

physiotherapy

● ● ● ● ● ● ● ● ● ● AT DON MILLS

Monday, 06 August 2012

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Your local healthcare practitioners
Health Fair at Don Mills
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What our patients say about us...

... three weeks after a double knee replacement, I arrived at the clinic, still feeling rather shaky and taking strong pain-killers,... The previous summer and fall, I had already taken part in some exercise classes designed to strengthen my core and my leg muscles in preparation for the operation,

...everyone I have come in contact with at the clinic: Gita Mikal, Several Kinesiologists, Dr. Lenser, the specialist for orthotics, and the friendly ladies at the reception desk, have come through with flying colours helping me to get back to a normal and pain-free life. I cannot pretend that it has been easy, and the task will probably never be entirely finished, but everybody has shown incredible patience, even in the face of occasional setbacks, was unfailingly cheerful and positive and kept challenging me with new exercises and goals.

After the specific "knee-related" physiotherapy and treatment had come to an end after one year, I was encouraged to take part in a group class, which is ongoing, and I am allowed to use my favourite device, the exercise bike, for a few minutes after each class.

Gita always makes a point to come over for a friendly greeting and a chat, always ready to give advice or answer any questions. I am truly grateful for the invaluable help I have been given and will do my best to spread the "fame" of this friendly and cheerful clinic in my neighbourhood.

Toronto, June 16, 2012

Inge J.

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

Information session & demonstration:

NORDIC POLE WALKING

presented by:

OSTEOPOROSIS CANADA

August 14, 2012, at 5:00 pm

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

Physiotherapy at Don Mills' Pilates studio

Come in and learn how Nordic Pole walking, a safe and enjoyable activity, can assist you or a friend to stay active and manage or prevent osteoporosis. The session is free, RSVP by calling 416-444-4800

What's on...

PT@DMs clinical & management team is grateful to all friends, patients and participants who came out to support us and made it a fun and informative day. See pictures of Health Fair event published in SNAP's August edition:

http://www.snapnorthtoronto.com/?option=com_sngevents&id%5B%5D=426279&utm_source=email&utm_medium=snap

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.

Hip Bursitis and Physical Therapy

Hip bursitis is a painful condition, especially if an individual has had a pre-existing hip injury. Athletes involved in repetitive movements like running or bicycling are likely to experience bursitis.

Bursitis is the swelling of the bursa, which is a small cushion-like sac containing fluid. It is a protective sac that surrounds joints. The hip bursa is located over the outside part of the hip bone (also known as the trochanter).

This protective sac is also present in other joints like the knee, shoulder, and heel. When the bursa becomes inflamed, the pain is usually sharp and intense.

Occasionally, the pain of hip bursitis can be dull and achy. It may also spread to the lower back. The inside of the hip (towards the groin area) can also get affected.

Traditionally, a physician may decide to treat the pain and discomfort of bursitis with medication. Weight loss to minimize load on the joint and surrounding tissues may also be recommended. A physical therapist can play an important role in the design of a safe, effective exercise program to strengthen muscles and improve joint mobility without pain and discomfort.



Prevention with Physical Therapy

A vicious cycle of pain and inflammation can result in progressive joint stiffness and muscle weakness, as the body tries to limit the extent of pain associated with bursitis. When pain subsides, a physical therapist can help the individual restore mobility and strength.



The first step with physical therapy is a detailed evaluation to determine the extent of motion, strength, flexibility and the status of tissues surrounding the joint. This may require advanced tests. After gathering the right information, the therapist can plan a safe, effective exercise program to help the individual recover as soon as possible. It's important to maintain full range of motion in the hip joint, and strengthen the surrounding muscles after a period of warm up and stretching. Certain postures may need to be avoided. All of this will be outlined and documented by the physical therapist, who will guide the patient throughout the recovery process.

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The primary objective of physical therapy is to reduce pain by improving mobility and restoring muscle balance gradually. Supervised exercise is important in the early stages, followed by a progressive home exercise program consisting of hip strengthening exercises. The intensity of these exercises will be judged by the physical therapist.

Beating Hip Bursitis

If you or someone you know is suffering from hip pain, a physical therapist can diagnose the condition to determine whether bursitis is a likely cause.

Since the hip is a major weight bearing joint, it is important to treat hip bursitis as quickly as possible. Left untreated, the condition can become extremely painful and trigger low back pain and postural imbalances.

Your physical therapist program may suggest mobility exercises like bicycling and strengthening exercises like leg raises, depending on your current condition. It is highly recommended that you consult your physical therapist before beginning any exercises if you have hip pain. This will minimize stress on inflamed tissues and help you avoid pain and further injury.

Stop the frustrating cycle of pain and inactivity. Call us today for an assessment. Don't let hip pain get in the way of a healthy, active lifestyle.



This email was sent by info@physioatdonmills.com

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