Anatomy Physiotherapy Clinic

W S L E T T E R



GETTING TO THE CORE OF BACK AND NECK PAIN

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Anatomy Physiotherapy Clinic, our highly trained physiotherapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Anatomy Physiotherapy Clinic today to make an appointment. With guidance from our physiotherapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the

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- *Healthy Recipe*
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PELVIC PHYSIOTHERAPY EVALUATIONS AT ORLEANS & WESTBORO CLINICS

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GETTING TO THE CORE OF BACK AND NECK PAIN

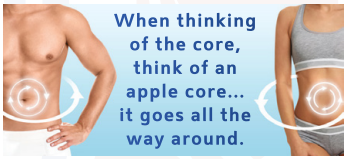
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muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physiotherapist to address neck pain is a wise decision!

How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.



In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles
- Your buttock muscles
- The lower back muscles
- The muscles of the hips and pelvis

Physiotherapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physiotherapist to improve core strength can significantly reduce the severity of your back pain.

How Physiotherapy Can Help You Strengthen Your Back And Neck Muscles

Our physiotherapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physiotherapist is a great place to start. Your physiotherapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

You deserve to feel your best. Call Anatomy Physiotherapy Clinic today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.



HEALTHY RECIPE: Apple-Cinnamon Fruit Bars

Ingredients

Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- ½ cup sugar
- ½ tsp salt
- 4 tbsp cold unsalted butter
- 1 large egg
- 2 tbsp canola oil
- 1 tsp vanilla extract
- ¼ tsp almond extract

Fruit Filling

- 6 cups diced peeled apples, divided
- 1/2 cup apple cider or orange juice
- ½ cup sugar
- ¼ cup cornstarch
- 1½ tsp ground cinnamon
- 1 tsp vanilla extract

Directions Combine 3/4 cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor for 30 to 45 seconds. Measure out 1/2 cup of the mixture and combine in a bowl with the remaining 1/4 cup chopped nuts (or oats). Set aside for the topping. Preheat oven to 400 degrees F. Generously coat a 9-by-13-inch baking dish with cooking spray. Combine 4 cups apples, cider (or orange juice), sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring for 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling. Bake the bars for 15 minutes. Reduce oven temperature to 350 degrees and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1 1/2 hours.

https://www.eatingwell.com/recipe/252977/apple-cinnamon-fruit-bars/



STAFF SPOTLIGHT

Pegah Akbari

Physiotherapy Resident

Pegah is a Physiotherapy Resident and a graduate of Masters of Science in Physical Therapy from the University of Toronto (Toronto, ON) in 2022. Prior to this, she completed her Masters in Science and Human Physiology (2018) at the University of Ottawa specializing in understanding heat regulation during exercise. It was here where her passion for empowering individuals through knowledge of movement and exercise began.

Pegah believes strongly in the importance of patient-centered and collaborative care in assessing and treating conditions. She understands the value of a unique and catered treatment approach to help patients identify and reach their specific therapeutic and lifestyle goals. Pegah has spent time working in a variety of healthcare settings with diverse patient populations including pediatrics! She can also converse in Persian as this is her primary language. While Pegah specializes in orthopaedic and pelvic health using both manual and exercise-based treatments, her full-body holistic approach to treatment will ensure tailored assessment and treatment plan for your specific needs.

Outside of work, Pegah can often be found on a bike or out on the water rowing and canoeing. She enjoys expressing her creativity through dance, music and especially baking. Pegah understands the value of hobbies in our daily lives and is enthusiastic about helping others maximize their quality of life so they too can participate not only in their day-to-day activities but also their pastimes and athletic pursuits.

PATIENT SUCCESS SPOTLIGHT

"...my life has gone back to normal."

"I saw Bert at Anatomy Physio after experiencing constant chronic back pain for almost a year. I could not sit, exercise or bend without experiencing moderate to high levels of pain. After 3 months of physio with Bert my life has gone back to normal. Bert pays attention to every detail and takes extensive time diagnosing and creating a customized treatment plan. I'm so grateful for this clinic and I strongly recommend it." **– P. K.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

Pelvic Physiotherapy is offered at both Our Orleans and Westboro locations!

Stop the pain and embarrassment. Schedule your evaluation today!

Click Here To Schedule An Evaluation

Exercise Essentials

PRONE ALTERNATING ARM AND LEG LIFT

Start by lying on your stomach with your arms straight out in front of you with your thumbs up and your legs straight out behind you. Keeping your head down and your limbs straight, slowly raise one leg and your opposite arm at the same time. Lower them and then repeat with your other side. Repeat as directed by your provider.



Try this simple exercise to help strengthen your core.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

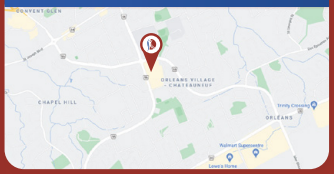
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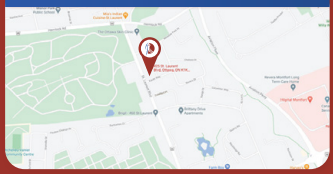
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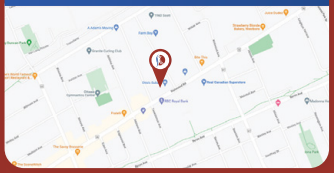
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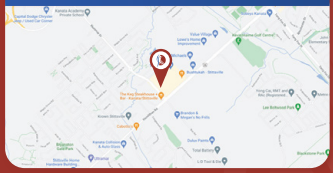
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