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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



FINDING RELIEF FOR ARTHRITIS, WITHOUT MEDICATION

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: 705-517-0076 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.

INSIDE:

Finding Relief For Arthritis, Without Medication
When To Use Ice & Heat For Pain Relief



Finding Relief For Arthritis, Without Medication



Why Is Physiotherapy Better Than Medication?

A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy - you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming. Luckily, there is a much safer and healthier alternative to treating arthritis: physiotherapy.

A physiotherapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and preserving range of motion. Some benefits to working with a physiotherapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physiotherapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.

- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

But Wait – Won't Exercise Increase My Pain?

To put it simply – no! Your physiotherapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended “rest” can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physiotherapist, you can actually ease your arthritic aches and pains!

(Continued On Next Page...)

Millions of Canadians deal with the aches and pains of arthritis on a daily basis.

In fact, of the 1 in 5 people in Canada who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physiotherapy can. If you are looking to find relief for your arthritis by treating it at the source contact Peak To Shore Physiotherapy today.

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. **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



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY

Finding Relief For Arthritis, Without Medication (Continued)



Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

How Can I Get Started On Treatments?

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physiotherapy is by calling and scheduling a consultation with one of our physiotherapists today.

Your physiotherapist will examine your symptoms, severity of pain, and location of the arthritis, in order to determine the best individualized treatment plan for your specific needs. If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Peak To Shore Physiotherapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!



Healthy Recipe *Leftover Turkey Salad Recipe*

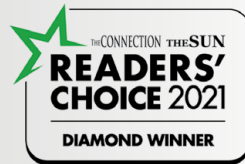
INGREDIENTS

1 cup leftover bread stuffing
4 tbsp extra-virgin olive oil
¼ cup leftover cranberry sauce
1 tbsp cider vinegar
1 tsp grated orange zest
¼ tsp salt

DIRECTIONS

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.

Clinic News!



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

- Physiotherapist - Glenn Warwick
- 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
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

When To Use Ice & Heat For Pain Relief



When you've just sprained your ankle or pulled a muscle, all you want is some pain relief. If painkillers are handy, you probably pop a couple of them. If not, you ask for some ice... or was that heat instead?

To sort out this confusion, let's see what they really do. Both ice and heat relieve pain and help recovery.

How To Use Ice

Ice is useful when you want to reduce swelling. For example, your ankle balloons up after a sprain. This is because blood and fluid collect rapidly, making it both painful and stiff.

At this point, an ice pack helps to close off those tiny vessels. The blood flow slows down. Small nerves become numb, so the pain reduces. The muscles also relax. The inflammatory reaction is slowed down. As a result, your ankle is less swollen and painful.

Ice packs are very useful in bruises, strains and joint swellings. Use them for any acute swelling, over the first 24 to 48 hours (except back strains). Ice helps later too, while exercising the limb. Our friendly therapists can show you how to make movements less painful and more flexible by using an ice pack just before or during exercise.

How To Make An Ice Pack

Wrap a plastic bag of frozen peas or ice cubes in a thick cold wet towel. Place it on the injured part. Check after a few minutes to make sure the skin is not red, an early sign of frostbite. Generally, icing for 15 to 20 minutes is enough. Repeat every 2-4 hours. Our therapists will help use ice properly for healing and pain relief.

How To Use Heat

Heat packs, bottles or infra-red lamps can be very useful if you have a muscle spasm or 48 hours after injury. Icing a muscle spasm contracts the muscle fibers, so they would hurt intensely. On the other hand, heat improves the circulation, soothes and relaxes the muscles by carrying away toxins and bringing in healing oxygen. Heat can comfort a back or neck strain, especially if it has been persisting for some time.

When you use a heat pack, wrap it in a towel and check the temperature so it doesn't burn the skin.

When Not To Use Heat

Don't use heat if you have a painful, red or swollen joint. This increases circulation so that fluid collects, worsening the swelling and stretching or compressing the nerves and surrounding healthy tissue. This makes it still more painful. You'd be better off icing it.

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

102 - 14 Ramblewood Drive
Wasaga Beach, ON L9Z 0C4

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