



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JUNE 2021



HELP FOR CURRENT INJURIES AND PREVENTING THEIR REOCCURRENCE

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- 4 Simple Ways To Make Hydration A Habit
- Help Us Help Our Community!





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THANK YOU!

Because of your generosity, we raised \$2,180 that was split between the Women's Centre of Halton and Halton Women's Place! Thank you for making a difference in our community!

Do you have pesky pain you're trying to kick? We understand that many people simply don't have the time to keep coming back to physical therapy. Maybe you're in school, you have a full-time job, you're chasing after young children or grandchildren, or you're a committed athlete who simply can't be out of the game for that long. We get it – you're busy! When you come in for an injury or pain relief, you want your physical therapy treatments to be a "one and done" deal. At Leaps & Bounds Performance Rehabilitation, we want the same for you! Give us a call today to hear more about our injury prevention services, and how we can make sure your treatment with us will nip your pain in the bud once and for all.

HOW CAN I PREVENT AN INJURY?

Leaps & Bounds Performance Rehabilitation offers injury prevention screening to help determine your likelihood of experiencing an injury in the near future. Your body tells you in subtle ways what it can and cannot

do – and we're here to listen. How do we do this? First and foremost, we will analyze how your body bends, twists, and moves altogether. This can include watching how you squat and jump, testing your flexibility, and noting your range of motion. During an injury prevention screening, we are on the lookout for abnormalities, whether it be in wobbly landing positions, weak limbs, low range of motion, or overall issues with posture and technique. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will come up with a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and exercises that you can do on your own to help prevent your risk of future injury.

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





TIPS FOR PREVENTING INJURIES AT HOME

Strengthening your back (and other commonly used body parts). Did you know that back pain is the most globally reported source of pain? There's a reason! Our backs do a lot of work throughout the day, and it is a long and tender part of everyone's body. You can strengthen your back, core and hips by doing simple exercises, such as bridges, bird dogs, partial crunches, and side planks. Hold each position for 10 seconds and do at least 6 of them in a sitting. These focus on highly used parts of our body and strengthening them will both make it easier in your daily life and help prevent your risk of injury to them in the future!

Mobility over stretching. These might seem very similar to you, but there is an aspect of neuromusculoskeletal control that we have when we move our joints in and out of their end-ranges doing a mobility exercise versus taking your joint to end range and pushing it beyond its limits where you lose that control. Mobility work is something that you should do before and after every workout and has shown to be beneficial in reducing injuries. Stretching has not been shown to prevent injuries. But it has other benefits if you require flexibility for performance (think hockey goalie making a splits save or gymnast doing a back handspring), for relaxation, or if you find pleasure in stretching or stretching in a social setting (ex. yoga).

Motion is lotion. Set reminders for yourself to move if your work tends to get you stuck in any one position. Forget about the bad posture versus good

posture debate. Any posture or position that is maintained for too long of time, just isn't good for you. So be sure to get up and move around, even briefly. This releases natural lubricants in your joints called synovial fluid, and prevents your tissues from getting too fatigued.

Take care of your feet. If you think about it, our feet get quite the workout every single day – they literally hold us up! This can inevitably cause discomfort, especially if we are on our feet more than planned, or we complete a new, extensive workout that we are not used to. A simple remedy is to promote recovery in your feet by massaging them, soaking them, and resting them. Additionally, exercising your toes and smaller muscles of your arches can actually have a lot of positive effects to support your daily demands and prevent painful conditions, such as plantar fasciitis.

Eat and drink well, meet the recommended daily exercise guidelines, and get good sleep. It's no surprise that these pillars of health and wellness are also beneficial in preventing injury. So be sure to take care of yourself.

Studies show that multi-intervention training programs are best at preventing sport-related injuries. So if you are an athlete, weekend warrior, desk jockey, or armchair quarterback, who has suffered from pain and injury in the past, schedule a consultation with one of our practitioners today. We'd be happy to meet with you and help you create a plan for reducing your risk of injury and improving your overall health!

Have you suffered a recent injury? Are you fighting an old injury? We can help get you back to enjoying the activities you love – and help prevent further injuries. To learn more about how you can feel better faster, contact our clinic at (905) 847-5227 today!



HELP US HELP
OUR COMMUNITY!



This month we will be raising money for [Oakville Fare Share Food Bank](#). We will donate \$10 for every Google review we receive!

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!



Don't Forget To Stay Hydrated This Summer!

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



STAFF SPOTLIGHT



ANDREW CONVERY *BAHSC - HON. ATHLETIC THERAPY (PROVISIONAL), PROVISIONALLY CERTIFIED ATHLETIC THERAPIST - CAT(C) (PC), CERTIFIED PERSONAL TRAINER (CSEP-PT)*

Andrew attended George Brown College in 2013, where he completed his Diploma in Fitness and Health Promotion and his Canadian Society of Exercise Physiology Personal Trainer Certification (CSEP-PT). Recently he achieved his Honours Bachelor of Applied Health Sciences in Athletic Therapy from Sheridan College. Andrew's treatment approach is a combination of manual-therapy and prescribed exercise to improve a patient's athletic performance and be pain-free. Throughout his academic career Andrew gained a wide range of clinical and on-site field experience covering sports like football, hockey, field hockey, basketball, volleyball, rugby, and soccer. Andrew's goal is to help patients return to the daily activities they enjoy, whether it is playing competitive sports or just living an active lifestyle.

In his free time, Andrew enjoys running, biking, hiking, and spending time with family.

