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**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**

# PHYSIOTHERAPY SOLUTIONS FOR SHOULDER, ELBOW, & WRIST PAIN

### 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:** Physiotherapy Can Help Relieve Your Pain  
Let's Get You Better ASAP! · Healthy Recipe



# Physiotherapy Can Help Relieve Your Pain



Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today, call to make an appointment. With guidance from your physiotherapist, you can find solutions to your pain and get back to living the life you enjoy!

## What Is Causing Your Pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability.

**The most common causes of shoulder pain and disability are:**

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs
- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. **The leading causes of elbow pain and dysfunction are:**

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements.



**Schedule Your Next Appointment Today!**

Scan the QR Code to visit our website at [peaktoshorephysiotherapy.com](http://peaktoshorephysiotherapy.com)

## Welcome Our New Fitness Trainer, Julie Dube!

### Julie Dube | Fitness Trainer

Julie is a Canfitpro certified personal trainer and group fitness instructor. Her approach to exercise is diverse and inclusive. Over the past 15 years she has worked with youth, older adults, athletes as well as individuals living with chronic conditions. Julie's scope of practice includes functional and performance training, rehabilitation as well as pain management therapy. She enjoys educating her clientele about creating sustainable change and developing life-long, healthy habits.

Born and raised in Québec City, Julie lived in British Columbia and Nova Scotia. She now resides in Collingwood with her partner and their two daughters.

Learn more about our team and how we can help you by visiting [peaktoshorephysiotherapy.com/our-team](http://peaktoshorephysiotherapy.com/our-team) today!



# Let's Get You Better ASAP!

Physiotherapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physiotherapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for *effective results!*

## Contact Our Clinic Today

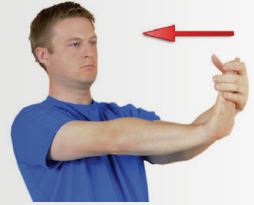
Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physiotherapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.



**Contact your physiotherapist today** for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

Sources:  
<https://pubmed.ncbi.nlm.nih.gov/30916527/>  
<https://pubmed.ncbi.nlm.nih.gov/29921250/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>  
<https://bmccmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>  
<https://pubmed.ncbi.nlm.nih.gov/33407293/>

# Exercise Essential



 SimpleSet Pro

## WRIST FLEXOR STRETCH

Hold your arm out straight, with your wrist extended and your fingers pointing upward. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight. Repeat as needed.

## 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 *Kachumber Salad (Indian Salad)*

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

# 11 Quick Ways To Add Greens To Your Diet



It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle.

*These 11 strategies can help make getting more vegetables convenient, simple, and delicious.*

- 1. Make them more interesting.** Look up new recipes.
- 2. Prep ahead of time.**
- 3. Get everyone involved.**
- 4. Hide them in yummy dishes.** Roasted vegetable Lasagna
- 5. Make an omelet.**
- 6. Make them portable.**
- 7. Slip 'em into smoothies.**
- 8. Upgrade starches.** Zucchini fries
- 9. Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
- 10. Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
- 11. Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.

## 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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