

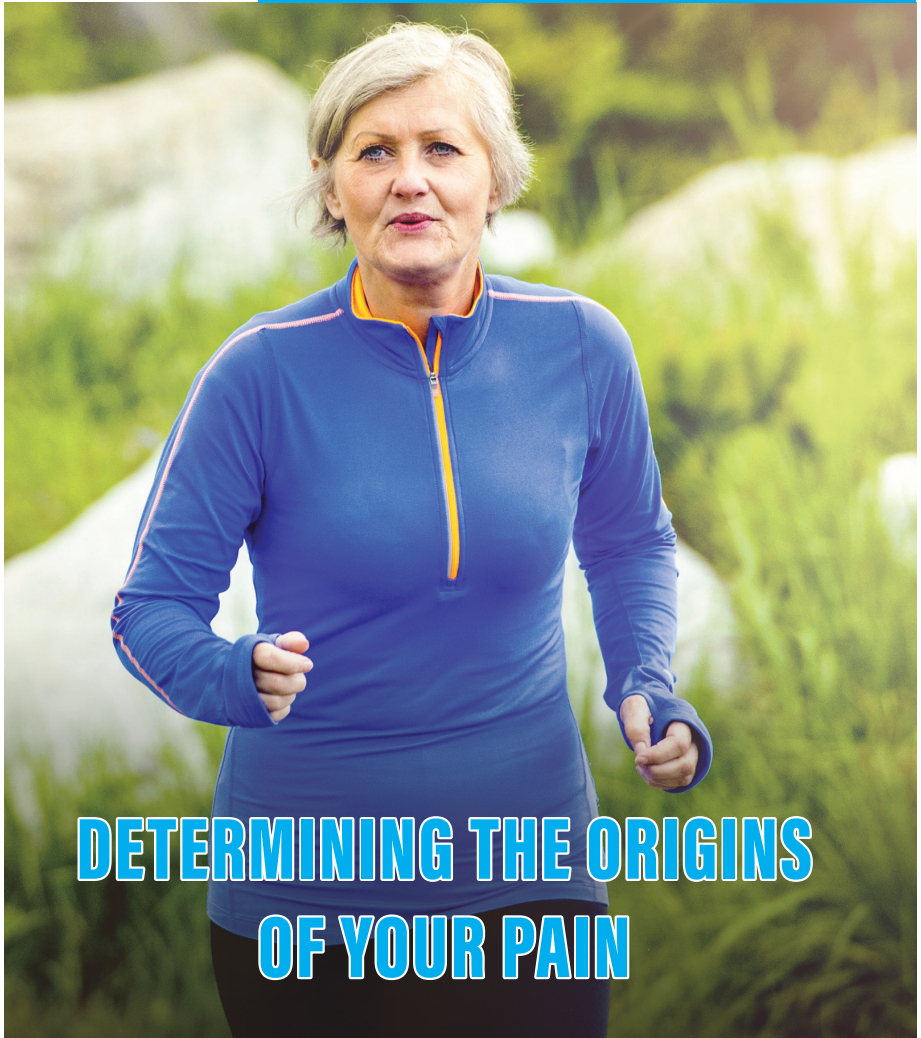


LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JUNE 2023



DETERMINING THE ORIGINS OF YOUR PAIN

INSIDE:

- How To Find The Source Of Your Daily Pains
- How Leaps & Bounds Can Help You Find Relief





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WE CAN HELP YOU FIND THE SOURCE 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? Our therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat your symptoms.

Sometimes, pain in a particular area, doesn't actually have to do with an actual issue in that particular area. Our therapists are specialists that can help you piece things together and correct what it is that is actually causing your pain. They understand how the body's systems work. 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 one of our therapists can help you find the relief you are looking for.

Call Leaps & Bounds Performance Rehabilitation 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 mechanism of injury.

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. Or the mechanism of injury you identified was really the straw that broke the camel's back, as there were pre-disposing factors that stressed the system, but went undetected because they didn't produce symptoms. No matter what the scenario is, one of our practitioners can help you.

When you meet with a therapist at Leaps and Bounds 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:

- How long you've been experiencing your symptoms.
- Where it developed and where is it currently.
- What makes your pain better and what makes it worse.
- 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 therapists will interpret what you tell them into what the body is trying to say to you!

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



HOW LEAPS & BOUNDS CAN HELP YOU FIND RELIEF

Additionally, your therapist will determine and categorize your condition through a series of mobility tests, strength tests, and movement screenings. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and shed some light on how to resolve it. Every symptom you experience is a small piece to a bigger puzzle, so describing your experience of pain during your first session may help determine the best treatment methods of treatment for your body's needs.

Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way. The main emphasis of physiotherapy 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/stretches
- 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)

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the best thing to do is to speak with a physiotherapist, chiropractor, athletic therapist, or massage therapist. Working with one or more of these practitioners can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term solutions, and getting you back to do the things that you love.

CALL AND MAKE AN APPOINTMENT TODAY

Don't let pain control your life any longer. Take the first step towards finding relief by calling and making an appointment with one of our highly trained practitioners. We understand that pain can be debilitating and frustrating, but we are here to help you find the source of your pain and provide you with effective treatment options. Don't wait any longer, call Leaps & Bounds Performance Rehabilitation today and take control of your pain.

Sources: <https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984> • https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17



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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 [Oakville Dads Community Fund!](#) We will donate \$10 for every Google review we receive!

CLICK HERE



DO GOOD – LEAVE US A REVIEW TODAY!



OAKVILLE Dads

The Oakville Dads Community Fund is a fund designed to help individuals, couples and families get the proper food, shelter, materials and education that they need. We are happy to support our community members through local charitable events and campaigns.



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AVOID ACHE & PAINS IN THE GARDEN THIS SUMMER

Summer is on its way and along with it comes the time of yardwork and gardening. Gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints.

THE FOLLOWING TIPS CAN HELP YOU MINIMIZE THESE ACHE AND PAINS:

- 1. Get moving before you garden.** Take a 10-minute brisk walk and stretch your spine and limbs to warm up.
- 2. Change positions often to avoid stiffness or cramping.** Be aware of how your body feels as you work. If a part of your body starts to ache, take a break. Stretch that body part in the opposite direction, or switch to a different gardening activity. For example, if you've been leaning forward for a while, and your back starts to ache, slowly stand up, and gently lean backward a few times.
- 3. Use a garden cart or wheelbarrow to move heavy materials or tools.** Lift with your knees and use good posture while moving a cart or wheelbarrow.
- 4. Give your knees a break.** Use knee pads or a gardening pad. If kneeling or leaning down to the ground causes a lot of pain in your back or knees, try using elevated planters for your garden. If kneeling on both knees causes back discomfort, try kneeling on one and keep the other foot on the ground.
- 5. Maintain good posture.** Use good body mechanics when you pick something up or pull weeds. Bend your knees, tighten your

stomach muscles, and keep your back straight as you lift or pull. Avoid twisting your spine or knees when moving things to the side. Instead, move your feet or pivot on your toes to turn your whole body.

- 6. Take breaks.** If you haven't done gardening or other yard work in a while, plan to work in short stints. And set a timer to take short breaks before you start feeling aches and pains.
- 7. Keep moving after you garden.** End your gardening session with some gentle backward bending of your low back. Take a short walk or do some light stretching.

If you are not able to manage aches and pains with these tips and your discomfort lingers, a physical therapist can help.



PATIENT SUCCESS



"I COULD FEEL IMPROVEMENT AFTER EACH SESSION."

"I highly recommend Dan (physio) and Lauren (massage) at Leaps and Bounds. In April 2022, I badly injured my right leg and the surgeon said recovery would take 1-2 years. It is now 9 months later and with expertise of Dan and Lauren I am 90 percent recovered. Lauren through massage focused on balancing my right and left sides and Dan worked on mobility, endurance, balance and function. Even though it was hard work, it was fun and I could feel improvement after each session. A big thank you to Dan and Lauren for working with me to get my life back!" — A.M.