Anatomy Physiotherapy Clinic

# NEWSLETTER



# 2023 START THE NEW YEAR STRONG

## LIVE A HEALTHIER LIFE WITH PHYSIOTHERAPY

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physiotherapists at Anatomy Physiotherapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you have chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physiotherapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Anatomy Physiotherapy today!

### How Physiotherapy Can Help You To Be Healthier

Physiotherapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physiotherapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physiotherapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen

*Continued on next page*

### See Inside


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

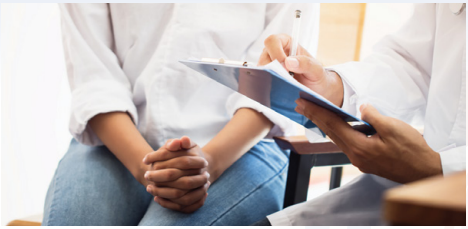

**ANATOMY PHYSIOTHERAPY CAN GET YOU BACK TO YOUR PEAK LEVEL OF PHYSICAL HEALTH.**


Orleans Blvd. — 613-801-1156
St. Laurent Blvd. — 613-801-3628
Westboro — 613-900-5587
Stittsville — 613-801-2223

www.anatomyphysioclinic.com

# LIVE A HEALTHIER LIFE
## WITH PHYSIOTHERAPY

*Continued from previous page.*



your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

### Physiotherapy Treatments Target Your Needs And Goals!

Our physiotherapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physiotherapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physiotherapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physiotherapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physiotherapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

### What To Expect From Your Physiotherapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physiotherapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physiotherapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physiotherapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.



**If you want to improve your health, strength, and physical activity, Anatomy Physiotherapy is here to help. Please schedule a consultation with one of our physiotherapists today and get started on your journey toward better health and wellness!**



## HEALTHY RECIPE: Oatmeal Pancakes With Cinnamon Apples

### Ingredients

- 1 ½ cups buttermilk
- ¾ cup instant rolled oats
- ¾ cup whole wheat flour
- 2 Tbsp milk
- 1 Tbsp melted butter
- 1 ½ tsp baking powder
- ½ tsp baking soda
- Pinch of cinnamon (plus ⅛ tsp for the apples)
- Pinch of nutmeg
- 1 Granny Smith apple, peeled, cored, and chopped
- ½ cup apple juice
- 2 Tbsp brown sugar
- Butter or cooking spray

**Directions** In a large mixing bowl, combine the buttermilk, oats, flour, milk, butter, baking powder, baking soda, pinch of cinnamon, and nutmeg. Stir to gently combine, then set aside to rest for a few minutes. Combine the apple, apple juice, brown sugar, and remaining ⅛ teaspoon cinnamon in a small saucepan and bring to a simmer. Cook until the apple has softened and the liquid has thickened. Preheat the oven to 200°F. Heat a large nonstick or cast-iron skillet over medium heat. Adding a bit of butter/cooking spray before each round, scoop ¼-cup portions of batter into the skillet and use a spatula to spread into thin, even circles. Cook 2 to 3 minutes, then flip and cook for another 2 minutes. Keep pancakes warm in the oven while you finish cooking. Serve topped with the warm apples.

*Enjoy this breakfast treat before tackling your day!*



## STAFF SPOTLIGHT

### Kamil Dlugosz

**Registered Physiotherapist**
**Certified Exercise Physiologist**
**Functional Dry Needling Practitioner**

Kamil's background is grounded in personal training and high-performance fitness testing. During his five years working in the Human Performance Laboratory, Kamil worked with first responders, professional athletes from the Toronto Maple Leafs, and prospects from the National Hockey League Draft Combine. He has also worked with professional athletes from Skate Canada and the National Ballet.

Over the years, Kamil has integrated these experiences into a treatment approach that prioritizes active participation in the rehabilitation process, while encouraging patients to learn about their injury and various management options. Along the way, Kamil utilizes a combination of Functional Dry Needling, Manual Therapy, acupuncture and exercise therapy to address dysfunction within the neuromuscular and skeletal systems. Kamil enjoys working with people of all ages and fitness levels. He looks forward to working with you to help achieve your physical therapy and fitness goals!

Kamil has worked as a physiotherapist for ten years. He graduated from the University of Toronto with a Master's of Science in Physical Therapy in 2010. He previously completed an undergraduate degree in Kinesiology at York University as well as the Exercise Physiologist designation through the Canadian Society of Exercise Physiology.

Having been involved in martial arts for more than 20 years, Kamil still pursues his passion of training in Brazilian Jiu Jitsu and competing at the provincial level. He is also an avid cyclist, and enjoys hiking and exploring the outdoors with his young son.

## PATIENT SUCCESS SPOTLIGHT

### "Everyone is just simply amazing"

"Awesome staff! I've been treated by Andrew, Justin, and Tahmid here. Everyone is just simply amazing. Great atmosphere, I can't recommend this place enough!!" **-K.P.**

**We would love to hear your physiotherapy success story!**

**Click Here To Visit Our Google Review Page**

**At Anatomy Physiotherapy you can find solutions to your pain and get back to living the life you enjoy!**

**Click Here To Schedule An Evaluation**

## Exercise Essentials

**PRONE ON ELBOWS**

Start by lying flat on your stomach with your elbows bent and your hands by your shoulders. Slowly bring your forearms to the ground in front of you to raise your torso up. Make sure to keep your legs flat on the floor. Repeat 10 times.



*Try this exercise to help relieve leg and hip pain.*

*You deserve to feel better!*

**SCHEDULE YOUR APPOINTMENT TODAY!**

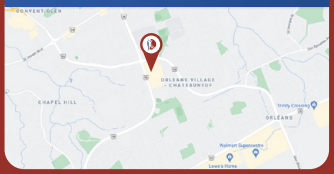
Anatomy Physiotherapy Clinic

**Orleans Blvd. — 613-801-1156**
**St. Laurent Blvd. — 613-801-3628**
**Westboro — 613-900-5587**
**Stittsville — 613-801-2223**
**www.anatomyphysioclinic.com**

# Anatomy Physiotherapy Clinic

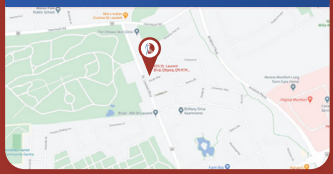
**1615 Orleans Blvd. Suite 105**
**Ottawa, ON, K1C 7E2**

**TEL: 613-801-1156**
**FAX: 613-424-4499**




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

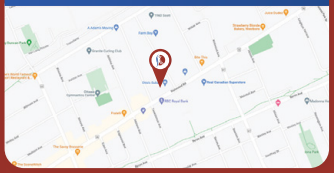
**TEL: 613-801-3628**
**FAX: 613-680-5577**



*4 Convenient Locations To Serve You!*

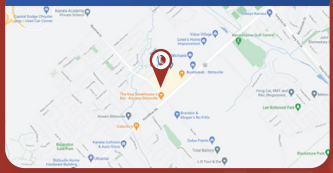
**205 Richmond Road, Unit 109**
**Ottawa, ON, K1Z 6W4**

**TEL: 613-900-5587**
**FAX: 613-761-7387**



**5703 Hazeldean Road, Unit 3**
**Stittsville, ON, K2S 0P6**

**TEL: 613-801-2223**
**FAX: 613-836-5801**



*Call us to schedule an appointment today!*

**www.anatomyphysioclinic.com**