

HOW CONCUSSIONS CAN IMPACT YOUR BALANCE



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for [The Canadian Cancer Society](#)! We will donate \$10 for every Google review we receive!



**Canadian
Cancer
Society**

The Canadian Cancer Society offers a nationwide support system in the country for people with cancer and their family, friends and caregivers.

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

Have you or someone you know ever experienced a concussion? Did you notice a decrease in your balance and stability with the head injury? Following a concussion, one of the most prevalent symptoms is a loss of balance. Leaps & Bounds is here to assist you in improving your sense of equilibrium, along with your other concussions signs and symptoms, with the help of our expert therapists.

Concussions are a form of brain injury resulting from traumatic incidents that cause sudden acceleration and deceleration of the head, neck, or body. Among the common issues associated with concussions, the inability to maintain balance stands out. It's estimated that 40 to 60% of individuals experience dizziness and balance problems following a concussion.

Our understanding of concussions is continually advancing, and it has become evident that extended periods of rest are not an effective solution. In fact, rest can sometimes worsen the situation. While rest remains important in the initial stages after the injury, emerging data suggests that taking a proactive approach to concussions leads to better outcomes.

Thankfully, our practitioners at Leaps & Bounds specialize in the management of concussions and the treatment of balance disorders. If you're seeking a comprehensive approach to alleviate your symptoms and return to the activities you love, don't hesitate to get in touch with us. Contact us today to schedule an appointment and discover more about our concussion and balance programs!

WHAT IS CAUSING YOUR DIZZINESS AND LOSS OF BALANCE?

Dizziness serves as a broad term to express a sensation of instability. The dizziness and loss of balance that often follow a concussion are frequently linked to the vestibular system. Your vestibular system plays a crucial role in preserving your equilibrium and your center of gravity by transmitting messages to your brain about your movements.

When the vestibular system is compromised, these messages to your brain are disrupted, resulting in an impact on your balance and mobility. You might experience sensations such as the world spinning around you, difficulty maintaining a prolonged focus on your vision, or a persistent sense of instability when trying to stand or move.

The balance system is exceedingly intricate and enables you to navigate around obstacles without conscious thought. However, when your balance is impaired, carrying out everyday tasks and participating in activities you enjoy can become quite challenging.

CALL US TODAY TO START HEALING: 905.847.5227

SIGNS & SYMPTOMS OF VESTIBULAR DYSFUNCTION



The most prevalent signs and symptoms of vestibular dysfunction encompass:

- Dizziness
- Disequilibrium and loss of balance
- Nausea or feeling faint
- Visual impairments

Understanding the underlying mechanisms contributing to vestibular system issues is pivotal in addressing problems related to dizziness and balance. Fortunately, at Leaps & Bounds, our therapists are adept at managing post-concussion symptoms associated with the vestibular system.

WHAT TO EXPECT IN YOUR THERAPY SESSIONS:

Rehabilitation should start promptly following most concussions to ensure the swiftest possible recovery. At Leaps & Bounds, our experienced practitioners, well-versed in treating concussions and vestibular issues, will perform a thorough assessment of the condition's severity. Additionally, we'll conduct tests to pinpoint any other disorders or limitations that may impede recovery. This information serves as the foundation for crafting a comprehensive program, which may encompass targeted manual techniques, balance exercise therapy, and appropriate pain relief methods tailored to address your condition.

In the early stages, treatment primarily centers on mitigating vestibular symptoms through specific head and body movements and positions designed to alleviate dizziness. We also incorporate specialized balance exercises and activities that target the reduction of nerve sensitivity and the amelioration of vertigo's effects.

Our research-based exercise regimens for post-concussion symptoms include progressive strength training exercises and aerobic workouts. Research has shown that a graded exercise approach can lead to the complete resolution of concussion symptoms. It's crucial to work with a therapist who can customize a program to suit your unique needs. Our team possesses a high level of expertise in addressing post-concussion dizziness and balance disorders. We'll guide you through all phases of recovery, ensuring that you regain your normal functionality and abilities.

CALL TODAY TO ARRANGE AN APPOINTMENT:

The practitioners at Leaps & Bounds are specialists in the treatment of balance disorders, especially those stemming from concussions. If you're seeking effective solutions to alleviate your symptoms and return to your activities, don't hesitate to contact us today!

Sources: <https://pubmed.ncbi.nlm.nih.gov/25291297/> <https://www.sciencedirect.com/science/article/abs/pii/B9780444639547000148?via%3Dihub> <https://pubmed.ncbi.nlm.nih.gov/34009789/>

STAFF SPOTLIGHT

WE WANT TO WELCOME BACK, ANDREW LAM, TO THE CLINIC!

Andrew served as our U of T student intern this past summer, and he left such a fantastic impression that we've asked him to join our team as a Resident Physiotherapist! Andrew graduated from the Physical Therapy program at the University of Toronto after completing his undergraduate degree at the University of Western Ontario in Rehabilitation Sciences. Through his education, Andrew has gained experience working with people from all walks of life and with differing needs.

Andrew strives to build strong relationships with his clients and to help them achieve their goals. He is dedicated to empowering his clients and will work with you to create a plan of care that fits your needs. Andrew utilizes a combination of manual therapy, education, and exercise therapy to restore function and get you back to doing what you love.

Outside of the clinic, you can find Andrew cycling, weight training, or enjoying the outdoors. Andrew will be working on Wednesdays and Saturdays to help you reach your performance goals.



[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

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CLICK HERE TO SCHEDULE YOUR APPOINTMENT

**PERFORM BETTER
RECOVER FASTER
STAY IN THE GAME**

CONCUSSIONS & FALL SPORTS

Are you looking forward to participating in this season's sports? Fall has a lot to offer when it comes to physical activity, and at Leaps & Bounds, it is our goal to ensure you that you're safe and healthy this season. Concussions can be a big concern when it comes to sports such as football, soccer, and hockey. If you develop a concussion this season, know that the practitioners at Leaps & Bounds can help.

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. Concussions can impair your physical and mental capacities for an extended period of time.

They can also cause a variety of unpleasant effects, including:

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

Fortunately, therapy can help provide recovery and relaxation to those with concussions! You don't have to figure out a recovery plan on your own, Leaps & Bounds is here to help you make your way back to feeling your best.

There are specific tests and treatments that your therapist can guide you through to get you safely back into practice and games. To name a few:

- Exercise therapy
- Manual therapy
- Neck rehabilitation
- Vestibular rehabilitation
- Visual rehabilitation

Our dedicated practitioners are here to support your concussion recovery. We have the expertise and skills in concussion management to get you better in no time. Be confident that at Leaps & Bounds, we stand behind you in your journey toward improved health this fall!

CLICK HERE TO START HEALING WITH LEAPS & BOUNDS TODAY

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