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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



TIPS FOR KEEPING YOUR BALANCE THIS WINTER!

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: Tips For Keeping Your Balance This Winter!
Staff Spotlight | Dr. Dmitri Krassioukov



Tips For Keeping Your Balance This Winter!

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Taking advantage of nearby ski slopes or ice-skating rinks can give you a fun outing that'll get you out of the house and also get you moving. Even getting outside to go sledding or build a snowman with your kids can give you the amount of daily exercise you need.

Unfortunately, exercising in colder weather poses a higher risk of injury, such as strains, sprains, and tears. Even something as small as walking to your car can lead to a slip on unseen ice. At Peak To Shore Physiotherapy, we want to make sure you stay as balanced this winter, so you can enjoy doing activities the activities of the season without fearing a harsh fall!



What Can I Do To Decrease My Risk Of Falling?

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain.

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**


What's Happening Around Our Clinic?



Call our office at 705-446-2551 (Georgian Bay), 705-446-2551 (Stayner), 705-446-2551 (Wasaga) or visit us online at peaktoshorephysiotherapy.com to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

Exercise Essential



 SimpleSet Pro

TANDEM STANCE

Stand with one foot directly in front of the other so that the toes of one foot touch the heel of the other. Maintain your balance.

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

Healthy Recipe *Vegan Peanut Butter Cookies*

INGREDIENTS

1 cup creamy natural peanut butter
1/2 cup maple syrup, or honey
1 teaspoon vanilla

1 cup almond flour
flaked sea salt for topping, if desired

DIRECTIONS

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.



Staff Spotlight | Dr. Dmitri Krassioukov

Dr. Dmitri Krassioukov BSc, BSc(MED), CCFP (SEM)

We are pleased to welcome Dr. Krassioukov as a new Sports and Exercise Medicine physician at Peak to Shore Physiotherapy. He also has joined the Emergency Medicine Department at Collingwood General and Marine Hospital.

Dr. Krassioukov is currently a Canadian National team physician with Men's Alpine Canada, Women's Canada Basketball, and Men's Hockey Canada. He has also conducted clinical research and helped provide coverage at a variety of major national and international sporting events. Including, 2010 Vancouver Olympic and Paralympic Games, 2012 London Olympic and Paralympic Games, 2014 Sochi Paralympic Games, and multiple Canadian Summer and Winter Games. He has also provided coverage for the NHL Winnipeg Jets and Toronto Maple Leafs as well as Varsity Athletics at UBC, UToronto, UManitoba, UCalgary.

Dr. Krassioukov's clinical practice includes management of a variety of conditions, including acute and chronic sport injuries, and osteoarthritis. He is an advocate of physical activity promotion, priding himself on helping his patients improve their ability to function, regardless of their baseline. In addition to exercise therapy. He has a particular interest in ultrasound guided peripheral musculoskeletal injections to help manage osteoarthritis, frozen shoulder and chronic overuse injuries, amongst others conditions. Possible injection options, depending on the underlying condition, include platelet-rich plasma, viscosupplementation, and corticosteroid.

Dr. Krassioukov's interest in sports extends well beyond his work. He is former professional multi-sport athlete in hockey, baseball, basketball. He previously played varsity basketball at University of Winnipeg, hockey in the German Icehockey Bundesliga, and baseball with Canadian Junior National Team.

Education

University of Manitoba, Doctorate of Medicine
University of Manitoba, Family Medicine Residency
University of Toronto, Sport Medicine Fellowship



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!



Georgian Bay Location

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Collingwood, ON L9Y 1A1

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Wasaga Location

102 - 14 Ramblewood Drive
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