

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**

GETTING TO THE CORE OF BACK AND NECK PAIN

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:

Keeping Your Health In Mind · Core Strength and Back Pain
Arugula, Grape, & Sunflower Seed Salad · PowerWatts





Getting to the Core of Back and Neck Pain

Back and neck pain are two of the most common issues that Canadian adults experience, putting a huge physical and economic burden on working Canadians by being both two of the leading needs for medical intervention and two of the most common causes people have to miss work. While these may feel like two separate issues, it is somewhat common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

Neck Pain 101

There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential to cause more damage to the neck. This is why working with a physiotherapist to address neck pain is wise. A physiotherapist can help treat neck pain by improving range of motion, using targeted massage techniques,

and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physiotherapist is the best way to cut your back pain issues in half. Physiotherapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physiotherapist to improve core strength can significantly reduce the severity of your back pain.

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**, for those who are not feeling well, 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

Core Strength and Back Pain

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary in just about every action that you engage in. Everything from walking and running and swimming to sitting and driving requires you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this

could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physiotherapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then

working with a physiotherapist is a great place to start. Your physiotherapist will guide you through proper postures and movements to reduce further risk of injury. **For more information about how to start improving your core, contact us.**

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PowerWatts



REAL COACHES, REAL RESULTS

We are proud to announce that we will soon be offering virtual cycling classes via the PowerWatts program. Get the most out of your workouts by riding in an interactive group environment with live PowerWatts coaches. To learn more about this program, give us a call at (705) 446-2551 today!

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 *Arugula, Grape, & Sunflower Seed Salad*

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

Tips For Planting A Potted Herb Garden



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following Public Health guidelines. At Peak To Shore Physiotherapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4

feet in their pot to allow the roots to grow and spread. *A general guideline for common herbs is as follows:*

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. Make sure your herb garden is in the right light.

For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

For more tips, don't hesitate to contact Peak To Shore Physiotherapy today! We can help you enjoy a fun and safe spring.

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!

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