



SPRING RESET: DON'T BRING YOUR WINTER PAIN INTO SPRING

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INTRODUCTION

After months of cold weather, shorter days, and spending more time indoors, most people don't realize how much their bodies have adapted to winter.

We sit more.

We move less.

We tighten up without noticing.

And then March arrives. Suddenly we're walking more, returning to workouts, playing sports, or simply spending more time outside – and that's when pain shows up.

At Rosedale Wellness Centre, we see it every year.

WHAT WINTER REALLY DOES TO YOUR BODY

Even if you didn't slip on ice, winter can quietly create:

- ✓ Stiff hips from reduced walking
- ✓ Tight upper backs from desk posture
- ✓ Lower back compression from prolonged sitting

- ✓ Neck tension from stress and screen time
 - ✓ Reduced mobility from colder muscles
- Your body adapts to what you repeatedly do. And for most Torontonians, winter means less movement variability.

When activity increases again in the spring, those limitations get exposed.

That "random" back pain?
The shoulder irritation?
The knee flare-up?

Often it's not random at all – it's accumulated restriction meeting increased demand.

5 SIGNS YOU NEED A SPRING RESET

You may benefit from a movement assessment 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 avoiding certain movements



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You feel “tight” even after stretching
Stretching alone rarely fixes the root cause.

A proper reset involves:

- Joint mobility restoration
- Muscle activation correction
- Movement pattern assessment
- Load progression guidance

WHY MARCH IS THE SMART TIME TO ACT

Most spring and summer injuries don't start in May.

They start in March. This is the window when small corrections prevent bigger problems.

Whether you:

- Run along the Beltline
- Cycle downtown
- Play recreational sports
- Return to strength training
- Or simply want to move pain-free

Addressing restrictions now reduces the risk of setbacks later.

WHAT A SPRING RESET LOOKS LIKE AT ROSEDALE

Your session may include:

- ✓ Comprehensive biomechanical assessment
- ✓ Hands-on therapy (physiotherapy or chiropractic)

- ✓ Targeted soft tissue work
- ✓ Corrective exercise prescription
- ✓ A clear return-to-activity plan

Because we have over 30 practitioners under one roof, we can coordinate care if needed – ensuring your recovery plan is seamless.

A SMALL CHANGE NOW = A BETTER SUMMER

You don't need to wait until something “gets bad enough.”

In fact, the best results come from being proactive.

Think of it as maintenance for your body – just like servicing your car before a long road trip. Spring is coming.

Make sure your body is ready for it.

Book your Spring “Movement Assessment” today and move into the warmer months feeling strong, mobile, and confident.

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STAFF SPOTLIGHT



Benjamin Cohen
Chiroprapist

Have you met Benjamin?

He is a skilled chiroprapist with a strong background in movement science and comprehensive foot care. He holds a Bachelor of Science in Kinesiology from York University, a Diploma of Chiroprody from the Michener Institute of Education, and a Diploma of Massage Therapy from the Royal Canadian College of Massage Therapy.

He provides full-scope chiroprody services including general foot care, custom orthotics, and nail and soft tissue procedures. With experience in leading Ontario clinics, Benjamin takes a thorough, patient-centered approach focused on keeping people active, mobile, and pain-free. Outside the clinic, he enjoys staying active, traveling, and spending time with friends.

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