



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
JANUARY 2022



IT'S TIME TO GET FIT FOR
Your Health!

INSIDE:

• Get Fit & Feel Better With Leaps
And Bounds!

- We're Dedicated To Keeping You Safe
- Help Us Help Our Community!





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IT'S TIME TO GET FIT FOR *Your Health!*

*HOW STRENGTH TRAINING
CAN IMPROVE YOUR HEALTH*



Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Leaps and Bounds, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physiotherapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Contact Leaps and Bounds today to get started!

WHY IS STRENGTH TRAINING SO IMPORTANT?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physiotherapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

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





GET FIT & FEEL BETTER WITH **LEAPS AND BOUNDS!**

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

HOW PHYSIOTHERAPY CAN HELP YOU GET STRONG

At Leaps and Bounds, our strength training programs will get you back to

living a happy and healthy lifestyle. Our physiotherapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physiotherapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

CONTACT US TODAY TO SET UP AN APPOINTMENT

At Leaps and Bounds, our team of physiotherapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.



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**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!



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

WE'RE DEDICATED TO KEEPING YOU SAFE

We wanted to take this opportunity to inform all of our patients and the community that we are taking all of the necessary precautions to help prevent the spread of the COVID-19 virus. The safety and wellbeing of our patients, family, and team members are of our utmost priority and importance. We are aware of the importance as a healthcare facility of the responsibility we have to maintain the health of our patients.

Pre-appointment, we are conducting COVID-19 screenings before each appointment via questionnaire, with questions such as: ***In the past 14 days, have you: had a fever, cough, or shortness of breath? Have you come into contact with anyone that may have COVID-19 or similar symptoms? Have you traveled out of the country or Province/State, and have been asked to quarantine?***

In addition, You'll be asked to bring a mask and wear it at all times inside the clinic. If you do not have a mask, we will have them available for purchase (\$2 per mask).

During your appointment time, please arrive early, but wait outside, until you are called in (if weather does not permit this, please enter the clinic where you will be directed to an appropriate location until your appointment time).

Once inside, we'll confirm completion of pre-screening, and ask you if anything has changed since you filled out the questionnaire. We will check your temperature using a contactless infrared thermometer (pending arrival), and you'll be asked to sanitize your hands.

You will be directed to a seat that will keep you socially distant from others. Your therapist will look different in their medical grade mask (we hope you notice that we have been practicing smiling with our eyes!). Each time you use any of the clinic's equipment during the session, you will again be asked to sanitize your hands.

We know that these steps can be daunting, but we want to make sure that our patients and community receive the treatment they need without risking COVID-19 infection.

[For more information, you can visit our COVID-19 page by clicking HERE.](#)

Thank you for your support. We look forward to the opportunity to be able to grow again and serve the community, while striving to be leaders in our field, for you.

Your LABs Rehab Team

STAFF SPOTLIGHT



MICHELLE DAVIES CLIENT EXPERIENCE REP

Michelle grew up in England where she completed her undergraduate degree in Civil Engineering. After having worked as a Project Manager in the UK, Romania, UAE and Australia, she took some time out to start her family. Shortly thereafter, they relocated to Canada in 2008 for her husband's job.

Michelle now has two teenaged boys, Matthew and Luke. She started became involved in the community in 2013 through volunteerism of her kids' sports clubs - the Oakville Soccer Club, the Crusaders Rugby Club, and the Oakville Rangers Hockey Club.

Looking for a change of direction, Michelle joined Leaps and Bounds in November 2021 after previously spending time here as a patient. In her spare time, Michelle enjoys walking with her Border Collie, Benji, working out, family ski trips, and watching her boys play and referee hockey.



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