KEY PHYSIOTHERAPY & REHABILITATION CENTRE

BACK PAIN IS NO JOKE!
HOW WE CAN HELP YOU FIND RELIEF

Back pain is a notorious trickster. After all, how many times have you noticed a persistent twinge in your back even though you know you haven't injured yourself?

At Key Physiotherapy, we won't let back pain get the best of us. Our team of musculoskeletal experts will dig deep to help us uncover the specific cause of your back pain. That way, we can develop a customized treatment plan that will address back pain at its source.

Our Physiotherapists Are On the Case

Lower back pain is one of the most common medical complaints in the world, and the vast majority of cases don't have an underlying pathology or disease. Rather, they can stem from any of the following:

- **Injuries** (back sprains and strains, herniated discs)
- **Degenerative changes** (degenerative disc disease, osteoarthritis)
- **Lifestyle factors** (prolonged sitting, improper posture)

Furthermore, sometimes multiple factors can contribute to back pain! That's why uncovering the source can be so tricky.

Fortunately, our PTs know what to do. When you visit us for the first time, we'll conduct a comprehensive exam that includes a complete medical history, a discussion of your symptoms, and several movement screens. The whole process takes about an hour — but by the time we're done, we'll have a much clearer picture of your back pain.

A Customized Treatment Plan

We understand that every patient is different — and so is every case of back pain. Using the information from your evaluation, we'll create a personalized treatment plan that addresses your specific needs. We can help...

- Manage your pain with manual therapy and other pain-relieving techniques
- Strengthen the muscles in your core that support and stabilize your spine
- Provide tips for avoiding lifestyle factors that can contribute to back pain, including postural corrections and exercise programs
- Offer information about proper lifting techniques and other strategies for avoiding back injuries

Back pain may be tricky, but physiotherapy is one of the best ways to resolve it for good. If you're dealing with persistent back pain, call Key Physiotherapy to schedule your initial consultation!
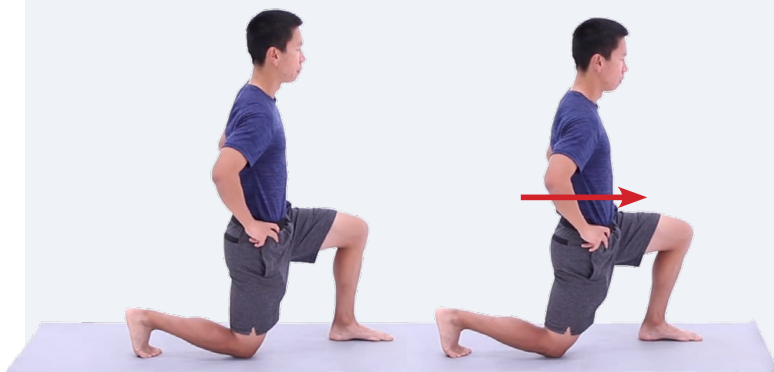
REQUEST AN APPOINTMENT

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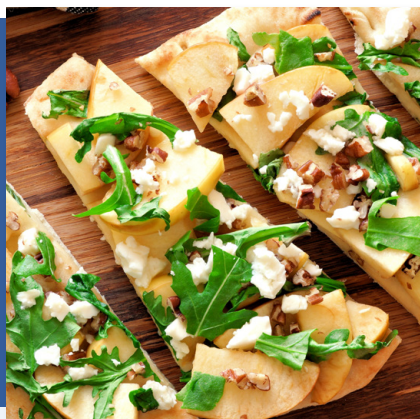# EXERCISE ESSENTIALS

Dynamic Stretch

Start by kneeling on one knee with both knees bent to about 90-degrees and an upright torso. Place your hands on your hips, squeeze your butt, and shift your hips forward slightly to feel a light stretch in the front of your hip. Shift your hips back. Hold for 2 seconds and repeat 10 times.

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Be healthy, stronger, and more active this spring — If not for you, do it for those you love!

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PATIENT SUCCESS STORY

"My experience at Key Physiotherapy was exceptional, thanks to the outstanding service provided by Mark. His expertise and personalized approach helped my groin injury heal quickly and effectively. I highly recommend Key Physiotherapy for anyone seeking top-notch care and results."

— Ian O.

HEALTHY RECIPE

APPLE, GOAT CHEESE, AND PECAN PIZZA

Ingredients:

- 1 lb six-grain pizza crust
- Cooking spray
- 3 cups thinly sliced Fuji apple
- 1 cup crumbled goat cheese
- 2 tsp chopped fresh thyme
- 1 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 ½ tsp honey
- 2 cups baby arugula
- 3 tbsp chopped pecans, toasted

Directions: Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

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