



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

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



## BE GAMEDAY READY!

*FALL SPORTS INJURY PREVENTION &  
CONCUSSION MANAGEMENT*

**INSIDE:**

• Have Your Best Season Yet With  
Leaps & Bounds!

• Staff Spotlight

• Help Us Help Our Community!





**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

SEPTEMBER 2022

## BE GAMEDAY READY!

### *FALL SPORTS INJURY PREVENTION & CONCUSSION MANAGEMENT*



Before we know it, the fall season will be here. With the cooler months will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury, especially concussions. Leaps & Bounds strongly encourages athletes prepping or fall sports such as cross country running, football, and soccer, to visit one of our skilled physiotherapists as they begin preparing their bodies for the playing season. We also suggest seeing a physiotherapist if you've sustained a concussion from a head injury.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our therapists can help you prepare for your sport of choice this fall, as well as prevent sports injuries down the road!

#### **SPORTS INJURY PREVENTION THROUGH CONDITIONING**

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and physical therapy is a great way to do that! A physical therapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game.

Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physical therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Some other common injuries that we treat in athletes at Leaps & Bounds are as follows:

- Muscle tears
- Bone fractures
- Hamstring strain

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



# HAVE YOUR BEST SEASON YET WITH LEAPS & BOUNDS!

- Tennis or golf elbow
- Ankle sprain
- Hip flexor strain

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court! If you sustain an injury while playing sports, one of our certified physiotherapists will conduct a thorough evaluation to diagnose your sports injury.

Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

## WHAT IS A CONCUSSION?

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Concussions are a fairly frequent injury, but often people are unsure of what happens after a concussion occurs. This condition occurs as a result of shearing in the brain due to the rapid acceleration and deceleration occurring on impact. A hard knock to the head or any traumatic jolt to the body will do this.

Concussions are a major concern for athletes, including those who participate in high-impact sports such as football. It is a debilitating injury that can impair your physical and mental capacities for an extended period of time. Concussions are normally caused by a traumatic impact, such as an athletic collision.

A concussion can also be triggered by a violent back-and-forth motion of the brain (such as whiplash). When your head rapidly tosses in various directions (as in a car accident or hard tackle), your brain is thrown around within it, bouncing off the bony cage of your skull. Concussions can cause a variety of unpleasant effects, including:

- Memory loss and confusion.
- Nausea and vomiting.
- Slurring of speech.
- Inability to focus.
- Fatigue.
- Dizziness.
- Painful and chronic headaches/migraines.
- Sensitivity to light and sound.
- Ringing in the ears.
- Visual abnormalities.

## HOW CAN PHYSICAL THERAPY HELP WITH RECOVERY FROM A CONCUSSION?

Although concussions can be debilitating and restricting, physical therapy therapies can help provide recovery and relaxation. You don't have to figure out a recovery plan on your own this fall! We are here to help, guide, and support you.

Your physiotherapist will design a care schedule that is tailored to your individual conditions for rehab and relaxation.

They can assess how much aerobic activity you can tolerate without the symptoms deteriorating. A detailed physical examination of the spine, vision, posture, and agility will be performed to determine this.

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!



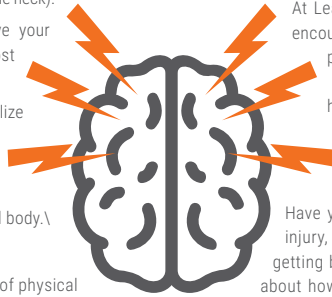
Contact Us For Your Appointment Today! (905) 847-5227 • [info@leapsandbounds.ca](mailto:info@leapsandbounds.ca) • [f](#) [@](#) [t](#)

Following your diagnosis, your recovery plan will be established, taking into account the seriousness of your illness as well as any symptoms you might be having. Your physiotherapist can advise you to do the following, depending on your condition:

- Massage therapy. This can also relieve headaches and stiffness by focusing on the problem areas (primarily the neck).
- Light exercises. These can help relieve your headaches, in addition to restoring any lost coordination or visual focus.
- Vestibular therapy. This will help stabilize your balance.
- Return to light aerobic exercise. This will help in restoring any lost communications between your brain and body.

### PRE-SEASON BASELINE TESTING

Multimodal pre-season testing is a series of physical and cognitive tests that provide a pre-injury overview of healthy brain function. These tests can offer healthcare practitioners with an objective benchmark on which to compare should a patient sustain a concussion. It's important to remember that not all baseline testing is created equal. CCMI has selected the best evidence-based tools available to provide you with comprehensive, multimodal, proven baseline-testing.



As concussion symptoms often disappear days to weeks before the brain has recovered, having valuable baseline information may help practitioners to make safer return-to-play decisions. **Mention this newsletter and get 25% off of your baseline test!**

### SET UP AN APPOINTMENT TODAY

At Leaps & Bounds, we make it our top priority to encourage healing and injury prevention for our patients gearing up for fall sports. In addition to treating injuries, our physiotherapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Are you an athlete prepping for fall sports? Have you sustained a concussion as a result of an injury, and are in need of guidance on your journey to getting back on the field? Call us today to learn more about how physical therapy can get you ready to have your best season yet.

**Are You Gameday Ready?  
Call Us Today!  
(905) 847-5227!**

## STAFF SPOTLIGHT



### ANDREW CONVERY ATHLETIC THERAPIST

Andrew attended George Brown College in 2013, where he completed his Diploma in Fitness and Health Promotion and his Canadian Society of Exercise Physiology Personal Trainer Certification (CSEP-PT). Recently he achieved his Honours Bachelor of Applied Health Sciences in Athletic Therapy from Sheridan College. Andrew's treatment approach is a combination of manual-therapy and prescribed exercise to improve a patient's athletic performance and be pain-free. Throughout his academic career Andrew gained a wide range of clinical and on-site field experience covering sports like football, hockey, field hockey, basketball, volleyball, rugby, and soccer. Andrew's goal is to help patients return to the daily activities they enjoy, whether it is playing competitive sports or just living an active lifestyle.

In his free time, Andrew enjoys running, biking, hiking, and spending time with family.



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

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

