

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**



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

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:

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How You Can Avoid Surgery After A Sports Injury

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching.

A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physiotherapy.

KNEE INJURIES: The knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Peak To Shore Physiotherapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physiotherapy first before recommending any other procedures.

Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. **During these difficult times, physiotherapy is considered essential** and at Peak To Shore Physiotherapy we are offering Telehealth Services if you are unable to attend in person. **To learn more about what our clinic is doing to prevent the spread of COVID 19, contact our office today.**



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCE



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



WE ARE CHECKING
THE TEMPERATURE
OF EACH PATIENT



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY

Don't Let Pain Sideline You

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term “weekend warrior” means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little “drier.” When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physiotherapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Peak To Shore Physiotherapy can get you back to enjoying your activities pain-free. **Call today to learn more about how our programs can help you feel great!**



Exercise Essential



 SimpleSet Pro

SINGLE LEG STANCE FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Hold for 10 seconds. Repeat on each side.

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

Staff Spotlight *Pamela Chadbourn, PT*

Pamela graduated with a Master's degree in Physical Therapy from the University of Toronto in 2010, after completing a Bachelor's of Science from the University of Western Ontario. She has been practicing physiotherapy in the orthopaedic setting since then, and has gained experience treating a wide variety of injuries with clients of all ages. Since graduating, Pamela has furthered her education by obtaining training in acupuncture through Acupuncture Canada, as well as pursuing advanced manual therapy skills through the Orthopaedic Division of the Canadian Physiotherapy Association. She has also attended a 200 hour yoga teacher training program and continues to assist teaching anatomy to current students. Pamela's treatment approach to rehabilitation includes a thorough assessment to gain a full understanding of the nature of the condition as well as any underlying causes. She enjoys working with clients on an individual basis to develop a treatment plan based on manual therapy and exercises to decrease pain and improve function, as well as education and a program to prevent re-injury. Her philosophy is that movement and exercise is essential to improve overall well-being.



Do You Have a Sweet Tooth? Dark Chocolate Can Benefit You!



What Can Dark Chocolate Do For Me?

A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals.

The bioactive compounds found in the cocoa of dark chocolate have also been known to improve blood flow and can help lower blood pressure. In turn, increased blood flow results in higher brain function, allowing you to stay sharp during the holiday season.

Additionally, dark chocolate actually has a variety of powerful antioxidants – even more so than some fruits!

Dark Chocolate and Pain Relief

Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort.

The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!

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!