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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



ARE YOU AN ATHLETE PREPPING FOR FALL SPORTS? PT CAN HELP!

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: Injury Prevention With Physiotherapy
3 Tips To Improve Nutrition In The Fall



Are You An Athlete Prepping For Fall Sports? PT Can Help!



Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. Peak To Shore Physiotherapy strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled physiotherapists as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our therapists can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

How Can A Physiotherapist Help Athletes Prepare For Fall Sports?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get

the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and physiotherapy is a great way to do that! A physiotherapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physiotherapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Our Goal Is To Help You Reach Yours!

Come back into our clinic for treatment and take a step towards better health.

www.peaktoshorephysiotherapy.com

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

Injury Prevention With Physiotherapy



One great aspect of physiotherapy at Peak To Shore Physiotherapy is that it can help you to prevent sustaining a sports injury in the fall.

If you sustain an injury while playing sports, one of our certified physiotherapists will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

Call Peak To Shore Physiotherapy today

At Peak To Shore Physiotherapy, we make it our top priority to encourage healing and injury prevention for our patients. In addition to treating injuries, our physiotherapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Are you an athlete prepping for fall sports? Call us today to learn more about how physiotherapy can get you geared up to have your best season yet!

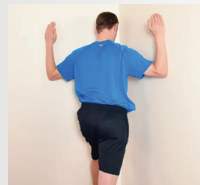



Healthy Recipe *Buddha Noodles*

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

Exercise Essential



 SimpleSet Pro

CORNER PECTORAL STRETCH

Stand in corner, keep elbows slightly below shoulder height. With elbows bent, position forearms flat against the sides of the wall. Move chest towards the wall to feel a stretch in the front of your chest.

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

3 Tips To Improve Nutrition In The Fall



Harvest Your Herbs

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

Become A Soup Chef

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

Make A New Fermented Friend

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

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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