



## Preventing Surgery for Sports-Related Injuries



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# Preventing Surgery for Sports-Related Injuries



If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Expert Physio Plus physiotherapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

## Tailored Plans After an Injury

If you are trying to avoid surgery and wonder if physiotherapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only leads to a bigger, often more complex, problem.

At Expert Physio Plus, our physiotherapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

# What to Expect at Your Physiotherapy Sessions

Gloucester (Blackburn Hamlet): 613.927.9752 | Orleans: 613.927.9679 | [expertphysioplus.com](http://expertphysioplus.com)

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physiotherapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physiotherapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physiotherapy at Expert Physio Plus will provide the foundation for successful training while reducing future injuries and avoiding surgery!

## Considering Physiotherapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned

physiotherapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5223716/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573846/> • <https://pubmed.ncbi.nlm.nih.gov/27385156/> • <https://www.jwatch.org/na47635/2018/10/18/effectiveness-physical-therapy-vs-arthroscopy-meniscal> • <https://bjsm.bmj.com/content/56/15/870> • <https://jamanetwork.com/journals/jama/fullarticle/2705186>



## Say Hello To David, The Newest Addition To Sonia's Family.



Sonia welcomed her baby David in April. Sonia is our osteopath and will be away on maternity leave until August. We are looking forward to her return and we welcome baby David!

## Grace Rustom, PhD RP



Grace is a Registered Psychotherapist from College of Psychotherapists of Ontario. Grace has significant experience in working with individuals using a cognitive behavioral approach, within the biopsychosocial model.

At Expert Physio Plus, Grace is the exclusive provider for the specialty service cognitive behavioral therapy for chronic pain and comorbid conditions

(such as depression, anxiety etc.), for individuals 18+. She aims to create spaces where individuals can experience genuineness (within the self and with others) and uncover opportunities for growth, awareness, and empowerment. She practices in a manner that emphasizes safety within the professional therapeutic alliance, whilst also keeping a curious, kind, open mind as she seeks to understand an individual's experiences and promote autonomy.

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# Athletic Therapy: Recover Faster, Perform Better!

At Expert Physio Plus, we're dedicated to optimizing your athletic performance and ensuring a swift recovery from injuries. Our Athletic Therapy program stands as a cornerstone in achieving these goals, blending cutting-edge techniques with personalized care.

Led by our skilled team of certified Athletic Therapists, our program emphasizes a holistic approach to rehabilitation and performance enhancement. Whether you're a professional athlete, weekend warrior, or someone aiming to reclaim an active lifestyle, our therapists tailor treatment plans to meet your specific needs.

At Expert Physio Plus, we're committed to empowering you to reach your full potential. Experience the difference with our Athletic Therapy program and unlock a healthier, stronger you. Visit our website to learn more and schedule your consultation today!



Don't let pain impact your quality of life. Request an appointment with us today by scanning the QR code!



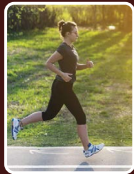
# Patient Success

*"Highly recommend for anyone seeking comprehensive and compassionate care!"*

"I recently visited Expert Plus Physio Clinic for physiotherapy and foot care, and I couldn't be more pleased with the results. The team was professional, friendly, and incredibly knowledgeable, making my entire experience seamless and comfortable. Their expertise in both physiotherapy and foot care addressed my issues effectively, providing relief and improvement I hadn't found elsewhere. Highly recommend for anyone seeking a comprehensive and compassionate care team!" — J.C..



## We Are Sponsoring The Blackburn Fun Run



**Sunday, June 2<sup>nd</sup> 2024**  
**5km @ 9:30 AM | 1km @ 10:30 AM**

Come celebrate fitness, activity and community spirit by participating in the Blackburn Fun Run! Part of the Blackburn FunFair, this event supports local charities and organizations!

The 12<sup>th</sup> Annual Blackburn FunRun starts on the fairgrounds of the Blackburn FunFair, behind the Blackburn Hamlet Community Centre (190 Glen Park Dr.) The 5k starts at 9:30 AM and the course is a loop that weaves along the trails, paths and streets that connect our beloved community. The 1k starts at 10:30 AM and is an out and back from the soccer field through the community garden paths.

**Register online by June 1<sup>st</sup> 2024 and save! On-site registration offered on morning of the event.**

## Helen Youssef, ATHLETIC THERAPIST



Helen first learned about athletic therapy when she tore her ACL playing soccer when she was 14. She underwent surgery and had a long rehabilitation process. Through that process, she grew a fascination for the human body and wanted to help other people feel better as she did.

Helen learned and practiced treating all ages, from neonates in the hospital, to the geriatric population in a home care. She has worked with a variety of conditions in cardiorespiratory, neurological, and musculoskeletal environments. Helen loves treating patients and loves helping people achieve their goals. She thinks it's important for the patient to be in control of their rehabilitation and for her to provide them with the support and knowledge they need to meet their rehabilitation goals.