

Exciting News

We are proud to announce that our new Stayner Location is now open! Call today to schedule your appointment!



UNDERSTANDING HERNIATED DISCS

Georgian Bay Location Mon 8:00am - 8:00pm
1 First Street Unit 102 Tues 8:30am - 8:00pm
Collingwood ON - L9Y 1A1 Wed 8:00am - 8:00pm
Phone: 705-446-2551 Thurs 8:00am - 8:00pm
Fax: 705-446-1897 Fri 8:30am - 4:00pm

Stayner Location Mon 8:00am - 3:30pm
7460 County Road 91 Unit 3 Tues 8:30am - 5:00pm
Stayner, ON - L0M 1S0 Wed 2:00pm - 7:00pm
Phone: 705-446-2551, ext 5 Thurs 8:00am - 8:00pm
Fax: 705-446-1897 Fri 8:00am - 12:00pm

Mon 8:00am - 3:30pm
Tues 8:30am - 5:00pm
Wed 2:00pm - 7:00pm
Thurs 8:00am - 8:00pm
Fri 8:00am - 12:00pm

Hours subject to change due to COVID-19. Please call in advance.

INSIDE: How Physiotherapy Can Help Your Herniated Disc
Meet The Team · Healthy Recipe · Exercise Essential





Understanding Herniated Discs

Back pain can develop for all sorts of reasons. From a car accident to bad posture, to an uncomfortable seat for a prolonged period of time, back pain can come out of nowhere and cause no small amount of discomfort once it arrives.

There are some back injuries, however, that are even more painful than your run-of-the-mill back pain. A herniated disc is one of the most painful back injuries that you can experience, and it is far more common than you may be initially aware.

What Is A Herniated Disc?

Your spine is made up of a series of interlocking bones with small cushions in-between each joint socket. The structure of your spine is what allows you to move freely from side to side. Every time you crunch your abdomen by bending forward, or lean to one side or another for a deep stretch, those little vertebral bodies move with you, keeping you comfortable and your back strong. Without cushioning in between each of those sockets, the bones would rub against one another with every movement, and this would be incredibly painful.

When a disc becomes herniated, the cushioning in between the vertebrae will rupture, essentially deflating

the cushioning in between the vertebrae and causing the bones to begin to rub against one another. This is painful enough as it is, but can become even more painful if the herniated disc actually begins to press on the adjacent spinal nerves, causing the pain to spread even further up the spine.

The most common placement for a herniated disc is at the lumbar vertebrae in the lower back. While it is not the only reason that pain can become severe in the lower back, it is definitely one of the most severe forms of back pain. If you suspect that you may have experienced a herniated disc it is important that you seek medical attention, such as from your physiotherapist. A herniated disc will not heal on its own, and working with a physiotherapist is one of the best ways to experience relief from the pain associated with this common concern.

How Does This Happen?

The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can become herniated as a result of injury, car accident, or even simply from overuse. One of the most common causes of a herniated disc is heavy lifting. Weight lifters have to be especially wary not to suddenly lift something too heavy, otherwise risk experiencing a

Meet the Team!



Dr. Lisa Fischer

MD, BSCPT, CCFP (SEM) , FCFP, DIPSPORTMED

Dr. Lisa Fischer will be joining the staff at Peak to Shore Physiotherapy as a Primary Care Sport Medicine Consultant while continuing her practice in academic sport and exercise medicine at Western where she has practiced for over 25 years.

Dr. Fischer was instrumental in having sport and exercise medicine nationally recognized as an area of added competence with the Canadian College of Family Physicians.

Dr. Fischer has developed an interest in concussion and is a clinical leader in the care of athletes with sport concussion. She has helped to develop a post-concussive multidisciplinary rehabilitation practice in London to help those with acute and persistent symptoms.

We are now accepting referrals for musculoskeletal injuries, sport related concussions and arthritis.

How Physiotherapy Can Help Your Herniated Disc



slipped disc. But experienced gym-goers are not the only ones at risk. Every time you attempt to move a piece of furniture, a heavy box, or even a big bag of books you need to be wary to lift correctly, otherwise face the risk of potentially herniating a disc in your back.

Treatment For Herniated Discs

Pain associated with a herniated disc often develops in the sciatica nerve, and doesn't subside with simple rest and relaxation. While hot and cold therapy will help alleviate the pain associated with many different back issues, it won't make the pain of a herniated disc go away. The pain is often frequently associated with numbness, weakness, and tingling in the legs. In many situations, the pain will feel more severe after initial movement, such as standing up or laying down. Many people mistakenly refer to having a herniated disc as having "pinched a nerve," but that is not the case.

Physiotherapy is a great resource for attempting to overcome the pain associated with a herniated disc. A combination of passive and active techniques is typically employed, including deep tissue massage, electrical stimulation, and hydrotherapy, as well as deep stretching and strength building.

If you suspect that you may have a herniated disc, contact a physiotherapist right away. Attempting to engage in therapy at home could lead to further injury. It is best to have an experienced therapist assess your injury before attempting any treatment options.

Exercise Essential



 SimpleSet Pro

FORWARD BEND

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Pilates
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy



Healthy Recipe *Italian Wedding Soup*

INGREDIENTS

- 4 tbsp extra-virgin olive oil, divided
- 1 1/2 cups chopped yellow onion
- 2/3 cup chopped carrot
- 2/3 cup chopped celery
- 2 tbsp minced garlic
- 6 cups unsalted chicken broth
- 6 oz orzo, preferably whole-wheat
- 1 1/2 tsp chopped fresh oregano
- 1/2 tsp kosher salt
- 24 cooked chicken meatballs (12 oz)
- 4 cups baby spinach
- 1/4 cup grated Parmesan cheese

DIRECTIONS

Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

Reducing Stress With Mindfulness



There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard *not* to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to [Help Guide](#), mindfulness has been found to be a key element in stress reduction and overall happiness. **Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.**

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

Try these simple methods to help reduce anxiety and give you greater peace of mind:

- **Keep a daily journal.** Writing down what has occurred during the day can help with awareness of emotion.
- **Repeat a positive affirmation.** Stop negative thoughts in their tracks. Repeating a positive affirmation helps to reverse negative tangents and improve your mood.
- **Focus on the moment.** What is good right now, at this moment? It can be as simple as being grateful for your cup of coffee or hearing a bird singing outside.
- **Check in with yourself.** Throughout the day, take the time to turn your focus inward. If your body is tense, focus on relaxing it. If your mind is wandering, try to bring it back to the moment.

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries

- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries

- Sprains
- Vertigo
- And more!



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

*Call **Peak To Shore** to talk with your physiotherapist today!*