



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

AUGUST 2022



PAIN, PAIN, GO AWAY!

*HOW PHYSIOTHERAPY CAN HELP YOU
DETERMINE THE ORIGINS OF YOUR PAIN*

INSIDE:

• Find Relief For Your Aches and Pains
With Leaps & Bounds!

• Staff Spotlight

• Help Us Help Our Community!





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*HOW PHYSIOTHERAPY CAN
HELP YOU DETERMINE THE
ORIGINS OF YOUR PAIN*



Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physiotherapists and chiropractors are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physios and chiros are specialists in identifying the causes of pain. They know how the body's systems work, and this understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physiotherapist or chiropractor can help you find the relief you are looking for. Call Leaps & Bounds today and set up an appointment with our highly trained practitioners!

UNDERSTANDING YOUR PAIN

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause

of the pain is unclear. No matter what the scenario is, your physio or chiro can help you.

When you meet with one of these practitioners to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

1. How long you've been experiencing your symptoms
2. Where it developed and where it is currently
3. What makes your pain better and what makes it worse
4. Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our practitioners will interpret what you tell them into what the body is trying to say to you! Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physiotherapist or chiropractor.

Working with a physio or chiro can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

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



FIND RELIEF FOR YOUR ACHES AND PAINS WITH LEAPS & BOUNDS!



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HOW PHYSIOTHERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapist will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist to outline your path to recovery in a predictable way.

The main emphasis of physiotherapy or chiropractic is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers

- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements) We focus on doing what helps you feel better and move better!

CALL AND MAKE AN APPOINTMENT TODAY

Our physios and chiropractor use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Leaps & Bounds today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

**Don't suffer with pain any longer.
Contact our clinic TODAY!
(905) 847-5227!**

**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!



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SERVICE SPOTLIGHT: BASELINE TESTING

Statistics show that 10-30% of athletes in youth sport will suffer a mild traumatic brain injury (i.e. concussion) during their sport season. Making an appropriate diagnosis and knowing when an athlete has fully recovered is critical in managing these injuries.

Through our Complete Concussion Management program, we offer the highest level of concussion care to athletes of all ages. As part of this commitment, we have implemented evidence-based multimodal baseline testing, along with guided return-to-learn, work and play protocols. The program is designed to work in conjunction with each athlete's school, parents, trainers, coaches, and family doctors. By working together with all those involved, we are able to ensure that athletes are being managed properly each and every step of the way.

In most cases, if managed properly, concussions are completely recoverable. But if the athlete is allowed to return-to-play too early, another concussion suffered during a vulnerable state can lead to the possibility of long-term consequences. Fortunately, clinical tests, such as comparison to a multimodal baseline, can help us to understand if an athlete is safe to return-to-play.

There is no need for MRI's and CAT scans because concussion is a functional injury, and can't be seen on imaging.

Our multimodal baseline test evaluates an athlete's memory, concentration, visual processing, reaction time, balance, motor strength and neurocognitive abilities.

Knowing what an athlete is capable of in a healthy state, allows us as practitioners to make better decisions regarding recovery and when it is safe for the athlete to return to their sport after a concussion. Under our care, an athlete is not allowed to return-to-play until they are able to accurately match their baseline test scores, along with completion of a physical exertion test.

If you are interested in protecting the brains of our youth, contact us to learn more. Or better yet, schedule your child or team for baseline testing.

For more information about baseline testing, contact us. Schedule your appointment by calling (905) 847-5227 or visiting our website at www.leapsandboundsrehab.ca today!

STAFF SPOTLIGHT



ONIKA GREEN, HONS BA PSYCHOLOGY, MHK SPORT AND MENTAL PERFORMANCE CONSULTANT

Onika completed her Master of Human Kinetics, with a concentration in performance intervention and consultation, at the University of Ottawa. This program prepared her to facilitate the training and development of mental skills, which her clients can then use to perform more consistently at their personal best, recover more quickly from injuries, and manage their pain more effectively. These mental skills include goal setting, focus, motivation, mindfulness, imagery, stress management, and more. She is invested in the well-being of her clients, and wants to help you get back to your best as quickly as possible.

Onika grew up in the competitive dance scene in Oakville. Her familiarity with the competitive environment inspired her mission to make a difference by supporting the wellbeing and mental

health of athletes across the GTA. She has her mental health first aid certificate, and is familiar with both the mental health and performance enhancement aspects of sport and recovery.

Onika's person-centered approach as a counselor involves a balance between discussion and application. She works collaboratively with clients to create a plan for action, and offers a structure for accountability to ensure their success. All of the skills discussed in sessions are transferrable – these are skills that can help you in sport and in life.

When Onika is not working, she enjoys time spent at the cottage floating on the lake, running the trails, or sitting around a campfire with friends... she seems to be an expert in applying the relaxation skills she teaches her clients to her own life!

