



IT'S TIME TO GET F.I.T.

*"With my F.I.T. treatments
I feel I can get through
anything!"*

Darcy Tucker
Toronto Maple Leafs



ATHLETE'S CARE
For Sports & Recreational Injuries

- NECK PAIN
- FROZEN SHOULDER
- ELBOW TENDONITIS
- BURSITIS
- CARPAL TUNNEL
- WRIST PAIN
- DISC HERNIATION
- HIP PAIN
- LOW BACK PAIN
- SCIATICA
- NERVE ENTRAPMENTS
- ITB SYNDROME
- PATELLAR TENDONITIS
- PLANTAR FASCIITIS
- SHIN SPLINTS
- ANKLE SPRAINS
- ACHILLES TENDONITIS
- MUSCLE PAIN & STIFFNESS
- ROTATOR CUFF SYNDROME
- RECREATIONAL INJURIES
- AND MORE...

WHAT IS FUNCTIONAL INTEGRATED THERAPY?

Functional Integrated Therapy (F.I.T.)™ is a unique blend of myofascial techniques combined with a biomechanical assessment and a functional treatment. This approach addresses soft tissue and joint biomechanics as well as the neural information system to speed up recovery from musculoskeletal injuries, restore proper function and improve performance. This multi-faceted approach is highly sought after by elite and amateur athletes alike.



"FIT helps get me through the 162 game schedule. Thanks for helping me achieve my goals".

Roy Halladay
Toronto Blue Jays Pitcher
2003 Cy Young Award Winner

www.athletescare.com

FUNCTIONAL INTEGRATED THERAPY

WHAT TO EXPECT FROM OUR TREATMENT

Your F.I.T. Provider will initially perform a thorough examination of you in a functional manner to determine the cause of your pain. Our evaluation encompasses the body as a complete unit looking at your soft tissue (muscles), joints, nervous system and the mechanics of your movement, as oppose to just focusing on the site of injury. We also take into consideration the surrounding muscles and how your sport and/or lifestyle will affect them. Once the exam is completed your treatment will immediately begin during that initial visit.

Our treatment approach is customized based on your specific needs. Most of our patients notice immediate results, with 90% of patients achieving pain relief within a short period of time. Our focus is to provide the finest possible level of care for each patient.



Who Do We Treat?

- Hockey Players
- Golfers
- Squash Players
- Tennis Players
- Baseball Players
- Football Players
- Swimmers
- Skiers
- Basketball Players
- Marathon Runners
- Weekend Warriors
- Weightlifters
- Lacrosse Players
- And Everyday People

“I didn’t do anything, it just started hurting”

Does this sound familiar? Do you suffer from a nagging injury or pain that prevents you from engaging in the activities you love? F.I.T. can help free you of your pain and restore normal function.

HOW IS F.I.T. DIFFERENT?

F.I.T. is different because F.I.T. uses a unique combination of powerful therapies that include:

- ❖ **Advanced soft tissue techniques**, including Active Release Technique (ART ®), fascial abrasions and Graston Technique® to break down scar tissue and adhesions.
- ❖ Contemporary medical **electro-acupuncture** to help regulate your nervous system.
- ❖ Joint **manipulation** techniques to normalize joint mechanics.
- ❖ Functional **gait analysis**.
- ❖ **Functional rehabilitation** to correct muscle imbalances, restore optimal function and prevent re-injury.
- ❖ **Kinesiotaping** to help correct muscle function and improve circulation of lymph/blood.



“F.I.T. has been an essential part of my career. In my experience as a top level athlete, if you are not using F.I.T. it is like you are using the wrong equipment for your sport.”

John Power
#1 ranked squash player in the world

WHO CAN BENEFIT FROM F.I.T.?

The therapy is not only used to treat injuries, it is also used to diagnose problems before they get worse. Athletes come to our facilities, perform their sport movement and the mechanics of their motion are assessed.

"F.I.T. has done wonders for my performance. The techniques provided me with an option from the traditional heat, ice and muscle stimulation. F.I.T. helped me become the top in my field."



Lauryn Williams
100m 2004 Olympic Silver Medalist
100m 2005 World Gold Medalist

F.I.T. IS NOT JUST FOR ATHLETES...

F.I.T. is not only for athletes recovering from injuries, it has also been called upon by the medical community in attempts to help their patients who are considering surgery, after surgery fails, and as an integral part of post-surgical rehabilitation program.



"F.I.T. is a great tool used to treat musculoskeletal injury. My patients have benefited significantly, some improving to the point where surgery was not required. If surgery became necessary then the patient was better prepared and faster recovery was observed."

Dr. Erin Boynton
'05-'06 Toronto Maple Leafs Consulting Surgeon
'99-'06 Toronto Blue Jays Consulting Surgeon

WHAT IS ACTIVE RELEASE TECHNIQUES®?

Active Release Techniques or ART® is a soft tissue management system that breaks up scar tissue and adhesions that form in soft tissue from either direct injury or from repetitive movements over time. When soft tissues have been injured or tighten up scar tissue is formed.

While necessary for healing, scar tissue may stick to adjacent structures causing restricted ranges of motion, decreased flexibility, and may compress nerves or blood supply. This contributes to either muscle fatigue or weakness, pain, as well as numbness and tingling.

ART®, as the name implies, uses motion to find and fix the problem area. Once the restricted area has been identified, hands-on treatment and patient motion is used to "free up" adhesions. Treatment duration and frequency vary depending on the severity and complexity of the injury.

F.I.T. Providers are dedicated to serving active individuals. Whether you are a professional athlete or a weekend warrior, if you are injured or looking to enhance your athletic performance, our Functional Integrated Therapy system can help you return to your active lifestyle.

Our providers are consultants to the:

- ✦✦ Toronto Blue Jays
- ✦✦ Toronto Maple Leafs
- ✦✦ Canadian National Squash Team
- ✦✦ Toronto Marlies
- ✦✦ Toronto Argonauts
- ✦✦ Canadian National Track & Field Team

F.I.T. has been a great asset in helping me to achieve my professional goals and perform at the level that is demanded of me.

Damon Allen
All-Time Pro Football Passing Record Holder
4 Time Grey Cup Champion



Our F.I.T. Providers can be found at all **Athlete's Care Sports Medicine Clinics:**

Athlete's Care York University

(416) 736 5991

Athlete's Care Yonge & Eglinton

(416) 544 9065

Athlete's Care King & Yonge

(416) 368 9990

Athlete's Care The Beach

(416) 691 6661



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