



SPRING INJURY PREVENTION: MOVE  
MORE, HURT LESS

CONSUMER  
CHOICE AWARD

2025

TORONTO  
CENTRAL

2 YEAR  
WINNER

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## INTRODUCTION

April arrives and Torontonians do what they do every year – lace up their running shoes, grab their bikes, and head back outside. But bodies that have spent months sitting more, moving less, and tightening up aren't ready for the sudden jump in activity. At Rosedale Wellness Centre, we see the result every spring: an influx of patients with injuries that were entirely preventable. The mismatch between a winter-restricted body and a sudden spike in spring activity is the root cause of most seasonal injuries. The good news? A small intervention now prevents a big setback in May or June.

## WHAT SPRING REALLY DOES TO YOUR BODY

Even if you stayed active indoors all winter, your body still adapted to reduced movement variability. Spring exposes those limitations fast. Common effects include: tight hip flexors from prolonged sitting, weakened glutes and core from reduced load, stiff thoracic spine from desk posture, and reduced cardiovascular base from less outdoor cardio. When demand suddenly exceeds capacity, something gives.

## CAUSES AND RISK FACTORS

You're at higher risk this spring if:

- You feel stiff first thing in the morning
- Your workouts feel harder than they should
- You've had a lingering ache for more than 3-4 weeks
- You're unconsciously avoiding certain movements
- You feel tight even after stretching

## 5 MOST COMMON SPRING INJURIES

- Runner's knee from returning to jogging too quickly
- Rotator cuff strains from overhead sports like tennis or baseball
- Plantar fasciitis from increased walking on hard surfaces
- Lower back flare-ups from yard work and gardening
- Ankle sprains from uneven outdoor terrain after months indoors



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## HOW TO WARM UP THE RIGHT WAY

Stretching alone rarely fixes the root cause. A proper spring warm-up involves dynamic movement — not static holds. Before every session, spend 10 minutes on leg swings, arm circles, hip rotations, and bodyweight squats to prepare your joints and muscles for the work ahead.

Beyond warming up, increase your training intensity gradually — add no more than 10% volume per week rather than jumping back to pre-winter levels. Stay hydrated throughout your sessions; muscles move better when you do. And don't underestimate sleep — tissue repairs overnight, and poor recovery dramatically raises injury risk. If something hurts for more than 3–4 consecutive days, that's your body asking for help. Don't push through it.

## WHY APRIL IS THE SMART TIME TO ACT

Most spring and summer injuries don't start in May — they start in April. This is the window when small corrections prevent bigger problems down the road. Whether you run along the Beltline, cycle downtown, play recreational sports, return to strength training, or simply want to move through life without pain — addressing restrictions now reduces your risk of setbacks later.

## WHAT TREATMENT LOOKS LIKE AT ROSEDALE

Think of it as maintenance for your body, just like servicing your car before a long road trip. Spring is here. Make sure your body is ready for it.

With over 30 practitioners under one roof, your recovery plan at Rosedale is seamless and fully coordinated. A Spring Injury Assessment may include:

- Comprehensive biomechanical assessment
- Hands-on physiotherapy or chiropractic care
- Targeted soft tissue and massage therapy
- Corrective exercise prescription
- A clear, personalized return-to-activity plan

Because our team works together, we can coordinate care across disciplines — ensuring nothing falls through the cracks and your recovery moves as efficiently as possible.

## A SMALL CHANGE NOW = A BETTER SUMMER

You don't need to wait until something "gets bad enough." In fact, the best results always come from being proactive. Book your Spring Movement Assessment today and move into the warmer months feeling strong, mobile, and confident.

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## STAFF SPOTLIGHT



**Sara Mastrangelo**  
Registered Acupuncturist

Have you met Sara?

Sara Mastrangelo is a Registered Acupuncturist with a genuine passion for holistic wellness. She graduated from Humber College with an Advanced Diploma in Traditional Chinese Medicine and holds additional certification in Cosmetic Acupuncture from the Ontario College of Traditional Chinese Medicine (OCTCM).

Sara specializes in women's health, digestive health and nutrition, pain management, cosmetic acupuncture and skincare, and emotional well-being – helping patients find balance and lasting relief from stress, anxiety, and depression. With over four years of clinical experience and 500+ volunteer hours, Sara brings deep expertise and genuine care to every patient she sees.

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