



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JUNE 2022



WORK YOUR CORE!

*PHYSICAL THERAPY CAN HELP YOU
STRENGTHEN YOUR CORE*

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Leaps & Bounds!

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WORK YOUR CORE!

*PHYSICAL THERAPY CAN HELP
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Have you noticed that your back pain seems to make standing upright more difficult and that you don't feel as balanced as you once used to? These may be signs of core muscle weakness. At Leaps & Bounds, our therapists can help you figure out if your core is weak and contributing to your low back pain. But more importantly, they will help you get strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels. Our team of therapists can assess your back pain and determine if it is your core, or something else that is affecting your daily activities (It's likely a combination of things).

With proper guidance, you can learn how to get strong and engage and disengage your muscles the way they

were designed to! Contact Leaps & Bounds today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprise of any muscle groups that help you maintain a position against external forces (like gravity or weights). The muscles that make up your core are designed to help stabilize your body, support a position, and allow your skeleton to move appropriately.

When any of the muscles within that group become weak, you can feel unstable or experience pain, which makes it difficult for your body to function correctly. Core stability plays a role in maintaining a posture or transitioning between positions when sitting, standing,



IMPROVE YOUR CORE HEALTH WITH LEAPS & BOUNDS!



and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor postures, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed therapists will conduct a physical evaluation to determine where the pain and weakness is rooted and what must be done to correct it. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your postures, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at regaining function and strengthening your core. Core

stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means a combination of general and specific exercises designed to help your body react to different external forces. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical

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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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therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Leaps & Bounds, our therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

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

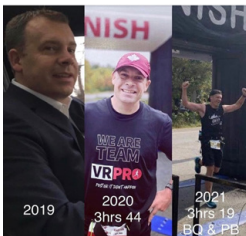
As the province of Ontario continues to ease public health measures, masking is no longer mandatory for medical practices like ours. Although we would prefer our patients adhere to the same masking and screening protocols that we have adhered to in the past, we will respect whatever decision you make concerning masking. We ask that you respect our decision to remain masked, for the foreseeable future, as your practitioners.

Thank you for your cooperation and continued support.

Yours in health,

Your Leaps and Bounds Performance Rehabilitation Team

PATIENT SPOTLIGHT



JAMIE DENNISON

In 2019, on his 45th birthday, Jamie decided he needed a life change. Too many years of ignoring his health and poor choices about exercise and nutrition lead to poor health. So he set a goal to get fit, and to run the Boston marathon.

Fast forward to the fall of 2021, Jamie ran the Muskoka Marathon in Bracebridge and officially qualified for Boston. He then began his training plan for his Boston race but a few weeks in, experienced some extreme tightness in his calf and swelling in his Achilles.

Jamie knew Pat and Leaps and Bound through the Oakville Dads group - an online group of approximately 3,000 local dads that help each other and give back to the community.

Regular treatments with Andrew, and diligently doing the at home stretches and exercises alleviated the issue for Jamie over the course of several weeks. This past April, Jamie achieved his life long dream and ran the Boston marathon (and injury free!)

Jamie is actively involved as one of the founding member of a local running group - the Travelling Circus Running Group and is also a volunteer and incoming Board member of the Oakville Fare Share Food Bank.

He is extremely thankful for all the support Pat and Leaps and Bounds do to give back and support the community!!

