

## Review Us!

We make it easy to review! Just scan the QR code for the location you would like to review. We would love your feedback!



**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**



# HOW HEALTHY ARE YOU, REALLY?

KEEPING A PULSE ON YOUR WELLNESS LEVELS IS AN IMPORTANT PART OF MAINTAINING GOOD HEALTH

### 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  
Th 8:00a - 8:00p  
Phone: 705-446-2551 F 8:30a - 4:00p  
Fax: 705-446-1897

### 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  
Th 8:00a - 8:00p  
Phone: 705-446-2551 F 8:00a - 12:00p  
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  
Th 10:00a - 3:00p  
Phone: 705-446-2551 F 10:00a - 3:00p  
Fax: 705-446-1897

*Hours subject to change due to COVID-19. Please call in advance.*

## INSIDE:

How Healthy Are You, Really? · Patient Review  
Can Physiotherapy Improve My Everyday Life?





## How Healthy Are You, Really?

### Keeping A Pulse On Your Wellness Levels Is An Important Part Of Maintaining Good Health

Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Peak To Shore Physiotherapy emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best.

Did you know that physiotherapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, and recovering from or preparing for surgery.

**Call our clinic today to schedule an appointment, and in the meantime, keep reading to learn how physiotherapy can keep you active and healthy!**

### How Physiotherapy Can Help You To Be Healthier

Physiotherapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your

condition and overall health and well-being. At Peak To Shore Physiotherapy, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!



### Schedule Your Next Appointment Today!

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

## Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!

**Don't miss out - follow us today!**

**@PeaktoShore**

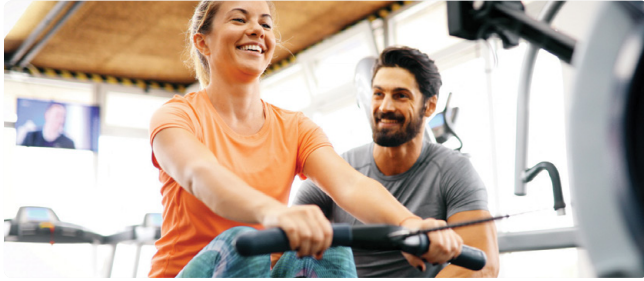


## Patient Review

*"Family and Friends recommended Peak to Shore to me. I've gone there for a few issues. They have quickly and accurately diagnosed the issues. The in person treatment has been great and their rehab programs are clear, concise, and effective. I could not imagine receiving physiotherapy anywhere else."*

**5-Star Google Review**  
- S.L.

# Can Physiotherapy Improve My Everyday Life?



Yes! A physiotherapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physiotherapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physiotherapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

## Call Us Today

The end goal of physiotherapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physiotherapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!



## Healthy Recipe *Traditional Crepes Recipe*

### INGREDIENTS

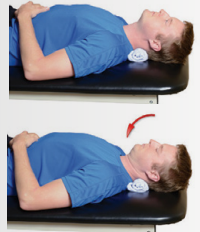
- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour

### DIRECTIONS

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

## Exercise Essential



SimpleSet Pro

## CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.

## 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

# Staff Spotlight | Carly Ross, PT



Carly started with us in the of summer 2018 as a front desk administrator after finishing her Honours BA in Kinesiology at Western, and before heading back to Western for her Master's in Physical Therapy. After she completed her degree and passed her written licensing examination, she returned to Peak to Shore in November 2020 as a Physiotherapy Resident. The typical process to become a fully registered physiotherapist in Canada is a clinical exam 2-3 months after the written component. However, due to COVID-19, all Canadian physiotherapy residents studied for this exam for over a year just to have it cancelled 4 times. Finally, after many cancellations, we are thrilled that Carly successfully passed through the newly established procedures and protocols to become a fully registered physiotherapist in January 2022, even though she has certainly been a full-fledged physiotherapist to all of her patients and colleagues here at Peak to Shore.

In the last 18 months, Carly has been working full-time at Peak to Shore in the Collingwood location. She completed her acupuncture training through Acupuncture Canada in March 2021 in order to apply that to her practice. She is also working towards completing her level 2 in manual therapy through the Orthopaedic Division of the Canadian Physiotherapy Association. She has a special interest in many areas, including manual therapy, sports injuries, strength and conditioning, concussions, post-surgical conditions as well as neurological disorders. Carly's treatment philosophy is to keep patients participating in all the activities they enjoy, and she provides individualized exercise programs specific to the goals of each patient.

Carly also had the opportunity to work as a Physiotherapist at the Collingwood General and Marine Hospital, gaining valuable knowledge and experience in the treatment of post-surgical patients and a greater understanding for the entire process of rehabilitation.

Some fun facts you might not know about Carly is that she can juggle, she is a born and raised Leaf's fan (therefore has learned to accept disappointment), she has broken 6 bones and she has most likely experienced the injury you are coming in to see her for, thereby providing her with a heightened level of insight and empathy for what you are experiencing. Carly grew up as a competitive swimmer, equestrian, dancer, runner and soccer player. She originally planned to swim varsity at Western University, but switched to the varsity lightweight rowing team and competed with them for 4 years. Last year, she completed her first half iron man in September 2021 and is competing at the Muskoka half iron man this July. Healthy, active living has always been a big part of Carly's life and it continues to play a major role in her professional career and personal development.

*To learn more about our entire team and how we can help you, visit us online at [peaktoshorephysiotherapy.com/our-team](https://peaktoshorephysiotherapy.com/our-team) today!*

## 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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102 - 14 Ramblewood Drive  
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