

Toronto Clinic Shares Insight On IV Therapy For Tendon Injuries

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TORONTO, ON - November 14, 2022 -
Toronto Functional Medicine Centre is taking steps to help their community learn why IV therapy may be able to help people recover from tendon injuries. While such injuries may be considered relatively minor by some, the truth is that they can be debilitating and cause serious changes to an individual's quality of life. As such, anyone suffering from such a condition will want to investigate adjunctive solutions. The clinic says IV therapy can be used when combined with oral support and lifestyle modifications.

As part of their outreach program regarding IV Therapy for tendon injuries, the IV clinic has published an article on the subject: Our IV Therapy Toronto Clinic Examines Nutritional Support for Tendon Injuries. The article explains, ?Think of tendons as ropes for the human body. They physically connect your bones and muscles, allowing the bones to be flexible as your muscles contract and loosen. However, your tendons can become impaired from excessive use, dehydration, aging, injuries or particular health issues. At our vitamin therapy lounge, it?s not uncommon for patients to inquire about body stress related to bone health, muscle health and tendons. In this post, the Toronto Functional Medicine Centre explains how IV therapy and nutrition could synergistically play a role in the tendon restoration process.?

Everyone has tendons and has to use them in virtually every physical activity, so anyone can potentially suffer from an injury. However, certain people may be more susceptible, or a pre-existing condition may mean that injuries are more serious when they do occur. Toronto Functional Medicine Centre points out that athletes are especially likely to sustain this type of injury if they engage in high intensity sports, such as those that require rapid directional changes or abrupt stops. Their risk of injury can even be exacerbated by poor posture and excessive repetitive movements (among other factors), as this strains the tendons.

People engaging in such physical activity are not alone in facing the risk of tendon injury, however. Since repetitive tasks can make tendons more likely to suffer strain, the clinic points out that people who work in sedentary roles, such as office workers, could experience tendonitis. Here, the tendons become inflamed or aggravated, and it is most commonly seen in the shoulders, elbows, wrists, knees and heels.

Many might assume that surgery (combined with physical therapy) is the only way to rectify a tendon injury, but this may not be the case. Instead, the answer may lie in nutrition ? and methods by which said nutrition would be delivered. Some early research may be of interest, showing that nutrients like vitamin C, vitamin D, arginine, glutamine, leucine, zinc, manganese and so on should be considered in the management of tendon injuries.

The article states, ?If you?re interested in upping nutrients to encourage mending, symptom relief, or to instigate ACE-related physical performance, we?re here for consultations. We recommend oral supplementation combined with IV therapy to increase your absorption rate; they provide synergistic support, while bypassing possible digestive malabsorption issues. IV vitamin drip therapy (also known as IV therapy or IV therapy drips) assures you receive an ample absorption of nutrients. We carry a plethora of key ingredients to promote optimal health, such as amino acids, vitamin C, glutamic acid, major antioxidants and other ingredients.?

Toronto Functional Medicine Centre says that IV therapy may offer a number of benefits that may have an impact in treating tendon injuries as well. For instance, IV therapy may boost the absorption rate of nutrients, given that it bypasses the digestive system and immediately enters the bloodstream. For the same reason, people with sensitive stomachs may find that IV therapy helps them avoid the unwanted side effects they may otherwise experience if they tried oral alternatives.

The Toronto Functional Medicine Centre offers in-person consultations to all who would like to discover whether their health issues could be supported via IV therapy. More information on Amino acids IV Infusions ,

NAD IV therapy, glutathione IV Drip, and other various types of nutrients such as hydrochloric acid in IV therapy can be found on the clinic?s website as well. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; and from 9:00 am to 4:00 pm on Saturdays. Their IV lounge clinic can be reached at (416) 968-6961, or through email at info@tfm.care.

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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, ON M5R 3L2

Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

