



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

DECEMBER 2021



## NECK PAIN? BACK PAIN?

# *No Way!*

**INSIDE:**

• Say Goodbye To Pain With  
Leaps And Bounds!

• A Letter To Our Readers

• Help Us Help Our Community!





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## NECK PAIN? BACK PAIN? *No Way!*

*GETTING TO THE CORE OF  
BACK & NECK PAIN*



Back and neck pain are two of the most common issues that Canadian adults experience. They put a huge physical and economic burden on working Canadians by being leading causes for 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 common that neck pain and back pain are actually related. Exercise can have a huge impact on your overall health and wellness. But when does core exercise serve you best, because we know that core strength does not necessarily correlate to pain?

### **NECK PAIN 101**

There are a lot of reasons why neck pain may develop, including everything from motor vehicle accidents or a slip-and-fall injuries, to poor habits like sustained postures or positions while working, to chronic issues like degenerative disc conditions. One of the biggest problems with neck pain is that it can often trigger headaches, shoulder blade, or upper extremity pain as the areas are all closely connected by the cervical spinal nerve roots. What is more, addressing neck pain has proven difficult as there is so much potential outside of biology to contribute to any painful experience. This is why working with a physical therapist (physio/chiro/AT/massage) to address neck pain

is wise. A physical therapist can help treat neck pain and stiffness by improving range of motion and strength using targeted manual techniques and exercises.

### **BACK PAIN 101**

Back pain is a pandemic in its own right, affecting more than 600 million people in the world at any given time. More so than any other injury, back pain becomes a chronic problem that people deal with across their adulthood. Much like neck pain, both intrinsic and extrinsic factors can combine to produce a painful experience. We know that it's not always due to a pathological condition. Back pain can frequently become a Catch-22 – avoiding the things that hurt your back could actually lead you to develop more pain in the future. So working with a physical therapist is the best way for most to get you back on track. A PT can address back pain by dispelling back pain myths, helping to improve your range of motion and strength and restore your general fitness level. Working with a PT to improve core strength can significantly reduce the severity of your back pain.

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





# SAY GOODBYE TO PAIN WITH LEAPS AND BOUNDS!

## CORE STRENGTH AND BACK PAIN

You may be surprised how, frequently, issues with the neck and back are actually blamed on poor core strength. (Your core refers to the muscles that make up your torso, including those that connect the torso to your extremities). These muscles are called the core because their activation is necessary for just about every action that you engage in, from walking, running, and swimming, to sitting, bending, or reaching. But how often is core weakness actually the cause?

## IN SHORT, THE ANSWER IS "NOT A LOT".

There is a large subset of neck and back pain sufferers (the largest) that respond to general exercise, strengthening, and improving health and fitness levels. There is another subset of people who respond to directional preference exercises - movements or

positions in a particular direction (flexion, extension, rotation, etc) that reduces pain and restores movement and strength. Then there is a small subset who respond to core strengthening.

## WHICH ARE YOU?

Your response to each strategy will be determined during the initial visit or two. Your physical therapist will guide you through a physical examination, and accordingly, categorize you into a group that responds best to a specific strategy. For more information about how to start improving your neck or back pain, contact us today!



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HELP US HELP  
OUR COMMUNITY!



This month we will be raising money for [Oak Park Neighbourhood Centre](#)! 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!



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# A LETTER TO OUR READERS

Dear Reader,

About six years ago, we had a vision. We wanted to create a space where we could practice physiotherapy in a way that we knew to be most effective. We wanted to give our patients a one-on-one experience that would allow us to make you the focus in a patient-centered model.

What does patient-centered mean? To us it means a partnership where interactions are approached from a shared perspective. It means collaborating together while, each, fulfilling responsibilities. Finally, it means capturing your individualized needs and meeting them with clinical knowledge, beliefs, and expertise.

We also wanted to feel more connected to home, here in Oakville. We wanted to give back to the community, while still practicing in areas we were passionate about. That is how Leaps and Bounds: Performance Rehabilitation was born.

So we just wanted to say thank you for your enduring support. We look forward to continuing to grow and serve the community, while striving to be leaders in our field, for you. And at this special time of year, your dedicated team at Leaps and Bounds: Performance Rehabilitation would like to wish you peace and joy this holiday season. Cheers to a healthy and prosperous New Year.

Sincerely,

Carolina and Pat

## *Tis The Season To Give!*

This year, we have decided to sponsor a family of 4, right here in our community, through a local organization called Oak Park Neighbourhood Centre (<https://opnc.ca>). Their mission is to provide a one-time personalized Christmas package to low income families with young children who are trying to improve their circumstances. They work with donors, volunteers and partnering charities to provide each family with a holiday meal, decorated Christmas tree, and customized Christmas gifts.



# A HUGE THANK YOU!

We would like to acknowledge the following people for their support (we're sorry if we are missing anyone). Without your word-of-mouth referrals, we could not continue to do what we love, in the manner which we do so. Thank you for trusting us to care for your family and friends. In no particular order:

Aaron N Diana S Laura M Sam S **Balletomane** Adam D Doreen B Lauren D Samantha P **Barre Life** Adnan S Duane M Lennon K Samir P **Halton Midwives** Alexis D Ed Y Lesley H Sandra B **IBSA** Alicia G Elsa V Lisa L Sandra **LOCO Dance Company** Alison P Emma D Lisa M Sandra S **Oakville Cricket Academy** Alyssa M Eric A Lucas C Sara B Aman A Fiorella T Lucas V Sara G Amir S Fouad K Lynn W Sephron S Andrea C **Oakville Dads Group** Geoff G Mairwyn G Shauna K Andrea N Gina I Malcolm T **Oakville Gymnastics** Shawn H Andrea R Kurpreet R Mandip S Shelly W Andrew E Hanna M Manish S Shirley M Anjana A Hermione F **Oakville Rangers** Maria B Shirley Z Assunta F Jaime G Maria M Sid D Athar S Jake J Maria S Sophie C Brenda D Jan S Maria S Spencer M Brigita Z **Oakville Titans** Jeff A Mohammed H Stephanie G Catalina L Jennifer H Monica I Stephen S Catherine A Jennifer T **Oakville Mommies Chat** Monika S Susan K Catherine H Jessica S Nadia A Syeda M Cathy C Jill A Nasar N Tanya L Chantalle E Jill K Natasha M **Peel Regional Police** Teresa H Chris R Jim P Nora B Teri O Chris Z Jin K Paul W Todd R Claudia M Joanna C Perry S Tony D Dani H John F **RUSH Soccer Academy** Randa B Tracey B Daniel C Kathleen N Ravinder S Tracy R Daniella P Keenan L Rob F **Skate Oakville** Trennt M Danielle G Keisha S Roman M Voytek Z Darren N Kevin K Rosie B Xavier Q Debbie B Kian D Sabina E Yuri S Dennis M Komal B Sabina S Zara A

## STAFF SPOTLIGHT



### RAICHEL SANTOS CUSTOMER EXPERIENCE REP

Raichel Santos is one of our new customer experience reps you'll notice in the clinic. She works on Saturdays, and casually during the week.

Raichel is a grade 12 student who actively participates and seeks leadership opportunities through the Loyola H.S Wellness Council, Best Buddies, and the Youth Voice Forum Initiative. She has dedicated herself to creating a more inclusive environment for students to share their ideas, thoughts and concerns regarding mental, physical and emotional wellness.

Raichel's passion for improving the wellbeing of others has encouraged her to pursue a career in healthcare. It was a pleasure to have her complete a co-op here at LABs Rehab earlier this year

In her leisure time, Raichel enjoys cheering for the Toronto Maple Leafs, baking, and going for hikes with my family.

