



SAY "GOODBYE" TO YOUR BACK PAIN!



Scan the QR code
to schedule your
appointment today!



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**SCHEDULE YOUR
APPOINTMENT TODAY!**



SAY “GOODBYE” TO YOUR BACK PAIN!

Here's a fact about back pain that may bring you some comfort: It's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities—as it often does. Back pain is often accompanied by mobility restrictions that make walking, kneeling, bending over, or picking up objects difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At MSK Centre, we know how debilitating back pain can be. Our team of dedicated physiotherapists will help you understand the root cause of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

WHAT CAUSES BACK PAIN?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease but by mechanical issues, such as a traumatic injury or postural strain.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles or tendons in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates—that is, bulges or ruptures—and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and other symptoms.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Continued on next page.



STAFF SPOTLIGHT



DR. NICK BAYLEY, MD, FRCS(C), DIP SPORTS MED

Dr. Nick Bayley grew up in Cambridge, Ontario. He graduated summa cum laude and Phi Beta Kappa from Colby College in Maine and was team captain and a three-time Academic All-American for the men's NCAA hockey team. He then attended the Ivy League medical school of Dartmouth in New Hampshire and was named the top surgical student in his graduating class.

Dr. Bayley completed Orthopaedic Surgery residency at the University of Toronto and was named most outstanding resident at graduation. He remained at the University of Toronto for a fellowship in Sports Medicine and Arthroscopy.

Dr. Bayley is a member of the Canadian Academy of Sports and Exercise Medicine (CASEM). He is currently the team orthopaedic surgeon for the Kitchener Rangers (OHL), and provides orthopaedic care for student-athletes at the University of Guelph, University of Waterloo, Wilfrid Laurier University, and Conestoga College. He has also been involved in team coverage of the Toronto Marlies (AHL), Toronto FC (MLS), and the 2017 IIHF World Junior Hockey Championship in Toronto.

Dr. Bayley's practice focuses on treatment of shoulder injuries (labral tears, rotator cuff tears, glenohumeral instability), knee injuries (ligament and meniscal tears, cartilage injuries, osteochondritis dissecans, patella instability), hip injuries (labral tears, FAI), and ankle injuries.

AT-HOME EXERCISE

ANGEL ON BACK

Try this to strengthen your upper back and shoulders

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

SUCCESS STORIES

“Having been diagnosed with Disc Degeneration Disease in October 2020, my doctor recommended physiotherapy to help manage the pain. After careful consideration of other facilities, I chose MSK. I was paired with Jamie Wong as the physiotherapist. From the very beginning, Jamie has proven to be very patient and incredibly compassionate. He never tires of my endless questions, answering them in detail that I can fully comprehend and implement in my daily life.

The support staff are kind, caring individuals who take the time to spend with you. For anyone needing physiotherapy, chose this clinic! Everyone goes above and beyond to ensure your health and healing process is met with professionalism and compassion.

Thank you to all of the staff.

-K.L.



 **MSKcentre**
comprehensive musculoskeletal care

 **COME
BACK TO
MSK!**

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

855.428.1996

Or request an appointment online at

www.mskcentre.ca

MSK CENTRE CLINIC NEWS



Scan the QR code to take a look at our new state of the art facility by taking a virtual tour of the MSK Centre on our Instagram. This 30000 sq.ft. facility has been strategically designed to provide patients with a wide range of musculoskeletal services.

Our services consists of multidisciplinary team consisting of 10 Orthopaedic Surgeons, 15 Physiotherapists, 4 Sports Medicine Physicians, 5 Chiropractors, 1 Occupational Therapist, 2 Massage Therapists, and 1 Othropaedic Brace Technician.



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Our Physio team channeling “The Force” for Halloween!



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