

Exciting News

We are proud to announce that our Wasaga Office is now open! Call today to schedule your appointment!

Review Us!

We make it easy to review! Just scan the QR code for the location you would like to review. We would love your feedback!



**Georgian Bay
Location**



**Stayner
Location**



SHOULDER, ELBOW AND WRIST PAIN, WHERE IS IT COMING FROM?

Georgian Bay Location

1 First Street Unit 102
Collingwood ON
L9Y 1A1
Phone: 705-446-2551
Fax: 705-446-1897

M 8:00a - 8:00p
T 8:30a - 8:00p
W 8:00a - 8:00p
Th 8:00a - 8:00p
F 8:30a - 4:00p

Stayner Location

7460 County Road 91
Unit 3
Stayner, ON L0M 1S0
Phone: 705-446-2551
Fax: 705-446-1897

M 8:00a - 3:30p
T 8:30a - 5:00p
W 2:00p - 7:00p
Th 8:00a - 8:00p
F 8:00a - 12:00p

Wasaga Location

102 - 14 Ramblewood
Drive, Wasaga Beach,
ON L9Z 0C4
Phone: 705-446-2551
Fax: 705-446-1897

M 10:00a - 3:00p
T 8:00a - 3:00p
W 8:00a - 3:00p
Th 10:00a - 3:00p
F 10:00a - 3:00p

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

INSIDE:

Give Chronic Pain the Cold Shoulder - Meet the Team!
Getting a Handle on Shoulder, Elbow, and Wrist Pain





Give Chronic Pain the Cold Shoulder

It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows and wrists with targeted techniques from your experienced physiotherapists.

What is Causing the Pain?

Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history — and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary lifestyles frequently contribute to weight gain, which increases your risk for a long list of

obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace — including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

Common issues that can lead to shoulder, elbow, and wrist pain include:

- Issues with poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

Meet the Team!



Lisa Pall

CERTIFIED ATHLETIC THERAPIST

Lisa graduated from York University in 2015 with a Specialized Honours Bachelor of Arts in Kinesiology and Health Science, as well as a Certificate in Athletic Therapy. The same year, she challenged and successfully completed the national board certification exams for Athletic Therapy, and became a Certified Athletic Therapist.

In the past three years, Lisa has worked with various high level athletes and organizations including the York University Varsity program, The National Ballet of Canada, Taekwondo Canada, Field Hockey Ontario, and the Ontario Women's Hockey Association among others. She has a wide variety of experience in both clinical and field settings. Lisa is passionate about rehabilitating and returning athletes of all levels back to the activities they love, and has a strong focus on manual therapy, specialized exercise prescription, and concussion management.

In 2016, Lisa hopes to further improve her practice by becoming a Certified Strength and Conditioning Specialist with the NSCA. She also plans to take continuing education courses in Fascial Stretch and Craniosacral therapies. Lisa is currently working at both Collingwood and Stayner locations.

Getting a Handle on Shoulder, Elbow, and Wrist Pain

One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts — and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

This is why so many issues regarding pain in the shoulder, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.

Treating Shoulder, Elbow and Wrist Pain.

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain.

Physiotherapy is the ideal tool for support in this regard. Working with a physiotherapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulder, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your physiotherapist.



Exercise Essential



 SimpleSet Pro

MEDIAN NERVE GLIDE

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist forward and back. Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

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 *Pink Sunrise Strawberry Smoothie*

INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

DIRECTIONS

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!



Meet the Team!

Dr. Angelica Dimopoulos, D.C.



We would like to formally welcome the newest addition to Peak to Shore Stayner, Chiropractor Dr. Angelica Dimopoulos (D.C). Angelica will be joining us Monday evenings from 4-8pm starting January 4, 2021.

Angelica completed her undergraduate degree at Queen's University in Biology. Upon completion, she graduated Magna Cum Laude with a professional degree in Chiropractic from the Canadian Memorial Chiropractic College in Toronto. Angelica understands the value in continuing education. She has completed coursework in fascial manipulation (Level 1 and 2) and concussion treatment (Shift Concussion Management). Angelica relishes the opportunity to work in a variety of clinical settings and with a wide array of patient populations, including all-star competitive cheerleading.

She is committed to patient-centered care and believes in providing treatment that is supported by evidence and the latest research to ensure safety and results for her patients. Her treatment techniques include active rehabilitation, manual therapy, modalities and manual chiropractic adjustments when indicated. She believes in the value of educating her patients on their health and wellbeing. She empowers all of her patients to play an active role in their recovery.

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!