



WHY STRENGTH MATTERS MORE THAN
AGING: WHY PAIN OFTEN RETURNS

CONSUMER
CHOICE AWARD

2026

TORONTO
CENTRAL

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Modern physiotherapy focuses not only on reducing pain, but also improving:

- Strength
- Stability
- Mobility
- Balance
- Movement quality

The goal is not simply to feel better temporarily – it's to help your body move better long term.

STRENGTH ISN'T JUST FOR ATHLETES

One of the biggest misconceptions is that strength training is only beneficial for athletes or gym enthusiasts. In reality, properly guided strengthening exercises are one of the most effective ways to support joint health, improve posture, reduce injury risk, and maintain long-term mobility.

As the weather improves and activity levels increase during the summer months, many people begin experiencing:

- Lower back pain
- Knee discomfort
- Neck stiffness
- Shoulder tension
- Sciatica flare-ups

Often these issues appear when the body suddenly takes on more activity than it is prepared for after a slower winter season.

This is why early intervention matters. Small improvements now can help:

- Prevent future injuries
- Improve mobility and movement efficiency
- Support recovery
- Keep you active throughout the summer

WHAT TREATMENT LOOKS LIKE AT ROSEDALE

With over 30 practitioners under one roof, care at Rosedale Wellness Centre is coordinated, personalized, and movement-focused.

A treatment plan may include:

- Physiotherapy
- Chiropractic care
- Soft tissue and massage therapy
- Corrective exercise programs
- Movement and biomechanical assessments

Because our team works collaboratively, we focus on addressing the root cause – not just the symptoms.

Whether your goal is reducing pain, improving mobility, staying active, or preventing future injuries, investing in movement and strength today can help support your long-term health and recovery.

PROVIDING UNIQUE DIRECT BILLING OPTIONS SO YOU CAN GET IN AND OUT OF YOUR APPOINTMENT FAST!

WWW.ROSEDALEWELLNESS.COM
CALL TODAY: 416-975-0499

STAFF SPOTLIGHT



Emily Nespolo
Registered Naturopath

Meet Dr. Emily Nespolo!

Dr. Emily Danielle Nespolo is a naturopath with a passion for helping patients feel their best through personalized, evidence-based care. She has a special interest in women's health, digestive health, skin health, sports management, and cosmetic acupuncture.

Outside of the clinic, Emily enjoys staying active through running, pilates, cycling, and skiing, while also exploring Toronto's restaurant scene. Fun fact – her favourite TV show is Seinfeld!

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