

## Performing At Your Best! Are You?

When people think of performing, thoughts usually turn to high performance musicians, athletes, or artists. While this is certainly true, performance also applies to each and every one of us.

We are all performers in life. Our ability to bounce out of bed, charge through the day and perform our duties with energy and vitality should not be ignored or taken for granted.

Many of us take care of other people in addition to ourselves every day. So, self-care is essential to maintaining our energy and health. In order to be able to perform at our highest level, we definitely need to take care of our own needs first. By doing this, we can execute at our best, feeling energized and renewed, instead of depleted and spent.

What causes us to feel run down? A variety of things. For those who are musicians and artists, repetitive movements can cause strains and other injuries. For those of you who work in an office environment, cradling the telephone between your ear and shoulder can cause a strain in the neck and shoulder muscles. Sitting for hours can cause low back pain. Staring at a computer can cause headaches and neck strain. And these things just happen at work! What about when you go home?

Most people think of seeking therapy when they have injured themselves during an accident. While of course this is true, symptoms such as numbness in fingers and hands, headaches, stiffness in the upper back, and other pains that many of us feel during the course of the day are often ignored. Because we are all living longer and wanting to stay active, giving ourselves the opportunity to participate in activities and sports that bring us joy should be a high priority.

The Performance Health Centre (TPHC) is a new clinic that has recently opened in Liberty Village. Offering chiropractic care, massage therapy, acupuncture, reflexology, yoga, and pilates, TPHC is committed to helping people achieve optimum health and perform at their personal best. Whether you are a musician, an artist, or simply a performer in life, we encourage you to stop by and visit our office. Dr. Larry Feldman and his team are pleased to answer any questions or concerns you may have. It is also great to see many employers in Liberty Village offering coverage for these services in their benefit plans.

Everyone has the potential to perform in life at their highest level. We are dedicated to helping you get there.

To book your appointment, simply call 416-538-BACK (2225) or e-mail us at [info@tphc.ca](mailto:info@tphc.ca)!