



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

APRIL 2022



## ARE YOU TIRED OF YOUR *Neck Pain?*

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With Leaps & Bounds!

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## ARE YOU TIRED OF YOUR *Neck Pain?*



Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Leaps and Bounds, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call Leaps and Bounds today and schedule an appointment with our physical therapist. Find the relief you have been looking for!

### **UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN**

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

#### **HEAD PAIN**

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and headaches that will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

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



# SAY GOODBYE TO NECK AND HEAD PAIN WITH LEAPS & BOUNDS!



One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

## NECK PAIN

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow—the muscles of our neck function at their best when we move

them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck and the beginning of pain.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

## HOW PHYSICAL THERAPY CAN HELP

The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure

▶ **HELP US HELP  
OUR COMMUNITY!**



This month we will be raising money for [Canadian Red Cross: Ukraine Humanitarian Crisis Appeal!](#) We will donate \$10 for every Google review we receive!

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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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that you are practicing positive techniques to find relief from your aches and pains.

At Leaps and Bounds, our physical therapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

#### CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call Leaps and Bounds today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

Don't suffer from headaches and neck pain any longer. Contact our clinic TODAY!

**(905) 847-5227!**



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## COVID-19 MASK POLICY UPDATE

We are almost there, Oakville.

As the province of Ontario continues to ease public health measures, please note that these changes will have no effect on private health clinics like ours.

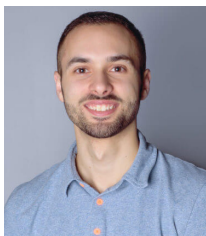
On Monday March 21, we will continue to adhere to the same masking and screening protocols that we have adhered to in the past, as directed to us by our governing bodies and the Ministry of Health. This will continue to be in effect until (at least) April 27.

Thank you for your cooperation and continued support.

Yours in health,

Your Leaps and Bounds Performance  
Rehabilitation Team

## STAFF SPOTLIGHT



### ANTHONY PINTO DA COSTA, BA KIN, MSCPT

#### REGISTERED PHYSIOTHERAPIST

Anthony grew up in Georgetown, Ontario where he spent the majority of his time playing a variety of organized team sports. As a result, Anthony combined his love for sports and passion for helping others to pursue a career in physical therapy. Anthony graduated with a Master of Science in Physical Therapy from Queen's University in 2019, following an Honours Bachelor of Arts in Kinesiology from Western University in 2017.

During his time at Western, Anthony was selected to be the student athletic trainer for the men's varsity basketball team. Through this experience, he developed a passion for orthopaedic physical therapy, and has continued to advance his learning in this area of practice through enrolment in a number of post-graduate courses. Anthony's evidence-informed treatment style consists of combining manual therapy, education, and most importantly, exercise prescription. He makes certain to take a holistic approach through examining the entire person and building a strong therapeutic alliance, in order to help all clients achieve their functional goals.

