

physiotherapy

●●●●●●●● AT DON MILLS

Monday, 03 September 2012

Save page as PDF



Alex Burnaru Courtney Holmes
Kinesiologists, Personal Trainers
[Email Us](#)
[Our Website](#)

What our patients say about us...

When I first started going to you in March or April of this year, I figured you would be just the same as all the rest I have been to in the last 10 years since I hurt my back, and I would quit after a few months feeling let down, yet again. When you started talking about strengthening your inner core, I thought you were crazy. The best I could do on the bike or treadmill was 5 minutes, in pain for most of that. Now I can do 20 minutes at double the speed, and I do 15 minutes on the bike everyday faster than when I started. My endurance is at least 3 times better than it was, and the pain doesn't kick in til later in whatever event I am doing. Although this is not a miracle, it is a definite improvement in my daily life, and I thank you. Evelyn H.

Our gift certificates, "Gift of Health", are redeemable for all of our services.

Refer a friend for Orthotics and enjoy a gift of 30 minute Massage Therapy session . Refer a friend to your Massage Therapist and enjoy an addition of 15 minutes to your next session. Conditions apply.

Forward To A Friend

Know someone who might be interested in the email? Why not [forward this email](#) to them.

POSTURE & BACKPACK CLINIC

In support of:

SICKKIDS HOSPITAL FOUNDATION

September 22, 2012, 11:00 am- 2:00 pm

<http://www.physioatdonmills.com/events.html>

Shops at Don Mills Town square

Bring your child and learn how to improve posture, what a perfect fit is for a backpack and how to prevent strains and pains. RSVP by calling 416-444-4800

What's on...

Read our most recent blog posting:

<http://physiotherapy-news.blogspot.ca/2012/08/the-role-of-physical-therapy-in-knee.html>

Our group exercise classes...

Our current group exercise programs include: **Fit over 50** level I & II by Alex Burnaru, **OsteoDynamics** by Courtney Holmes. We have started signing up for **Pilates & Core stabilization** by Gordon Barr for September 2012 classes.

For information or to join for a complementary session, call our front desk.

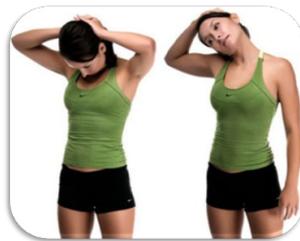
Don't Let This Be a Pain in the Neck



Do you spend several hours a day at the computer? If so, it's important to know that this is one of the leading causes of chronic neck pain. Other causes include pinched nerves, muscle imbalance, poor posture, and trauma. Neck pain can manifest in different ways. Besides pain, symptoms may include stiffness and tingling if sensitive nerves in the neck area are involved. Certain movements may aggravate the symptoms of neck pain.

If you suffer from chronic neck pain, you are not alone. According to Harvard Health Publications, seven out of ten Americans will deal with neck pain at some point in their lives. The good news is that simple exercises (as prescribed by your physical therapist) can offer relief from your chronic neck pain. If you've been living with neck pain for several weeks, your pain is considered chronic. Your physical therapist can use a variety of techniques including manual therapy and therapeutic exercises to stretch and strengthen the sensitive muscles in the neck region. This is important for the long term relief of chronic neck pain.

The Key Factors in Recovery - Exercise and Posture



Controlled, supervised exercise can help improve blood flow to the muscles in the neck and restore muscle balance, in addition to helping the individual regain joint mobility. A physical therapist will create an exercise program that can be completed at home, or at work. In some cases, the use of weight cuffs and dumbbells helps build muscle strength. The number of sets and repetitions is carefully planned, and the technique, range of motion, posture and breathing of all your movements is supervised by the physical therapist. Once your pain level reduces, a physical therapist will help you regain control of your muscles to reduce pain and get you back to full function.

Improving posture is an important component of treatment for chronic pain. Poor posture can lead to chronic neck pain. Have you thought about the amount of time you are at your computer? Or even how you sit in your chair?

Your physical therapist will evaluate your posture and help you improve it with simple stretching and strengthening movements.

When you are at home or at work, hot and cold packs and a neck pillow can also be helpful. Your therapist can teach you simple techniques to promote muscle relaxation and help reduce pain.

The Importance of Physical Therapy

Web2PDF

[converted by Web2PDFConvert.com](http://converted.by/Web2PDFConvert.com)

Unsubscribe

Don't want to receive these emails any more? Please [unsubscribe instantly](#)

FIND US ON LINE

[Visit our blog](#)

[Follow us on Twitter](#)

[Like us on facebook](#)

[Watch us on Youtube](#)



If you have been dealing with chronic neck pain for several weeks, it's time to call your physical therapist. As the community's recognized experts in physical therapy, we can diagnose your pain and help rule out potential concerns such as a herniated disc.

An assessment from a physical therapist is an important step in the fight against chronic neck pain. After the initial evaluation, expect your physical therapist to create a program combining exercise, stretching, postural correction and relaxation to help you recover from chronic neck pain. You will move better and feel better.

You don't have to learn to live with chronic neck pain anymore, not on our watch. Schedule an appointment with us today and we'll help you get started on the road to a pain-free lifestyle.

This email was sent by info@physioatdonmills.com

[Unsubscribe From Our Newsletter, Please Click Here](#)

Kinesiologists, Personal Trainers 6 Maginn Mews, Suite 211 Shops at Don Mills Toronto Ontario M3C 0G9 Phone: 416-444-4800