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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**

HERNIATED DISC TREATMENT

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: Herniated Disc Treatment · Keeping Your Health In Mind
A Holistic Plan With Physiotherapy · Exercise Essential



Herniated Disc Treatment

Are you struggling with pain down your leg? Did you injure your back when bending and lifting? You could be suffering from a herniated disc. The good news is that at Peak To Shore Physiotherapy, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

A disc is a soft pad between each of the spine's vertebrae. The disc acts as a spacer, shock absorber and facilitates movement in the spine. A herniated disc occurs when the inner portion of the disc pushes through a crack in the disc's outer wall.

A herniated disc doesn't always cause symptoms. Still, when it does, it can prevent you from playing your favorite sport, driving comfortably, performing your essential job tasks, or even getting a decent night's sleep.

Here at Peak To Shore Physiotherapy, we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back, or extremities.

Contact us today and let us look at how you can correct your herniated disc issues the natural way.

Signs & Symptoms Of A Herniated Disc

A herniated disc is the result of a weakness or breach in the disc's outer casing. This leads to the inner disc material extending outward. The bulging section of a herniated disc may cause no symptoms as long as it makes no contact with the surrounding spinal structure.

If the disc pushes against nerve roots or causes inflammation of the nerve roots, it can interfere with the normal passage of nerve signals. This disruption causes you to experience low back pain, neck pain, and nerve symptoms in your arms or legs.

People with a herniated disc will often describe the following symptoms:

- Tightness and restrictions in movement especially bending or rotating
- Numbness and/or tingling
- Weakness in the arms or legs
- Limping when walking
- Increased pain when coughing, sneezing, or straining
- Inability to stand up straight (i.e., "stuck" stooped forward or to the side)
- Difficulty getting up from a sitting
- Inability to remain in a position due to pain.
- Pain that is worse in the morning and with prolonged sitting

Physiotherapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or nerve problems. Your physiotherapist will start by evaluating your condition carefully. We will discuss your medical history, any specific incident (such as a heavy-lifting mishap) that may have herniated a disc and analyze your symptoms in detail.

Your personalized treatment prescription may call for a mix of physiotherapy techniques. For instance, if your herniated disc has caused your back or neck muscles to seize up painfully, you may benefit from massage therapy to ease those spasms and make your muscles limber enough to exercise.



Schedule Your Next Appointment Today!

Scan the QR Code to visit our website at 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. **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

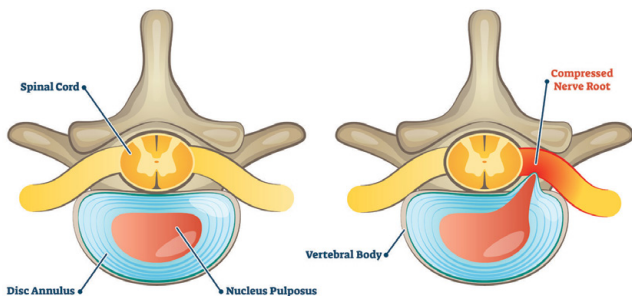


OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR EMPLOYEES ARE WASHING HANDS REGULARLY

A Holistic Plan With Physiotherapy



Physiotherapy exercises like core exercises help you build strength and stability in your lower back, thus reducing your pain and improving your function. Mobility exercises to help improve your range of motion and reduce your risks for future neck or back disc-related injuries.

Anything you can do to keep musculoskeletal stresses and strains at a minimum will help you ward off disc issues in the future. We may recommend lifestyle changes such as regular exercise, proper nutrition, or improved workplace ergonomics to help you protect your spine.

Call Today To Make An Appointment

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact Peak To Shore Physiotherapy today to schedule an evaluation.

We can guide you through a safe, practical plan for regaining your quality of life!

Sources:
<https://www.njeczonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;spage=93;epage=100;aulast=Danazumi>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>
<https://www.choosopt.com/guide/physical-therapy-guide-herniated-disk>



Healthy Recipe *Easy Roasted Potatoes*

INGREDIENTS

- 2 1/2 lbs of potatoes

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Peel the potatoes and cut into large chunks. Parboil in boiling salted water for 5 minutes. Drain and toss in the pan to roughen the edges.
3. Put a generous tablespoon or so of olive oil or goose fat in a roasting tin and put in oven, until smoking. Carefully take

Exercise Essential



SimpleSet Pro

SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

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

5 Health Benefits of Spring Cleaning!



1. Allergy Symptom Reduction.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 3.8 million Canadians have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

2. Cleanliness Produces Happiness.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

3. Better Heart Health.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household

chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

4. Declutter and Do a Good Deed by Donating.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

5. Get a Better Night's Sleep.

Do you have trouble sleeping at night? In a recent poll, it was found that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Sources:
ncbi.nlm.nih.gov/pubmed/19934011
parsleyhealth.com/blog/health-benefits-spring-cleaning

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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