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Subject: July Newsletter
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Doctors Choice Rehab

July

Monthly Newsletter

How to Have a Happy Healthy Summer



Summer Has Arrived

School's out and summer holidays and sports have started! The nice weather tends to give us an extra boost of motivation to get out side and get moving.

Sports Injuries

Prevention and management of injuries resulting from sport and exercise participation at all ages and at all levels of ability is crucial.

Basic Steps to prevent sport related injuries:

- Develop a fitness plan that includes cardiovascular exercise, strength training, and flexibility. This will help decrease your chance of injury.
- Alternate exercising different muscle groups and exercise every other day.
- Cool down properly after exercise or sports.

Doctors Choice takes a holistic route that uses advanced treating methods with a patient centric and educational approach.

As a multidisciplinary facility, we have a team of healthcare practitioners that consist of a Chiropractor, Physiotherapist and Massage therapist. All practitioners work together to provide a comprehensive and unique treatment plan for each any every individual.

Most patients think they know how to move properly until they start physical therapy.

Physical therapists are trained to identify deficiencies in the biomechanics of the body.

Often, physical therapists can target specific areas of weakness or improper alignment to help improve the body.

Most patients find physical therapy to be somewhat educational. It is an opportunity to learn about your own body and to identify movement patterns that are associated with an injury.

Quote of the Month:

“Chiropractic care is like gardening, seeds need care and maintenance while they grow, just like our bodies as we grow through life!!”

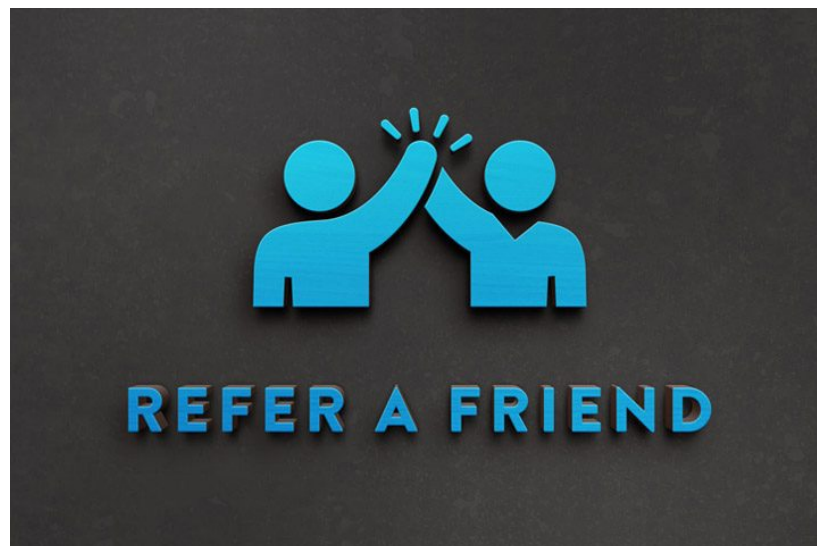
Friends and Family Discount

How does it work?

Refer a friend and get a FREE Chiropractic or Physiotherapy session for both of you at your next scheduled appointment.

This promotion will be valid from July 01-August 31, 2023.

Tell your friends and family about your great experience at Doctors Choice Rehab.



UPCOMING EVENTS

Canada Day!!!, Happy 156th Birthday to Canada. This year's celebration is on a Saturday and our clinic will be closed both on Saturday July 1st and Monday July 3rd. To ensure our patients' treatment is not impacted, we will be opening our teams' schedules on Wednesday July 5th.

Carabram- Multicultural Festival (July 7-9), Carabram is an annual multicultural festival that brings together cultures across Brampton through food, entertainment, and education. The festival takes place annually on the second weekend of July and welcomes visitors from across the Greater Toronto Area.

National Injury Prevention Day (July 5), a day to raise awareness about the harmful effects of predictable and preventable injuries across Canada. [Parachute Canada](#), a charity that works to "create a safer Canada by preventing serious and fatal injuries through evidence-based solutions that advocate and educate".

Congratulations to our Graduates of

class 2022/2023

Sunakshi
Physiotherapist
Assistant

Graduated with
Honors in Health
Care Administration

Christina
Front Desk Admin

Graduated with
honors in Health
Information
Management

**We are so proud of
our team and their
hard work and
dedication!!!!!!**



**Give us a call to book your
appointment today. Look
forward to connecting with
you.**

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