



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JULY 2021



PHYSICAL THERAPY CAN HELP YOU IMPROVE YOUR SPORT THIS SUMMER!

INSIDE:

- Be Your Best Self This Summer!
- Staff Spotlight
- Are You Awesome? We're Hiring!
- Help Us Help Our Community!





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HELP FOR CURRENT INJURIES AND PREVENTING THEIR REOCCURRENCE

Are you looking forward to the beautiful weather this summer? Leaps and Bounds definitely is! With so many awesome activities to look forward to, it's important to make sure your health is in tip-top shape for this season.

That's where our physiotherapists, athletic therapists, and chiropractors come into the picture. At Leaps and Bounds Performance Rehabilitation, our team of practitioners can increase your fitness level and help you make the most of your favorite activities such as sports, biking, and running!

If you're looking to get more physical activity this season, or tone up your body for spring, call Leaps and Bounds today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!

SPORTS

Being able to practice the sport you love, whether professionally or for fun, is super important! Sports provide a way for you to get physical activity while having fun. Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field!

Many sports injuries are caused by an athlete not having access to or using ergonomically designed sports equipment. They may also be experiencing pain that reduces their range of motion.

A few common sports injuries that we can treat include:

- Ligament sprains
- Muscle strains
- Muscle tears
- Bone fractures
- Hamstring strain
- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our therapists could help you condition and get in shape for the season, as well as help you recover from past injuries that may not have properly healed.

BIKING

Biking is a super fun activity people enjoy doing as it warms up outside. Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

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





BE YOUR BEST SELF THIS SUMMER!

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. Even 15 or 20 minutes twice a week is a good start. If you live relatively close to work and there are lanes for biking nearby, you may want to consider riding to work a few days each week.

If you don't own a bicycle, now is the time to get one. If you do have a bike, you may want to upgrade it or at least get it serviced to make sure it's in good working order.

The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, but it can potentially save you money! You can save on gas and maintenance costs by riding a bike instead of always driving a car.

One of our therapists can show you the best way to ride the type of bike you own. A customized treatment program at Leaps and Bounds can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

RUNNING

Are you a cross country runner, or do you enjoy running long distances on the weekend? One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles.

While running may be your chosen spring activity, it certainly can be hard on the joints, especially as we age. That's why participating in a regular physiotherapy routine at Leaps and Bounds is such a good idea.

One of our therapists can help make sure your joint health is up to par before you hit the trails this season. If you're having difficulty running, walking, maintaining your balance, or the same levels of speed that you're used to, it's a sign you should see a physical health practitioner ASAP for care.

CALL OUR CLINIC TODAY

Summer is officially here, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever it is that you enjoy doing to stay active, our expert therapists, athletic therapists, and chiropractors can make sure your body is fully equipped to handle it! Call our clinic today to schedule a consultation, so you can get out there and enjoy all that summer has to offer.

Have you suffered a recent injury? Are you fighting an old injury? Our multidisciplinary team 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 TODAY at

(905) 847-5227!



HELP US HELP
OUR COMMUNITY!



This month we will be raising money for [Indian Residential School Survivors Society](#). 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!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca • [f](#) [@](#) [t](#)

ARE YOU AWESOME?

WE'RE HIRING

WE ARE HIRING A MASSAGE THERAPIST!

JOB DESCRIPTION:

We are a fun and multidisciplinary team with 5 years under our belt, and we are ready to grow into the next chapter of our existence.

We are looking for a registered massage therapist to add to our team. We have the clientele to have you hit the ground running 2 days per week. But we are happy to assist in your growth if you so choose.

WE PROVIDE::

ELECTRIC LIFT TABLES, RECEPTION, ONLINE SCHEDULING, LAUNDRY SERVICE, OIL/LOTION, YEARLY BONUS, AN AMAZING TEAM TO SUPPORT YOU.

JOB DETAILS:

Start date: ASAP

Contract length: 24 months

Part-time hours: 16-24 per week

Expected start date: 2021-04-12

Job Types: Part-time, Contract, Commission

Salary: \$55.00-\$70.00 per hour

Check out our Google Reviews, or visit our page at

www.leapsboundsrehab.ca

STAFF SPOTLIGHT



PAULO PEDROSO, RMT *REGISTERED MASSAGE THERAPIST*

Paulo graduated from Medix College's Massage Therapy Program in 2017. After experiencing several injuries as an athlete himself, Paulo developed a passion for health and fitness, which first led him to become a certified personal trainer. This gave him the basic knowledge of biomechanics and exercise. However, Paulo continued to search for more, so he decided to further his education and become a registered massage therapist. This gave him an appreciation and understanding of the human body and how it deals with musculoskeletal conditions.

When treating his patients, Paulo's goal is to utilize his expertise and experience so that his patients too may have resources and tools to help themselves on their current health path. Paulo is a big believer that prevention is the solution, which can help people avoid medications and invasive procedures.

In his free time, Paulo enjoys working out at the gym, playing basketball, dancing, and watching television series while hanging out at home or with friends and family.

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