

# News

## Blog

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[StaminaPro Patches](#)



What are they? StaminaPro patches are an adhesive patch that acts as an anti-inflammatory and pain reliever. StaminaPro was created from Energy Medicine Technology which uses signatures of over 200 different natural remedies known for their anti-inflammatory properties. These properties are carried by a resonant wave and put onto the patch. When the patch is adhered to the skin, the electrons are activated and initiates the body's natural response to accelerate the healing process. What ...

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[Snapshot: Hamstring Strain](#)

Snapshot - Hamstring Strain. . Hamstring injuries are among the most common injuries in sports. Commonplace in those sports that require sprinting, kicking, quick bursts of acceleration and deceleration, and change of direction. Very commonly seen in team sports. Will cause missed playing or training time. Notorious for high rates of reâ' injury. This could be due to consistently treating and fixing the injury itself but not looking for the true cause. Anatomy. The hamstrings ...

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Posted on **2020-10-14**

[Snapshot: Glute Med](#)

Snapshot - Gluteus Medius. The Gluteus Medius muscle is one of the most overlooked, neglected and vastly underappreciated muscle in training and gym programming. It is an important muscle for preventing injury in both the hip and lumbopelvic region but also down the chain in the knee, ankle, and foot. Effective activation, adequate strength and good endurance of the muscle is required for effective biomechanics in walking, running and single leg / unilateral training. Anatomy. ...

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[What is Osteopathy?](#)



As Honsberger Physio+ continues to grow, we are constantly evaluating our services, technology and tools to better serve our clients! To elevate our evidence based, functional movement approach and talented clinical team, we will be offering Osteopathy in both our Markham and Aurora clinics starting Monday, October 5th! Daneil Hilborn is a Certified Athletic Therapist and Osteopathic Manual Practitioner with a wealth of experience! Dan specializes in treating patients holistically...

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[Unilateral Strength Training](#)



Have you ever thought of training stronger with less equipment? Since the pandemic began in March, everyone has been desperately scavenging and sourcing fitness equipment for home exercise as gyms are forced to shut down. Unfortunately, they always end up with disappointments when they see the empty aisle at the fitness section at their local Walmart. Train Unilaterally and Why?? There are several reasons why therapists would opt for unilateral strength training and here are the top few: It...

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