



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME

MARCH 2021



ARE YOU TAKING CARE OF **YOUR BRAIN?**

MARCH IS NATIONAL BRAIN AWARENESS MONTH

INSIDE:

- Let's Talk About Your Mental Health
- Staff Spotlight
- Reducing Stress With Mindfulness
- Help Us Help Our Community!






LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

MARCH 2021



ARE YOU TAKING CARE OF **YOUR BRAIN?**

MARCH IS NATIONAL BRAIN AWARENESS MONTH

Statistics show that 10-30% of athletes in youth sport will suffer a mild traumatic brain injury (i.e. concussion) during their sport season. Making an appropriate diagnosis and knowing when an athlete has fully recovered is critical in managing these injuries.

Through our Complete Concussion Management program, we offer the highest level of concussion care to athletes of all ages. As part of this commitment, we have implemented evidence-based multimodal baseline testing, along with guided return-to-learn, work and play protocols. The program is designed to work in conjunction with each athlete's school, parents, trainers, coaches, and family doctors. By working together with all those involved, we are able to ensure that athletes are being managed properly each and every step of the way.

In most cases, if managed properly, concussions are completely recoverable. But if the athlete is allowed to return-to-play too early, another concussion suffered during a vulnerable state can lead to the possibility of long-term consequences. Fortunately, clinical tests, such as comparison to a multimodal baseline, can help us to understand if an athlete is safe to return-to-play. There is no need

for MRI's and CAT scans because concussion is a functional injury, and can't be seen on imaging.

Our multimodal baseline test evaluates an athlete's memory, concentration, visual processing, reaction time, balance, motor strength and neurocognitive abilities.

Knowing what an athlete is capable of in a healthy state, allows us as practitioners to make better decisions regarding recovery and when it is safe for the athlete to return to their sport after a concussion. Under our care, an athlete is not allowed to return-to-play until they are able to accurately match their baseline test scores, along with completion of a physical exertion test.

If you are interested in protecting the brains of our youth, contact us to learn more. Or better yet, schedule your child or team for baseline testing.

For more information about baseline testing, contact us. Schedule your appointment by calling (905) 847-5227 or visiting our website at www.leapsandboundsrehab.ca today!

Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca



LET'S TALK ABOUT YOUR MENTAL HEALTH

Here at Leaps and Bounds, we get it: the world doesn't feel like a very safe place right now. When life as you know it does a complete 180, you may find yourself experiencing copious amounts of stress. Needless to say, your physical and mental health will most likely direct hits.

We want our patients to know we stand by them in all kinds of unforeseen circumstances. Our office is open for appointments, whether your ailment is physical or mental. Give us a call today for more information on how physiotherapy can help you stay afloat during these unprecedented times.

FEELING STRESSED? PHYSIOTHERAPY CAN HELP

Getting regular exercise is great for your body, and it's also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

Depending on what kind of stress you are dealing with, you may start noticing pain in certain areas of your body. This is because stress manifests itself in our physical form: the way we walk, sit, stand, and even lie down at night can all be negatively impacted by stress. You may notice your back, hips or shoulders are aching lately, as these are three places many people tend to "carry" their stress.

Dealing with stress constantly can also manifest in the form of headaches. Physiotherapy may not be the first thing that comes to mind when considering treatment options for headaches, however, it may be the ideal treatment if you're experiencing tension or stress headaches.

DEPRESSION GOT YOU DOWN? LET A THERAPIST TAKE THE WHEEL

Depression can be one of the most crippling feelings in the world. It's no surprise that depression rates are up all around the globe with everything we've been forced to deal with. If you're feeling depressed, getting off the couch or rolling out of bed can be compared to running through syrup.

However, it's still highly recommended to do what you can to get your body moving. Even modest amounts of exercise such as a walk around your neighborhood can make a difference. No matter your age or fitness level, Leaps and Bounds is here to teach you how to use exercise as a powerful tool to feel better.

If you've been experiencing anxiety to any extent, physiotherapy can also help you learn breathing exercises that can alleviate pains in your chest caused by panic attacks. Our skilled therapists here at Leaps and Bounds are ready and able to assess how your body is currently functioning if you're dealing with anxiety and depression.

These two conditions can cause a lot of unnecessary stress on the body, and make it very difficult for you to function normally, or have enough energy to use critical thinking skills.

CONTACT OUR OFFICE TODAY

When you're under the cloud of physical and emotional disorder, it can be very difficult to pay attention to exercise or see the light at the end of the tunnel. If you're having trouble coping with everything going on around you right now, it's time to stop dealing with it on your own.

Here at Leaps and Bounds, we're dedicated to the best overall health of every single one of our patients. Our therapists will talk with you about your current stressors, and do a thorough evaluation of your physical abilities and any areas causing you pain. We'll make sure that during this time, you feel taken care of and supported, both mentally and physically. Remember, we're in this together.

We can help you deal with the stress of day-to-day life. To learn more about stress management, contact our clinic at (905) 847-5227 today!



HELP US HELP OUR COMMUNITY!



Last month we raised money in support of "Heart&Stroke." This month we're supporting **Brain Canada Foundation**. Click [here](#) for more information!

DO GOOD — LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca •

REDUCING STRESS WITH MINDFULNESS

There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

We can help you reduce stress through mindfulness. To learn more about stress management, contact our clinic at (905) 847-5227 today!



STAFF SPOTLIGHT



PAT STANZIANO
HONS BSC KIN, MPT

Pat Stanziano has an extensive background across many physiotherapy disciplines. Since deciding to focus his practice on outpatient orthopedics, Pat has become certified in the McKenzie Method (MDT), a system that allows him to provide advanced diagnoses and therapeutic care for sufferers of mechanical low back and neck pain. In addition, Pat is one of only a few physiotherapists in Oakville that is (actually) a sport physiotherapist, an extensive process that Pat is very proud of due to the countless hours doing what he loves: being around athletes of all ages and skill levels in a competitive environment.

Pat is required to complete hundreds of clinical and field hours, periodically, to maintain his status as a Sport Physiotherapist. He does so by being quite

involved with figure skating and Skate Canada, typically volunteering for host medical positions at events, sometimes even being tasked to be Chief Therapist. Additionally, Pat is in his 4th season as a member of the health support team for Skate Canada, occasionally travelling with a Canadian contingent of figure skaters to international competitions.

Pat loves his football though, in whatever manner he can get it: coaching, providing therapy, refereeing, or going to see his beloved Bills. On top of all this, and most importantly, Pat is a proud papa to a beautiful little girl and baby boy, as well as a loving husband to his very awesome and understanding wife, as you can assume she must be from all the extra-curricular volunteering that he takes on.