



REQUEST AN APPOINTMENT

Don't Let Pain Hold You Back In 2024!

Health-related resolutions are a January staple. People resolve to get more exercise, lose weight, and eat healthier. But while everyone jokes about how those resolutions rarely last, few consider why people struggle to prioritize their health. In many cases, pain is a major contributing factor.

If you'd love to start moving more but find that persistent joint pain is holding you back, request an appointment at Key Physiotherapy. Our team of physiotherapists can help you dig down to the root cause of your pain and find a solution to resolve it — which means you'll have an easier time putting that new gym membership to use!

Common Sources of Joint Pain

The underlying cause of musculoskeletal pain will vary from person to person. If the reason isn't immediately apparent, you may have a medical condition or recently suffered a repetitive use injury. Even if the cause is obvious — say, you recently underwent surgery — the process for actually resolving that pain may not be.

Our therapists will guide you through a comprehensive evaluation that looks at your health history and symptoms and includes several movement screens. Once we identify the source of your pain, we'll suggest a customized treatment plan.

Here are a few of the conditions we can help with:

- Osteoarthritis
- Sports injuries
- Work-related injuries
- Back pain
- Neck pain
- Hip pain
- Pain in the extremities (knee, ankle, shoulder, wrist, etc.)
- Chronic pain conditions
- Certain types of headaches
- And much more!

What Can I Expect During My Sessions?

Once we know what's causing your pain, we'll pull from several techniques to help you find relief. We aim to...

- Help you manage acute pain.
- Restore your range of motion and mobility.
- Strengthen the muscles around the affected area.
- Improve your overall movement and functionality.

To accomplish these goals, we might try the following approaches:

Manual Therapy: These hands-on techniques use the power of touch to reduce pain, promote blood circulation, and improve mobility. We often start sessions with manual therapy to prepare your body for more intense treatments.

Pain-Relieving Modalities: In some cases, we may suggest pain-relieving techniques such as hot or cold therapy, TENS, or other modalities.

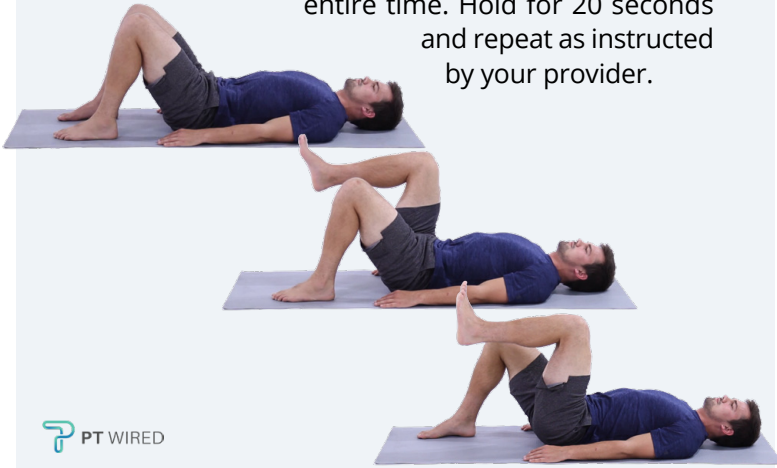
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EXERCISE ESSENTIALS

Abdominal Bracing With Marches

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Hold for 20 seconds and repeat as instructed by your provider.



PT WIRED

HEALTHY RECIPE

ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE



Start the new year with this delicious and healthy dish!

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

Directions: Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

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Therapeutic Exercise: Most musculoskeletal conditions improve with movement and exercise. Unfortunately, pain keeps people from moving as they should. We'll develop a tailored exercise program that starts at your level and gradually builds intensity, ensuring you see results over time.

Functional Training: We can help you improve your balance, walking patterns, or any other day-to-day movements you might struggle with.

Education: Finally, we'll equip you with the tools you need to minimize pain in the future. That may mean helping you find an aerobic exercise routine that suits your interests and abilities, information about proper lifting techniques, or injury prevention strategies.

The most important thing to remember is that we always customize our treatment plans. We aim to find what works for you so you can live an active, healthy lifestyle — and maybe even meet those New Year's goals!

January is a great time to sort out those mysterious (or not-so-mysterious) aches and pains that may be holding you back from meeting your goals. Call Key Physiotherapy today to get started.

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PATIENT SUCCESS STORY

"Mark and his team have treated me for two separate injuries so far. I've never had much luck in the past with Physio, and always found myself being loaded up with exercises that only made my pain worse. **Mark's method of treating my pain first before focusing on strengthening has had a hugely positive effect on how I view Physio. I feel confident knowing my health is in good hands now.**" — **Andrea M.**



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