

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**



STRUGGLING WITH BACK PAIN OR SCIATICA? STAND TALLER WITH PHYSIOTHERAPY

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
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:30a - 4:00p
Fax: 705-446-1897

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
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 12:00p
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
Th 10:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 3:00p
Fax: 705-446-1897

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

INSIDE:

Understanding Back Pain & Sciatica · Exercise Essentials
Tips For Sciatica Relief · Healthy Recipe



Understanding Back Pain & Sciatica

Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physiotherapist.

At Peak To Shore Physiotherapy, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

The Differences Between Back Pain & Sciatica

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development

include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

Common Sciatica Symptoms

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

Common Sciatica Treatment

The safest, easiest, and most effective mode of sciatica treatment is through physiotherapy. Physiotherapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physiotherapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.

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

Tips For Sciatica Relief

There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physiotherapy treatments:

- Performing gentle stretching exercises.
- Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.
- Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.
- Using your legs to bend down when picking up objects off the floor, rather than using your back.
- Alternating ice and heat on the buttock to reduce inflammation.
- Asking your doctor about coming to physiotherapy, or giving us a call.

How Successful Is Physiotherapy For Back Pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physiotherapy. It demonstrates that when doctors refer their patients for physiotherapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physiotherapist in the beginning.



If you are suffering from back pain or sciatica, consult with your doctor about physiotherapy treatments, or contact our office to learn more about how you could benefit. At Peak To Shore Physiotherapy, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physiotherapy.

Source:

Primary Care Referral of Patients With Low Back Pain to Physiotherapy: Impact on Future Health Care Utilization and Costs
Fritz, Julie M. PT, PhD, ATC*; Childs, John D. PT, PhD†; Wainner, Robert S. PT, PhD‡; Flynn, Timothy W. PT, PhD§ Spine: 01 December 2012 - Volume 37 - Issue 25 - p 2114-2121

Exercise Essential



SimpleSet Pro

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 3-5 seconds. Repeat as necessary.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Chiropractic Care
- Therapeutic Exercise
- Athletic Therapy
- Pilates
- Acupuncture
- Massage Therapy
- Taping & Bracing
- Strengthening & Conditioning
- Manual Therapy
- Sports Medicine
- Concussion Therapy



Healthy Recipe Grilled Zucchini with Parmesan

- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (½ cup)
- 1½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

Avoid Aches & Pains In The Garden This Summer



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These Tips Can Help Prevent Injuries

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.

- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT

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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