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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



SKIING AND SNOWBOARDING INJURY PREVENTION

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 Staying Safe And Preventing Injuries
Being Grateful Is Good For You! · Healthy Recipe



Tips For Staying Safe And Preventing Injuries

Before we know it we will be back into ski and snowboarding season, and at Peak to Shore Physiotherapy, we know this is an exciting time for many of our patients who love outdoor sports. Skiing and snowboarding are both great ways to get some serious exercise and enjoy the great outdoors – all while getting that adrenaline rush!

Peak To Shore Physiotherapy wants to make sure our patients are safe while participating in their snowy sports and hobbies this season. Contact our clinic today to find out how you can stay as physically fit and safe as possible as you're gliding down that mountain!

1. Improve your balance and technique to prevent sore muscles.

High-level skiing and snowboarding require intense, heavy use of the foot and ankle. When it comes to improving your performance with your edging and balancing movements, you must be acutely aware that your foot and ankle are responsible for transferring your weight from the inside to the outside edge of the ski/snowboard and back.

This also includes sensing and adjusting your balance over the center of the skis or your snowboard. The efficiency of the foot and ankle as it tips from the big to little toe balances your "center of mass" (also known as your body weight) and decreases the stress put on your hip and thigh muscles.

This technique will improve the more you practice, but it is important to make sure that you are practicing the correct technique from the start or else your muscles may become overworked!

2. Wear properly fitting ski/ snowboarding shoes.

Balance, alignment, and the ability to articulate the ankle in your boots has profound effects on your performance and endurance. How your ski/ snowboard boots fit is directly responsible for fine edge engagement and balance.

You shouldn't wear ill-fitting shoes during your normal everyday activities, and the same is true when applied to sports. You must wear properly fitting boots when skiing and snowboarding if you want to decrease your risk of injury.

Even if the fit of your boot is only off by a small bit, it can change your performance by a lot! You may have to work harder to stay balanced and aligned, which can lead to overuse of the knee, hip, and trunk muscles. This can also lead to inefficient compensatory movements. If you are unsure about the correct fit of your ski or snowboard boots, our physical therapists at Peak To Shore Physiotherapy would be happy to do an assessment for you.

(Continued On Next Page...)

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 Staying Safe And Preventing Injuries (Continued)

3. Start your season off slow.

Whether you're a dedicated athlete or just starting out a new winter sport, it is always a good idea to start the season off slow and begin on a gentler terrain than is necessary. This means even if you're a pro-athlete, you should start off a slope smaller than you think you need and work your way up.

This will help warm up the muscles you will need to use for the entire ski/snowboard season and get you used to the sport again. It can also help avoid unnecessary muscle strains or other painful injuries.

4. If you're feeling tired, take a break.

Feeling tired or achy? Listen to your body's messages and take a break once you begin to feel fatigued – fighting through it can lead to unwanted injuries down the road.

A lack of muscle strength and physical conditioning may be a factor limiting your endurance and performance on the slopes.

Muscle fatigue in the thigh muscles (quadriceps) and buttocks muscles (gluteal) are common signs that it's time to call it a day. If your leg and hip muscles become overly tired, it can also lead to some common skiing and snowboarding injuries.



Sustained an injury? Schedule an appointment with us!

If you've sustained an injury from skiing or snowboarding, rest assured that this setback doesn't have to keep you off the slopes for long.

Our skilled team of physical therapists at Peak To Shore Physiotherapy can assess your injury and create a customized treatment plan that will have you back up on your feet and performing at your best in no time at all!

To schedule your appointment with us, call our clinic today.

Clinic News!



In this year's Connection & The Sun Reader's Choice Awards, Peak to Shore Physiotherapy has won favourites in...

- Physiotherapist - Glenn Kirk
- Acupuncture
- Medical/Health Services
- Physiotherapy Clinic/Services

Thank you to everyone who voted for us.

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 *Candy Corn Smoothie*

INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana

- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks

DIRECTIONS

Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.



Being Grateful Is Good For You!



Gratitude & Health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

Gratitude & Joy

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

Gratitude & Resilience

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings helps you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.

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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