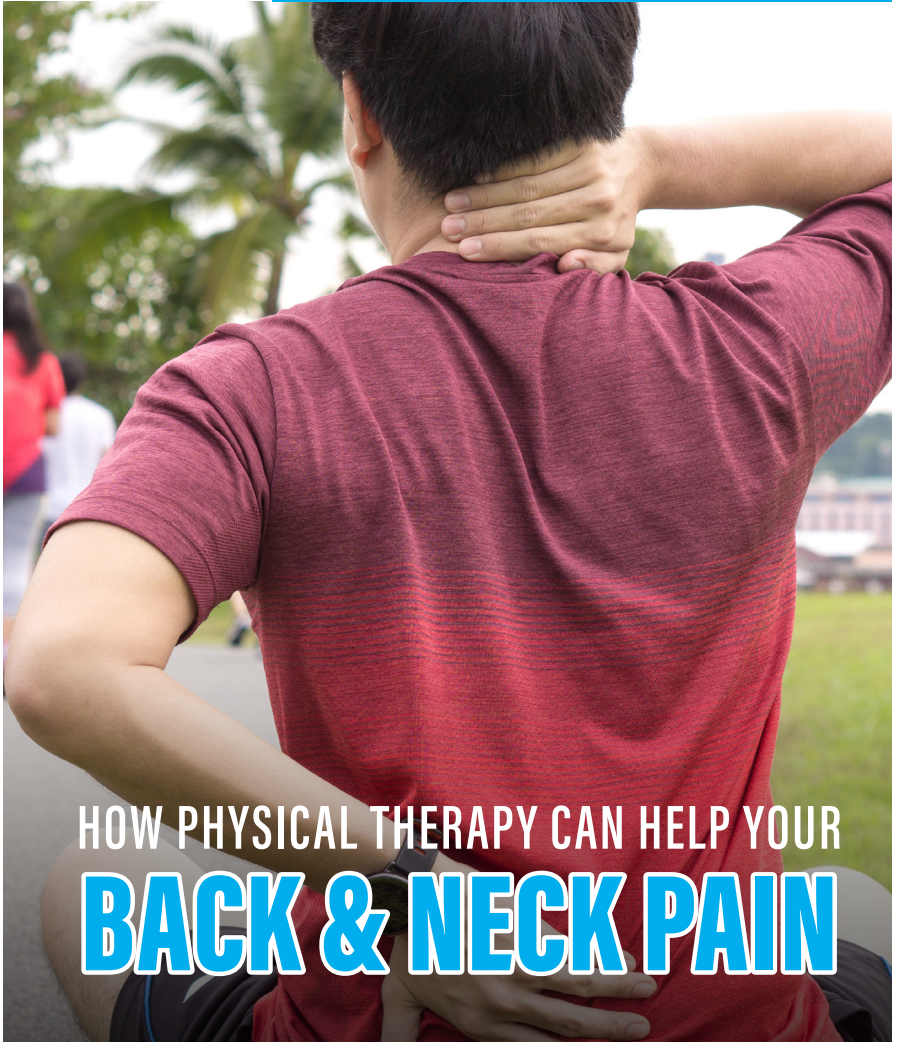




LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

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



HOW PHYSICAL THERAPY CAN HELP YOUR **BACK & NECK PAIN**

INSIDE:

• Therapeutic Relief For Your Back & Neck Pain

• Staff Spotlight

• Help Us Help Our Community!





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HOW PHYSICAL THERAPY CAN HELP YOUR BACK & NECK PAIN



Back and neck discomfort are typical issues that many people have throughout their life. Unfortunately, determining the exact reason for neck or back discomfort is not always straightforward. People often elect to undergo expensive surgery or resort to addictive drugs, which can have long-term health consequences. But fortunately, physical rehabilitation – physiotherapy, chiropractic, athletic therapy, and massage therapy – may be able to help. Let our practitioners at Leaps and Bounds teach you about how physical therapy can relieve you of your neck and back pain!

WHY AM I IN PAIN?

There are several things that can be blamed for the pain you're feeling, like:

- **Strains & sprains:** an irritation of the muscles or soft tissues that stabilize joints.
- **Osteoarthritis:** Wear and tear is often a phrase to describe the process of arthritis. But in reality, arthritis is a normal aging process of our joints that can sometimes become inflammatory (like any other tissues in our body). In most people, arthritis is mostly asymptomatic.

- **Degenerative disc disease:** See osteoarthritis, but for the discs.
- **A herniated disc:** This condition occurs when the gel-like material of the disc bulges or leaks out.

Although these conditions may have been primary drivers of your initial onset of pain, they are less likely to be the primary drivers once pain becomes chronic. Chronic pain is often multifactorial and often encompasses external factors like overall physical and mental health, physical activity level, nutrition, sleep, and stress.

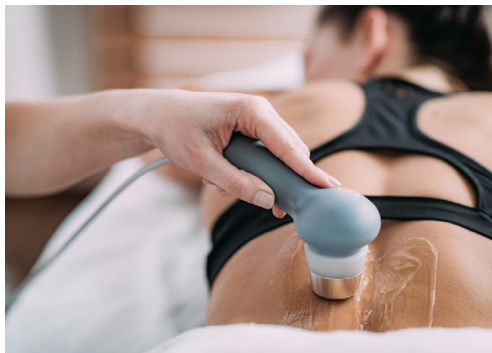
Regardless of the causes of your pain, a physiotherapist, chiropractor, athletic therapist, or RMT may be able to help identify the cause and remedy your symptoms.

HOW COULD PHYSICAL REHABILITATION HELP WITH MY BACK AND NECK PAIN?

No matter what age you are, neck and back pain is a total nag to deal with. Pain in these areas can change the entire outlook of your day – the more uncomfortable you are, the less likely you are to have a good attitude or be in a good mood. Nobody wants to deal with this.



THERAPEUTIC RELIEF FOR YOUR BACK & NECK PAIN



The good news is that physical exercise, regardless of the root cause of pain, has been shown to help with neck pain or back pain. For those trying to prevent costly procedures or dangerous drugs, physical therapy is a completely safe, natural, and effective model of care.

WHAT DOES A TYPICAL PHYSICAL THERAPY PLAN LOOK LIKE?

You might be experiencing pain because of a herniated disc, degenerative disc disease, whiplash from an auto accident, a sports injury, arthritis, or something related to the repetitive movements or static positions you typically do in a day. So since the origin of your back or neck pain may vary, the treatment plan may be different for you than it would be for anyone else.

To find the root cause(s) of your back or neck pain, your therapist will first take a look at your medical history to identify any factors that could be contributing to the discomfort you are currently experiencing, like prior events causing trauma or past surgeries. Your therapist will perform a comprehensive physical exam including, assessing your spinal mobility and asking you to perform some activities in order to find out your level of function.

Your therapist will then create a comprehensive treatment plan using a combination of education, exercise, and hands-on therapy to get you on your recovery journey to feeling your best once again!

CALL OUR CLINIC TODAY

Back and neck pain is a hassle to deal with alone. If you're tired of struggling on your own, know that a Leaps and Bounds Performance Rehabilitation therapist has your back – literally! When we have the answer right here; there's no need to suffer from pain any longer. Contact us today to make an appointment.

Stop Living With Pain— We Can Help!
Call Us Today!

(905) 847-5227!

HELP US HELP
OUR COMMUNITY!



This month we will be raising money for [BREAST CANCER RESEARCH!](#) 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 • [f](#) [@](#) [t](#)

A HUGE THANK YOU

Since October is the month for Thanksgiving, we would like to acknowledge the following people and organizations for their support (we're sorry if we are missing anyone). Without your word-of-mouth referrals, we could not continue to do what we love, in the manner which we do so. Thank you for trusting us to care for your family and friends.

Abhinav D., Abhishek S., Alicia G., Alison P., Alma F., Andrea R., Andrew C., Andrew E., Ashley H., Assunta F., Athar S., **Balletomane, Barre Life**, Becky M., Benoit R., Brad W., Braeden S., Brent S., Brigita Z., **Burlington Dads Group**, Burt M., **Canada's Ballet Jorgen**, Caranina P., Caroline D., Carrie A., Catherine H., Cathy H., Daniell G., Darren N., Darren Y., Darryl Doreen B., Eduardo C., Elaine E., Emma F., Geoff G., Gilbert S., Gurpreet R., **Club**, Jacqueline B., Jake J., Jamie Jennifer H., Jeremy S., Jill A., Jim P., Jin Jordan L., Justin C., Keenan L., Keisha S., Lexi R., Lina F., Lisa M., Livio M., Lucas Martin P., Matthew H., Meaghan D., Megan **Mississauga Artistic Swimming Association**, T., Nora B., **Oakville Cricket Academy, Oakville Mommies Group, Oakville Rangers, Oakville Talk Police, Peppino's**, Raichel S., Randa B., Ron C., Rue B., Sandra M., Sandra R., Sandra S., Sara G., Sean Spencer M., Stephen S., Suresh P., Tanya L., Tanya V., Tia T., Toni H., Tony D., Tosh M., Tracy R., Trevor M., Tristan L., Vojtek Z., Wayne W., Xavier Q., Yuri S., **Zahra AA**, Zak M., Zhen L.

Thank You!

STAFF SPOTLIGHT



ANDREW CONVERY
CERTIFIED ATHLETIC THERAPIST (C)

&

Home Town
SUPERHERO

Congratulations to Andrew, who recently passed his athletic therapy examination to become a fully certified athletic therapist. Andrew was immediately put to the test in September when an official at the Oakville Titans football game he was covering went down in cardiac arrest. Thanks to Andrew, who was well prepared to respond, he applied life-saving CPR and AED to the gentleman, who is now recovering. WAY TO GO, Andrew. You're a hero!

In addition to saving lives, Andrew is instrumental in ensuring that our local teams like the Oakville Titans Football Club and

RUSH Soccer Academy are well-taken care of. Some of his duties include pre-game taping and wrapping, injury response, and acute sideline management of injuries.

In the clinic, Andrew works with patients who are athletes, weekend warriors, or desk jockeys in much the same manner as physiotherapists. So if you're dealing with neck or back pain, an injury to one of your extremities, or just looking to get stronger in preparation for a sport, a run, or returning back to work following an injury, then give us a call and ask to book your session with Andrew, our athletic therapist.

