

physiotherapy

●●●●●●●● AT DON MILLS

Monday, 17 September 2012

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Alex Burnaru Courtney Holmes
Kinesiologists, Personal Trainers

[Email Us](#)

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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:

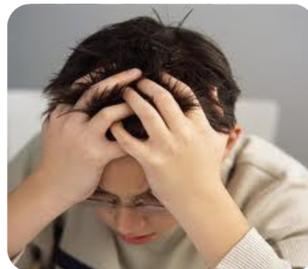
<http://physiotherapy-news.blogspot.ca/2012/08/the-role-of-physical-therapy-in-knee.html>

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.

Everything You (Didn't) Know About Headaches



The common response to a headache is "Let me pop a painkiller and hope the pain goes away". While this isn't necessarily a bad idea, it's not a long-term solution for headaches, particularly the ones that have a musculoskeletal origin.

Most patients are unaware that physical therapy can play an important role in the treatment of headaches. Did you know that a physical therapist can evaluate symptoms and create a plan to reduce headache by restoring muscle balance? With certain types of headache, this has the potential to reduce or even eliminate the need for medication. For example, did you know that strengthening of the muscles surrounding the neck and jaw helps in the treatment of headache? It's true; physical therapy can restore balance and relieve strain on muscles and joints in the head and neck region.

After a complete evaluation, the physical therapist may decide to use manual therapy, which includes joint mobilizations and massage to provide welcome relief to overworked tissues. The result is relief from the pain of headache and a smile on your face.

A migraine is a severe headache that may require medical attention. It is a disorder of the central nervous system involving blood vessels and nerves, resulting in intense pain. Once the cause of the migraine has been identified and treated by a physician, a physical therapist can facilitate a quick recovery to help the patient resume a normal, healthy life.

Pain Relief at the Source

One of the objectives of physical therapy intervention is adjustment of soft tissues and correction of mechanical dysfunction associated with the headache. There are several ways that a physical therapist can help achieve this. If sensitive tissues (blood vessels, nerves) in the neck are compressed, the physical therapist can use mechanical or manual traction procedures to facilitate decompression, improve circulation and relieve pressure around the affected tissues.

The prescription of a home exercise program to improve posture and movement patterns can be another part of the treatment process. Unknown to most patients, poor posture contributes to head and neck pain.

Depending on the severity of your headache, physical therapy can be a valuable adjunct to medications prescribed by a physician. While medications help control the pain of headache, a regimen of physical therapy improves the body's inherent ability to fight factors



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that trigger headaches.

Physical Therapy and Referred Pain



One of the causes of headache is referred pain (from other parts of the body). When the muscles and joints in the upper back, neck and shoulder are under stress, they become inflamed and cause pain. Due to the complex and interconnected network of nerves and blood vessels in the upper body, this pain often spreads upwards, triggering a headache or a debilitating migraine.

This is exactly where a physical therapist can help. With a precise combination of exercises, manual therapy and relaxation techniques, the therapist can facilitate pain relief. If you've been suffering from headaches, a viable, drug free option is available to you. You don't have to live with pain any longer because

physical therapy is a viable, scientific treatment option. Just call us and we'll get you started. We'll do everything we can to put that smile back on your face.

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