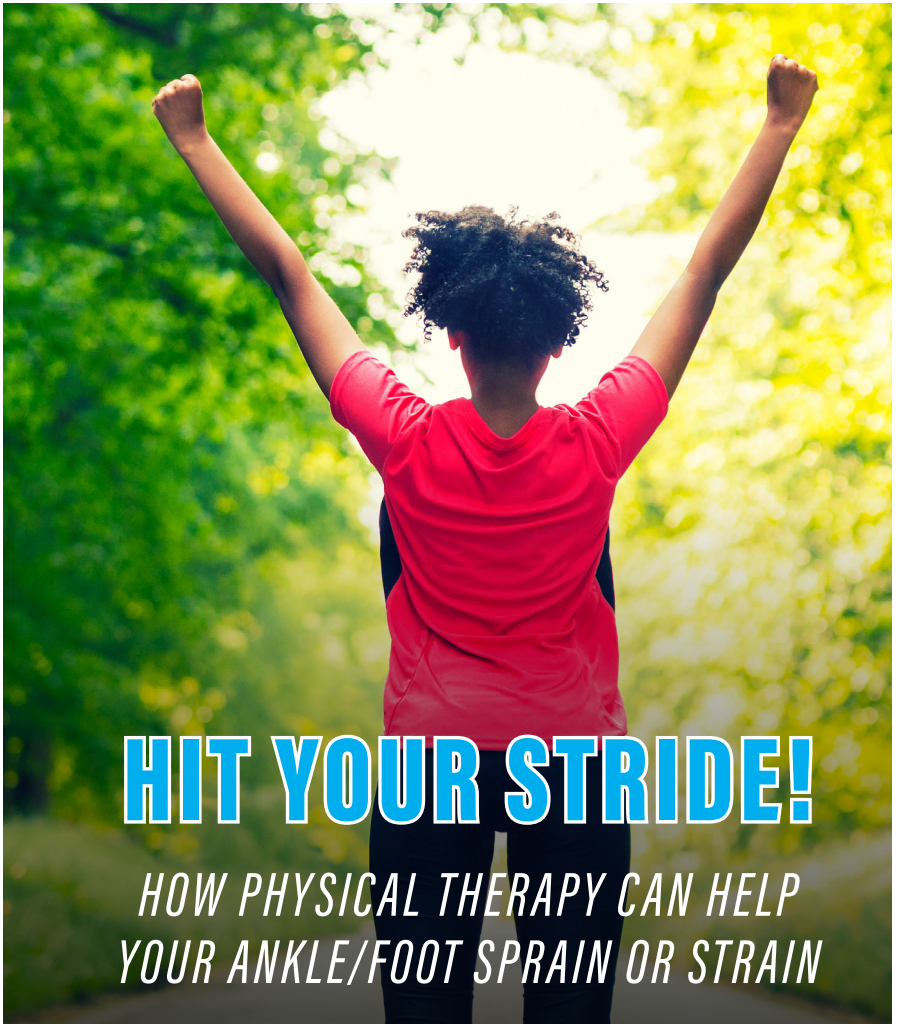




LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

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



HIT YOUR STRIDE!

*HOW PHYSICAL THERAPY CAN HELP
YOUR ANKLE/FOOT SPRAIN OR STRAIN*

INSIDE:

• Find Relief For Your Ankle Pain With
Leaps & Bounds!

• Staff Spotlight

• Help Us Help Our Community!





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HOW PHYSICAL THERAPY CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN



Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist. At Leaps & Bounds, we have three types of physical therapy - athletic therapy, chiropractic, and physical therapy - and each of our therapists is committed to helping you get the results you need to resume your life without limits!

While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain. If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Leaps & Bounds can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain occurs when a ligament (i.e. the soft tissue that connects bone to bone in a joint) is irritated by way of micro-tearing, overusing, or overstretching. Sprains are most prevalent in the knee or ankle joint, but they can happen in any joint. As a result of a sprain, you might experience some swelling and inflammation, decreased mobility – joint range of motion or muscle flexibility – and pain.

Strains occur to a muscle or tendon (i.e. the soft tissue that the muscle culminates in and connects to bone). They occur similarly to sprains by way of micro-tearing, overusing, or overstretching and result in swelling and inflammation, decreased mobility, and pain as well.

Since the signs and symptoms of sprains and strains are similar, it makes it difficult to tell apart without doing a physical therapy examination. That's where we can help - ensuring you get the right treatment approach to match the correct diagnosis.

There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain

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



FIND RELIEF FOR YOUR ANKLE PAIN WITH LEAPS & BOUNDS!



- No bruising
- Minimal (sometimes no) swelling
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling
- Tenderness to touch at the site and around the injury
- Often severe pain or inability to put weight through the injured area

There are instances where the inability to put any immediate weight on the injured limb combined with specific tender areas in the knee (see Ottawa Knee Rules) or ankle/foot (see Ottawa Ankle/Foot Rules) will require an X-Ray, So our suggestion in these instances would be to go to the emergency.

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and stage of healing that will help develop a treatment plan to address your current situation.

Here is a nice little acronym that helps guide the approach to your injury: **PEACE & LOVE:**

- **Protect** – temporarily avoid activity that increases your pain
- **Elevate** – if possible, bring the injured limb higher than the heart
- **Avoid ice and anti-inflammatories** – (I KNOW!)
- **Compression** – using an elastic bandage or sleeve

▶ **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!

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!



- **Education** – avoid unnecessary treatment and let nature play its role here
- **Load** – gradually load through exercise and return to play
- **Optimism** – remain confident and positive
- **Vascularize** – choose pain-free cardio activities
- **Exercise** – to restore mobility, strength, and proprioception

CALL TODAY TO SET UP AN APPOINTMENT

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Leaps & Bounds today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Don't suffer from foot or ankle pain any longer.
Contact our clinic TODAY!

(905) 847-5227!



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PERFORMANCE REHABILITATION



STAFF SPOTLIGHT



LAUREN PAILLEY, RMT
REGISTERED MASSAGE THERAPIST

Lauren completed her undergraduate studies at McMaster University where she obtained a bachelor's degree in Kinesiology. From there she went to the Ontario College of Health and Technology to obtain her Massage Therapist certificate

Growing up, Lauren played very few sports because she stuck with the ones she really liked. In particular, Lauren practiced Taekwondo because she enjoyed learning self-defense and discipline. Later on, she fell in love with rock climbing and continues with it to this day. You can find her climbing at Mount Nemo or the Niagara Glen on beautiful sunny weekends!

As with most athletes, Lauren suffered her own injuries that she needed to rehab. With one particular injury, she had to take a step back from climbing temporarily. It was during this time that she fell in love with bodybuilding. Lauren is a firm believer that exercise plays a huge role in all physical rehab. She uses it alongside all of her treatments to help bring you back to doing what you love.

