



AUGUST 2026 ISSUE

WEEKEND WARRIOR INJURIES: STAY
ACTIVE WITHOUT MONDAY PAIN

CONSUMER
CHOICE AWARD

2026

TORONTO
CENTRAL

3 YEAR
WINNER

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MAKING THE MOST OF SUMMER

Summer weekends encourage us to move more. Hiking, cycling, golf, tennis, pickleball and home projects can demand much more than your body normally experiences during the week.

A “weekend warrior” is relatively inactive during the workweek but participates in longer or more intense weekend activity. This sudden increase gives the body less time to adapt.

If you are returning to an activity after several weeks—or months—away, begin gradually. A little preparation can help you enjoy the activity without losing the following week to discomfort.

WHY WEEKEND INJURIES HAPPEN

Weekend injuries are rarely caused by activity alone. They often involve sudden increases in intensity, fatigue, limited mobility and repeated movement.

Common contributing factors include:

Increasing duration or intensity too quickly
Skipping a proper warm-up
Repeating the same movement for several hours

Using unfamiliar equipment or technique
Exercising while already fatigued
Limited strength, mobility or balance
Ignoring early stiffness or discomfort

Commonly affected areas include the back, neck, shoulders, knees, ankles and the Achilles tendon. Symptoms may develop during activity or appear later that day.

WARNING SIGNS TO WATCH

Some post-activity soreness is normal. Pay closer attention when discomfort:

- Changes the way you walk or move
- Becomes progressively worse
- Causes swelling or visible bruising
- Produces sharp or localized pain
- Interrupts your sleep

Does not begin to improve after several days



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FIVE WAYS TO PROTECT YOUR BODY

Build activity into the week. Even two or three shorter sessions can prepare your muscles and joints for a more active weekend. Walking, mobility work and basic strengthening can all help.

Warm up for the activity. Begin with five to ten minutes of easy movement before gradually adding range, speed or resistance.

Increase one variable at a time. Avoid increasing distance, intensity and duration simultaneously. When returning to cycling, for example, choose a moderate route before attempting a longer ride with difficult hills.

Take breaks before you need them. Fatigue can affect posture, coordination and technique. Short breaks, hydration and changing positions can reduce unnecessary strain.

Give your body time to recover. Gentle movement is often more helpful than remaining completely inactive after an active weekend. A light walk or comfortable mobility exercises may reduce stiffness. Recovery should not involve pushing through sharp or worsening pain.

HOW ROSEDALE CAN HELP

If soreness is not settling or an injury is limiting daily activities, an assessment can identify contributing factors. If pain is significant, follows a fall, or prevents you from bearing weight, seek prompt medical assessment.

Care may include:

- Physiotherapy
- Chiropractic care
- Massage therapy
- Acupuncture
- Corrective exercise programs
- Movement and biomechanical assessment

Your practitioner can assess movement, strength and mobility, address the irritated area and provide a practical return-to-activity plan.

Rosedale Wellness Centre offers multidisciplinary care in one convenient downtown Toronto location. Direct billing is available for many extended health insurance plans.

Don't let a weekend injury take away the rest of your summer. Book an appointment if pain or stiffness is affecting how you move.

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STAFF SPOTLIGHT



Benjamin Cohen
Chiroprapist

Meet Benjamin!

Benjamin is a chiroprapist with a background in movement science and comprehensive foot care. He holds a Bachelor of Science in Kinesiology from York University and a Diploma of Chiroprody from the Michener Institute.

He provides general foot care, custom orthotics, and nail and soft-tissue procedures. Benjamin takes a thorough, patient-centred approach focused on helping people stay active, mobile and comfortable.

Outside the clinic, he enjoys staying active, travelling and spending time with friends.

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