

GET RELIEF FOR YOUR SPORTS INJURY



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for Canadian Disaster Relief Fund! We will donate \$10 for every Google review we receive!



The Canadian Red Cross Disaster Relief Fund will be used for relief, recovery and resilience efforts in response to all-hazard events.

CLICK HERE TO DO GOOD & LEAVE US A REVIEW TODAY!

Have you recently experienced a twisted ankle during a pickup game, or maybe a nagging shoulder issue affecting your sports performance? Managing sports injuries that impede your enjoyment of the game is crucial. Fortunately, at Leaps & Bounds, our team of highly skilled therapists specializes in treating sports injuries and are dedicated to aiding your recovery and keeping you active in the game you love!

Statistics from the Public Health Agency of Canada (PHAC) reveal 35% of all injuries in Canada are sports and recreation-related injuries. These injuries often stem from overuse or acute trauma, affecting individuals of all ages and physical capabilities. Regardless of your situation, physical rehabilitation can significantly enhance the healing process for a sports injury. Our sports injury rehabilitation programs are designed to help you swiftly return to your beloved activities. Reach out to Leaps & Bounds today to consult with our proficient physiotherapists.

UNDERSTANDING SPORTS INJURIES

The term "sports injury" encompasses any harm sustained during exercise or athletic endeavors. There are two primary ways in which sports injuries occur:

- **Acute Trauma:** This results from a sudden event, such as a football collision or a non-contact injury caused by abrupt changes in direction or awkward landings.
- **Repetitive/Overuse Injuries:** These are chronic issues stemming from faulty techniques, improper grip on sports equipment, or exercising in ill-fitted footwear. Essentially, any activity-induced pain can be deemed a sports injury.

Acute injuries encompass sprains (ligament injuries), strains (muscle injuries), fractures (bone injuries), and tears (soft tissue injuries like muscles, tendons, ligaments, and cartilage). Examples of overuse injuries include tendonitis, bursitis, shin splints, tennis elbow, and runner's knee. Whether it's an ankle roll on the soccer field, an overly enthusiastic swing at a baseball, or a strained back during a hike, Leaps & Bounds is here to alleviate your discomfort.

YOUR ROAD TO RECOVERY

Upon sustaining a sports injury, starting rehabilitation promptly is crucial for a speedy recovery. At Leaps & Bounds, we initiate the healing journey with an injury assessment and biomechanical evaluation, identifying all factors contributing to your injury. Our sports rehab experts conduct a thorough assessment to gauge the injury's severity and any associated weaknesses or limitations hindering your recovery.

CALL US TODAY TO START HEALING: 905.847.5227

REACH YOUR GOALS WITH LEAPS & BOUNDS



Additionally, we delve into your training regimen, body demands, and overall health history to tailor a comprehensive program. This plan comprises targeted manual techniques, mobility enhancement, strengthening exercises, and effective pain relief methods. Subsequently, a personalized care plan is devised to expedite your recovery and prevent future injuries. Incorporating sport-specific treatments and a progressive "return to sport" strategy, we facilitate a safe reentry into training and competition.

Our rehab programs encompass injury prevention strategies focusing on enhancing strength and dynamic stability, thus restoring functionality and averting future injuries. We integrate balance and coordination exercises to stimulate the

nervous system, aiding in direction changes and appropriate landings to minimize potential re-injury.

REACH YOUR GOALS WITH LEAPS & BOUNDS

Physical rehab has demonstrated its effectiveness in successfully treating both acute and chronic sports injuries. At Leaps & Bounds, our adept therapists are committed to guiding you back to your sport. If you're an athlete grappling with a sports-related injury, don't sideline your recovery any longer. Elevate your rehabilitation with our dedicated team! Contact us today to schedule an appointment with one of our specialists.

PATIENT SUCCESS



"I was experiencing significant pain from a pinched nerve in the upper back, and Prabhav's initial assessment and treatment brought immediate relief."

"I highly recommend Prabhav Gogna and the Leaps & Bounds team. I was experiencing significant pain from a pinched nerve in the upper back, and Prabhav's initial assessment and treatment brought immediate relief. Over the next 4 weeks, his progressive therapy plan helped me recover to where I was feeling better than before the injury. Book now, feel better." — K.W.

[CLICK HERE TO SCHEDULE YOUR APPOINTMENT](#)



HAVE YOU USED YOUR YEARLY BENEFITS?



HAVE YOU USED YOUR YEARLY EXTENDED HEALTH BENEFITS?

We're coming near the end of the year, and for many individuals, the extended health benefit's renewal date is December 31st.

Do you take advantage of allied health services covered under your plan? Considering you are paying into these health benefit plans - often automatically withdrawn from your pay cheque - you should know your plan and coverage, and use it!

If you wish to maximize your extended health benefits, give us a call.



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

GET IN TOUCH

#3 – 2015 Kingsridge Dr., Oakville, ON L6M 4Y7

P: 905.847.5227

Email: info@leapsboundsrehab.ca

www.leapsboundsrehab.ca



CLICK HERE TO SCHEDULE YOUR APPOINTMENT

PERFORM BETTER
RECOVER FASTER
STAY IN THE GAME

3 TIPS TO IMPROVE NUTRITION IN THE FALL

What comes to mind when you think of autumn? Perhaps the crisp, invigorating days, gatherings around bonfires, or the beauty of changing leaves? This fall, how about focusing on your nutrition? The food we consume significantly impacts various aspects of our health, particularly our heart health. Factors like obesity, weight gain, lack of physical activity, stress, high blood pressure, and elevated cholesterol levels all contribute to the risk of heart disease and other ailments. Considering the vital role of nutrition, now is an opportune time to reflect on your dietary choices. At Leaps & Bounds, we understand that fall can be a busy season, so we'd like to offer a few simple tips on how to enhance your nutrition during this time.

- 1. Try to eat more root vegetables:** While root vegetables are available year-round, their peak season is typically from fall to spring. During the cooler months, root vegetables like garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips offer abundant flavor and essential nutrients. Many of these vegetables are rich in folate, a vital element for cell growth and metabolism!
- 2. Make a hearty soup:** Dedicating time to preparing a large pot of soup each weekend is an excellent way to boost your nutritional intake throughout the week. Soup recipes, although they may require some time to cook, generally involve minimal active preparation. The options for soup variations are vast, including hearty bean soup, pureed root vegetable soup, winter squash soup, classic chicken noodle soup, chili, and more! As temperatures drop, a warm and comforting stew is truly satisfying.
- 3. Select leaner sources of protein:** Did you know that regular consumption of red meat and processed meats can elevate the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers? Instead of opting for red meat, choose leaner protein sources for your meals and recipes. Options such as chicken, turkey, beans, lentils, low-fat yogurt, fish, tofu, and nuts are excellent alternatives.

If you feel you could use additional guidance in shaping a healthy diet this fall, reach out to Leaps & Bounds today. Our team can make some recommendations, or refer you to someone who definitely can.

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