



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JULY 2023



## HOW STRENGTH TRAINING HELPS BACK & NECK PAIN

**INSIDE:**

- How Strength Training Helps Back & Neck Pain
- How Muscles Affect Back Pain
- Better Golfing This Summer





**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

JULY 2023

## HOW STRENGTH TRAINING HELPS BACK & NECK PAIN



Have you been told that strengthening will help your back or neck pain but you aren't sure how it could? At Leaps & Bounds Performance Rehabilitation, our highly trained therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that Canadian adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call us today to make an appointment. With guidance from one of our therapists, you'll be sure to get back to doing the things that you love.

### HOW MUSCLES AFFECT NECK PAIN

There are many reasons why neck pain may develop, including a traumatic injury - like a car accident or a slip-and-fall - to more subtle issues, such as the pain you get from regularly hunching over a desk at work for prolonged periods of time. The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain or changes to the joint or joint position itself. These things can then cause related tension in the surrounding muscles of the neck in almost a protective response (from the brain) so not to irritate the involved structures with movement. This starts a cycle of pain where injury leads to muscle tension. The tension results in reduced range of motion and this loss, in turn, leads to more pain. Strengthening the upper back and neck muscles gradually helps alleviate the tension as your brain now perceives the area capable of being strong and resilient to outside forces (gravity being one of them when you hold your head forward). So working with a physiotherapist, chiropractor, or athletic therapist to address neck pain is a wise decision!

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



# HOW MUSCLES AFFECT BACK PAIN

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, creates more tension in their muscles which eventually just leads to more back pain.

In the lower back, the muscles that surround the spine are often called the "core." These muscles provide stability when needed and movement when needed. They include: the abdominal muscles and obliques, the lower back muscles like the paraspinals, deeper muscles like the transversus abdominus and multifidi, your gluteus and other muscles of the hips and pelvis, to name a few.

Physical rehabilitation can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted interventions, at first, to reduce tension and pain in the muscles makes your them more likely to respond to strengthening exercises.

In many situations, working with a therapist to improve your core strength can significantly reduce the severity of your back pain, and go a long way in preventing future episodes of low back pain.

## HOW PHYSICAL REHABILITATION CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES

Our therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to be more resilient to the daily stresses that your body



endures, and thereby reducing your risk of developing further back or neck pain down the road..

If you haven't spent much time building strength in the past, working with a physiotherapist, chiropractor, or athletic therapist is a great place to start. They will guide you through proper strength training exercises in addition to giving you strategies to reduce further risk of injury.

## CONTACT OUR CLINIC TODAY

You deserve to feel your best. Call Leaps & Bounds Performance Rehabilitation today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/> • <https://bjsm.bmj.com/content/54/21/1279> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

**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 [Canadian Red Cross!](#) We will donate \$10 for every Google review we receive!

**CLICK HERE**

**DO GOOD — LEAVE US A REVIEW TODAY!**



**CANADIAN  
RED CROSS**

*The Government of Canada and the Government of Nova Scotia will each match every dollar donated to the Canadian Red Cross Nova Scotia and Atlantic Canada Fires Appeal until June 29, 2023. This means that every \$1 donated will become \$3 to support those affected by the wildfires. Eligible donations already received will be matched.*



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

# BETTER GOLFING THIS SUMMER

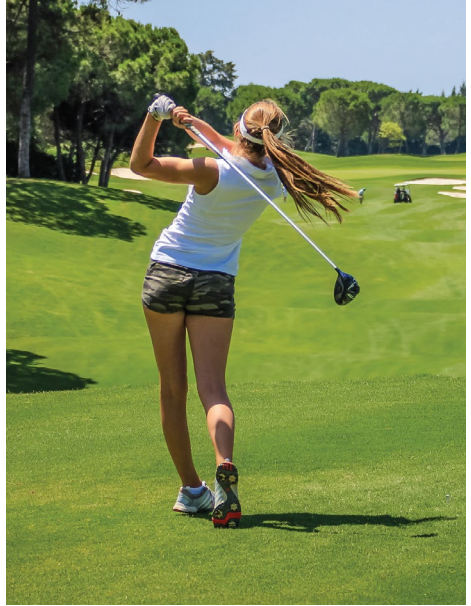
Have you been looking forward to golf season all year? If you're an avid golfer, the last thing you want is for an injury to take you out of commission. At Leaps & Bounds Performance Rehabilitation, our therapists are highly trained movement experts who can help you prevent injury. And before you see us, there are many things you can do on your own to protect yourself from the possibility of a painful injury.

Did you know that most golf injuries are caused by poor swing mechanics, poor core strength, or an improper warm-up? Adjusting your golf swing can be hugely beneficial and make this sport much easier on the body.

Maintaining proper posture throughout your swing is critical for preventing injuries. You should stand with your feet shoulder-width apart, rotated slightly outward, and your knees slightly bent. It's also important to keep a relatively straight spine. Make sure to avoid hunching over the ball, as this can cause neck and back strain.

Be mindful of how aggressively you swing at the ball. Swinging the club too hard or too fast can put strain on your joints. Take a nice, easy swing at the ball. Not only will this help prevent injury, but it will also improve your game with a consistent swing speed!

If you're searching for more ways to improve your swing this season, contact Leaps & Bounds Performance Rehabilitation today. Our team can examine your posture and recommend improvements to lessen your risk of injury and increase your skill. See you out on the course!



# PATIENT SUCCESS



**"PAT CREATED ME A RECOVERY PLAN THAT HELPED ME REGAIN MY MOVEMENT AND STRENGTH AND I REALLY COULD SEE PROGRESS IN MYSELF EVERY WEEK."**

"I highly recommend Pat at Leaps and Bounds. In January 2023, I broke my fibula while figure skating. I was on crutches and off the ice for 6 weeks. As a competitive figure skater, Pat was my first choice as a physiotherapist because he has extensive knowledge of the sport and has worked with many high level figure skaters. Pat created me a recovery plan that helped me regain my movement and strength and I really could see progress in myself every week. I was nervous about returning to the ice, but Pat gave me specialized exercises to assist with figure skating, and helped me regain my confidence. Everyone at the clinic is super friendly and it's an amazing environment, could not recommend more!"

— S.U.

