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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

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
Unit 3
Stayner, ON L0M 1S0
Phone: 705-446-2551
Fax: 705-517-0076

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.

INSIDE: Tips for Preventing Avoidable Injuries with Physical Activity
How Can I Prevent These Injuries? · Healthy Recipe





Tips for Preventing Avoidable Injuries with Physical Activity

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Peak To Shore Physiotherapy today.

What Are Some Common Injuries?

At Peak To Shore Physiotherapy, our licensed physiotherapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think “sprains” and “strains” are synonymous; however, they have one distinct difference. Sprains occur

when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physiotherapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physiotherapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physiotherapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

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

How Can I Prevent These Injuries?

While it is always a wise decision to consult with a physiotherapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you are used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physiotherapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.
- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Peak To Shore Physiotherapy today. One of our dedicated physiotherapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!



Healthy Recipe *Cauliflower Steaks with Roasted Red Pepper*


- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through.

Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

Exercise Essential



 SimpleSet Pro

BRIDGE | ARMS FLAT

Lie flat on your back with your arms straight beside you. Bend knees up so that your feet are flat. Lift your hips up in the air to make a bridge using your arms to stabilize. Lower down in a controlled manner.

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

Improve Your Cycling With Physiotherapy!



Cycling is a super fun activity people enjoy doing as it warms up outside. Similar to running and gardening, however, cycling can also prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. Even 15 or 20 minutes twice a week is a good start. If you live relatively close to work and there are lanes for cycling nearby, you may want to consider riding to work a few days each week.

If you don't own a bicycle, now is the time to get one. If you do have a bike, you may want to upgrade it

or at least get it serviced to make sure it's in good working order.

The great thing about cycling is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, but it can potentially save you money! You can save on gas and maintenance costs by riding a bike instead of always driving a car.

A physiotherapist can show you the best way to ride the type of bike you own. Physiotherapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

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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Wasaga Location

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