional)
- 1 (14 oz) can no-salt-added cannellini beans, rinsed
- ¼ cup grated Parmesan cheese

Directions Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.

https://www.eatingwell.com/recipe/269888/hearty-tomato-soup-with-beans-greens/



STAFF SPOTLIGHT

Halli Pedlow

Registered Physiotherapist

Halli has been a Registered Physiotherapist since 2013. She comes by the profession naturally, being the third physiotherapist in her family!

Halli lived a very active lifestyle growing up; playing hockey, soccer, volleyball, competitive running, and trying her hand at many other sports along the way. She played several years of varsity volleyball while completing her Kinesiology degree at Queen's University, and went on to complete her Masters in Physiotherapy at the University of Toronto in 2013. She has always enjoyed long-distance running, and ran the Boston Marathon in 2016.

Since graduating from U of T, she has taken additional training in Acupuncture, Soft Tissue Release, Level 3 Manual Therapy through the Orthopedic Division, and Injury Prevention in Running ('New Trends in the Prevention of Running Injuries). She regularly meets her clients on the track to provide tips and tricks to meet their running goals. Before moving to Ottawa, she worked in Toronto for several years where she gained extensive experience in post-operative rehabilitation, as well as pre and post-natal physiotherapy.

Halli is passionate about helping her clients reach their goals. Whether it is getting back to activity, playing with your grandkids, or improving your physical health, she is eager to provide a hands-on approach to treatment and provide you with the tools to stay injury free and active.

Outside of work Halli enjoys hanging out with her family and kids, traveling, running and cuddling with her dog. She will always ask you what you are cooking for dinner, to provide inspiration for her own family meals!

PATIENT SUCCESS SPOTLIGHT

"He always fixes my problems!"



"I have been seeing Bert for a few years now, a Physiotherapist that is amazing at what he does and really knows his stuff...he always fixes my problems! Also, great clinic with friendly people... highly recommend." **– E. S.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

Exercise Essentials

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



Try this simple exercise to help strengthen your glutes and core.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

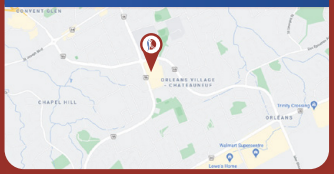
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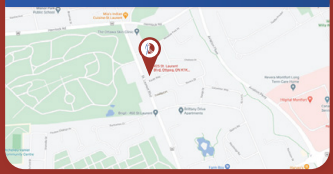
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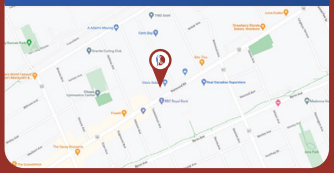
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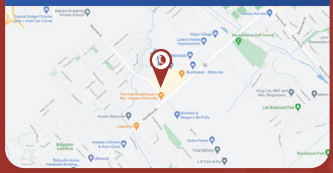
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Call us to schedule an appointment today!

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