

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**



TENDONITIS & SPORTS

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-446-1897 F 8:30a - 4:00p

Stayner Location

7460 County Road 91 M 8:00a - 3:30p
Unit 3 T 8:30a - 5:00p
Stayner, ON L0M 1S0 W 2:00p - 7:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-446-1897 F 8:00a - 12:00p

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Phone: 705-446-2551 Th 10:00a - 3:00p
Fax: 705-446-1897 F 10:00a - 3:00p

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



Dealing With Tendinitis

Athletes are naturally at an increased risk for experiencing injuries. This is not as a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury. On more days than not, the injury won't happen, but as every athlete knows, it only takes one bad day — one day when fatigue throws off your form just enough to cause your gait to be off, for you to feel a little distracted and not realize an obstacle is coming up, or just a fluke of a moment in which something goes wrong and you go down. What makes matters worse is the fact that many athletes attempt to push past the pain of their initial injuries, which often leads to those injuries becoming more severe.

Working with a physiotherapist is especially important for athletes for this reason. A physiotherapist can help identify potential issues with posture or form that may increase your risk for injury, help identify potential injuries as they develop, and assess the severity of and best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best.

Understanding Tendinitis

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendinitis is an incredibly common issue that causes pain to develop in the joints. This can impact the hips, knees, elbows or shoulders. Pain caused by tendinitis can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendinitis can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendinitis develops, it often sticks around. This means that pain that begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physiotherapist is the best way to address tendinitis pain early on, to improve range of motion and reduce the severity of your pain without having to turn to pain medications.

If you've been struggling with tendinitis, ignoring that ache or pain that's been resurfacing, or just need some human interaction, schedule your appointment now.

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

Understanding & Treating Tendinitis

Tendinitis is a common issue among athletes because it develops as a result of overuse. While the average person may engage in standard physical tasks such as walking or typing, an athlete takes that repetitive behavior to a new level. Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in added wear and tear on the elbows and wrists, not to mention the shoulders.



Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed. Swelling in the tendons can make movement painful and difficult.

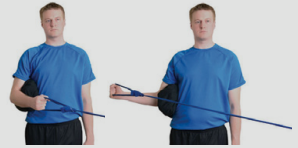
Typically, when pain is caused as a result of tendinitis, the pain is isolated at the noted areas of the body. This means that a tennis player may experience tendinitis in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendinitis in the elbow is frequently referred to as tennis elbow, while Achilles tendinitis is sometimes referred to as runner's ankles or runner's heels.

Treating Tendinitis

The best treatment for tendinitis is time. Unfortunately, this is something that many people are unable to give to an injury. When tendinitis develops, the best thing to do is to use ice and to relax that part of the body. Taking a few days off of practice or away from your workout may be sufficient, but in other cases, this may require a few days in a wheelchair or on crutches, with the bulk of your weight off of the affected area.

Working with a physiotherapist can help you identify the best treatment methods for tendinitis. Your physiotherapist can also help you identify the best range of motion and strength-building activities to reduce your likelihood of developing tendinitis. For more information about preventing or treating pain from tendinitis, contact us.

Exercise Essential



 SimpleSet Pro

SHOULDER EXTERNAL ROTATION

Standing tall with a folded towel between your body and elbow, clasp a cable or tubing. Bend your elbow with your hand facing forward, so that your arm extends outward. Keep your elbow close to your body while gently pulling your shoulder blades together. Slowly return to starting position, "fighting" the resistance.

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

Ready To Get Started?

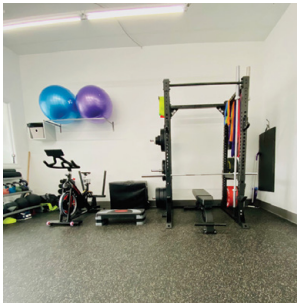
At the end of the day, Peak To Shore Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Ontario area, or any of the surrounding areas, and you are looking for relief, look no further. Peak To Shore Physiotherapy is here to help as one of the most favored Ontario physiotherapy practices.

Call our office at 705-446-2551 (Georgian Bay), 705-446-2551 (Stayner), 705-446-2551 (Wasaga) or visit us online at peaktoshorephysiotherapy.com to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.



Check Out the Inside of Our New Stayner Office!



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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