



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

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



BACK PAIN & SCIATICA

DO YOU KNOW THE DIFFERENCE?

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- Put Your Back Pain Behind You With Leaps & Bounds!
- Staff Spotlight
- Help Us Help Our Community!





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*DO YOU KNOW THE
DIFFERENCE?*



Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Leaps & Bounds, we can clear it up for you and set you on the right path for relief!

As many as 80 percent of adults in Canada struggle with back pain at some point in their lives. Back pain can start for a variety of reasons. Being in a car accident, bending to pick something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physiotherapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Leaps & Bounds today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and lower back, and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or lower back and buttocks.

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PUT YOUR BACK PAIN BEHIND YOU WITH LEAPS & BOUNDS!



Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

HOW PHYSIOTHERAPY CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physiotherapist about your concerns, then now is the time to take action. Working with a physiotherapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physiotherapy with lower back pain or

sciatica, your physiotherapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

EDUCATION

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

MANUAL THERAPY

Physiotherapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

EXERCISE THERAPY

Supervised exercises are vital to a successful outcome. A physiotherapist will tailor your exercises, monitor you, and

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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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**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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progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Working with a physiotherapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physiotherapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call Leaps & Bounds today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

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.

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) June 27.

Thank you for your cooperation and continued support.

Yours in health,

Your Leaps and Bounds Performance
Rehabilitation Team

STAFF SPOTLIGHT



BRITTANY BOOT, *RCCSS(C) RESIDENT*

DOCTOR OF CHIROPRACTIC, SPORT SCIENCES RESIDENT, RCCSS(C)

Brittany completed her undergraduate education from Dalhousie University in Halifax, Nova Scotia where she completed a 4-year program in Kinesiology. While in Nova Scotia she was the Lead Trainer for the University of Kings College Men's Basketball team for 3 seasons, as well as the trainer for the Halifax Ravens Women's AA Hockey team. In her final year, she completed an internship placement at a sports centered physiotherapy clinic where she helped to prevent and treat athletic injuries of various levels of athletes. She has also had the opportunity to cover various provincial and collegiate soccer tournaments within Nova Scotia.

Once her undergraduate education was complete Brittany moved back to Ontario where she attended the Canadian Memorial Chiropractic College program and graduated as a Doctor of Chiropractic. Throughout the years at CMCC she completed various courses and certifications in Athletic and Clinical Taping, Soft Tissue Release Therapy, Muscle Release Therapy, Instrument Assisted Mobilization Therapy and was recently certified in Functional Integrated Acupuncture.

