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WHY YOUR PAIN ISN'T GONE YET

TABLE OF CONTENTS

Pain doesn't heal in a straight line

Pain is not the same thing as damage

Healing takes time

Doing too much (too little) can stall progress

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INTRODUCTION

If you've ever thought, "I'm doing everything right—why am I still in pain?" you're not alone. This is one of the most common (and frustrating) questions we hear in clinic. And the answer is rarely that something is "wrong" with you or that treatment isn't working.

Here are the real reasons pain often lingers longer than expected—and why that doesn't mean recovery isn't happening.

PAIN DOESN'T HEAL IN A STRAIGHT LINE

We expect pain to improve steadily, week by week. In reality, healing is rarely linear. Most people experience ups, downs, plateaus, and temporary flare-ups along the way.

This doesn't mean you're regressing. It means your body is adapting, responding to load, and recalibrating how it moves and protects itself. Setbacks are often part of progress—not a failure of treatment.

PAIN IS NOT THE SAME AS DAMAGE

One of the biggest misunderstandings is believing pain always equals tissue damage. In the early stages of injury, pain is often linked to inflammation or strain. But as time goes on, the nervous system can become more sensitive, even after tissues have healed. This is why:

- ✓ Pain can linger after scans look "normal"
- ✓ Symptoms can move or change
- ✓ You can feel pain without re-injuring anything

Pain is influenced by the brain, nervous system, stress levels, sleep, and previous experiences—not just muscles and joints.

HEALING TAKE TIME

Different tissues heal at different speeds:

- ✓ Muscles: weeks
- ✓ Tendons and ligaments: months
- ✓ Nerves: even longer



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If pain has been present for a while, your body often needs consistent exposure to the right movement and load before it fully trusts that area again.

Quick fixes are appealing—but long-term recovery is built through gradual, guided progress.

DOING TOO MUCH (TOO LITTLE) CAN STALL PROGRESS

Pain often sticks around when the balance is off:

Too much too soon → flare-ups and frustration

Too little movement → stiffness, weakness, and sensitivity

This is why personalized rehab matters. Exercises that help one person can aggravate another if timing, dosage, or technique aren't right.

Progress isn't about pushing through pain—or avoiding movement entirely. It's about finding the right challenge for your body at the right time.

STRESS, SLEEP AND LIFE LOAD MATTERS ALOT

Your body doesn't separate physical stress from mental stress.

Poor sleep, high work demands, anxiety, and constant rushing all increase pain sensitivity and slow recovery.

Many people notice pain feels worse during stressful weeks—not because they're injured again, but because their nervous system is overloaded. Addressing pain means looking at the whole picture, not just the site of discomfort.

WHAT THIS MEANS FOR YOU

If your pain isn't gone yet, it doesn't mean:

- You're broken
- Treatment has failed
- You'll "always be like this"

It usually means your body is still learning how to move, load, and feel safe again—and that process takes patience, consistency, and the right guidance.

At our clinic, progress is measured by more than pain scores. We look at function, confidence, movement quality, and long-term resilience—not just short-term relief.

If you have questions about your recovery timeline or want to understand what progress should look like for your body, our team is always here to help.

You're not behind. You're healing.

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STAFF SPOTLIGHT

Have you met Brandon?

Brandon Leung is a physiotherapist with a Master's degree in Sports Medicine from the University of Bradford. He treats musculoskeletal and sports-related injuries using a hands-on approach, including Swedish massage, trigger point therapy, and PNF techniques.

Brandon has experience working in private clinics, post-surgical rehab, community physiotherapy, and professional football, giving him a well-rounded perspective on recovery and performance.

Outside the clinic, you'll find him playing tennis or padel, training martial arts, travelling, or trying new food spots. His favourite movie? Ratatouille. Favourite actor? Denzel Washington.

Brandon Leung
Resident Physiotherapist



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I got a very good treatment with the Physiotherapist Julie, I am very happy I feel like 20 years old and it is amazing to feel and do things like young again. She really helped me to move again without pain.

Thank you

Miguel Mejia

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