

## Review Us!

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**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**



# ARE YOUR KIDS READY TO RETURN TO SCHOOL & SPORTS?

### Georgian Bay Location

1 First Street Unit 102  
Collingwood ON  
L9Y 1A1  
Phone: 705-446-2551  
Fax: 705-446-1897

M	8:00a - 8:00p
T	8:30a - 8:00p
W	8:00a - 8:00p
Th	8:00a - 8:00p
F	8:30a - 4:00p

### Stayner Location

7460 County Road 91  
Unit 3  
Stayner, ON L0M 1S0  
Phone: 705-446-2551  
Fax: 705-517-0076

M	8:00a - 3:30p
T	8:30a - 5:00p
W	2:00p - 7:00p
Th	8:00a - 8:00p
F	8:00a - 12:00p

### Wasaga Location

102 - 14 Ramblewood  
Drive, Wasaga Beach,  
ON L9Z 0C4  
Phone: 705-446-2551  
Fax: 705-446-1897

M	10:00a - 3:00p
T	8:00a - 3:00p
W	8:00a - 3:00p
Th	10:00a - 3:00p
F	10:00a - 3:00p

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

## INSIDE:

How Can A Physiotherapist Help Athletes Prepare For Fall Sports?  
Preventing Injury With Physiotherapy



# Are Your Kids Ready To Return To School & Sports?

Before we know it, it'll be autumn. The kids are returning to school and returning to sports, and it's time to make sure they're in the best condition possible to do both of those!

If you have a child heavily involved in athletics, you know that one thing is for sure: the risk of injury comes with physical activity. Peak To Shore Physiotherapy strongly encourages student-athletes preparing for fall sports such as cross country running, football, and soccer, to visit one of our skilled physiotherapists as they prepare their bodies for the playing season!

Ensuring your child's body is strong, stable, and prepped for the game is important to maintaining high performance. Preventing injuries is key to having a fun, safe playing season.

Request an appointment at our clinic today to learn how our physiotherapists can help your student prep for the transition back to school and the field!

## What Is A Sports Injury?

"Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some athletic activity. There are two ways sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Peak To Shore Physiotherapy can help you find relief.



Your treatment plan will depend on the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. **Acute injuries are caused by a single specific incident, such as:**

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. **Some examples of overuse injuries include:**

- Jumper's knee
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow



## 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

*"I broke my ankle playing basketball and it healed without surgery. Peak to Shore did an amazing job getting my ankle back to full range of motion and health, ankle feels better than ever. They even sent me practice physio exercises to take with me to university. They went above and beyond."*

**5-Star Google Review**  
- Z.G.

# How Can A Physiotherapist Help Athletes Prepare For Fall Sports?



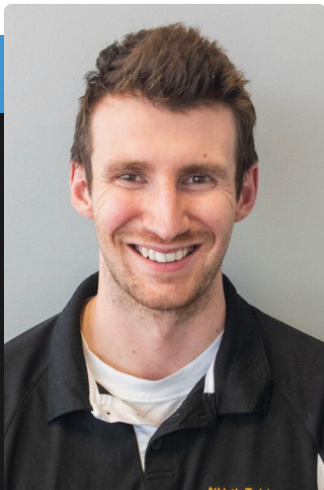
For young athletes, practicing the sport they love while in school is extremely important to their overall health and wellbeing. Their heart rate rises, their blood flows, and their muscles get a much-needed workout.

However, you should be looking for ways to help your child prevent sports injuries this season if they're about to jump back out onto the field. Physiotherapy is a great way to do that! A physiotherapy conditioning program can increase an athlete's fitness level, prepare them to transition back into playing games regularly, and help them make the most of this season.

Physiotherapy helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physical therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury.

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## Staff Spotlight *Konar Smith*

Konar is a Certified Athletic Therapist and Registered Kinesiologist, who specializes in exercise-based rehab for a wide variety of conditions and populations. Konar has had experiences working with a wide range of sports teams and clinical settings. For the past couple years Konar has been working in the clinical setting treating both the general and athletic populations. Prior to this, Konar was fortunate enough to obtain a PBATS (Professional Baseball Athletic Trainers Society) internship with the Erie Seawolves (the Double-A Affiliates to the Detroit tigers), where he acted as the Athletic Therapist Assistant for their 2019 season. In addition, Konar was able to obtain a position with the Erie Otters OHL team for their 2019-2020 as his Capstone placement.

Konar attended Gannon University, where he graduated with his bachelor's in Exercise Science and Masters in Athletic Therapy (<https://berginmotion.ca/athletic-therapy/>). Konar graduated with honours and was named a PSAC (Pennsylvania State Athletic Conference) Scholar Athlete for all 4 years of Collegiate Athletic Career. Konar was also named PSAC Champion Scholar for baseball for having the highest GPA of any baseball player in the entire conference.

## Exercise Essential



 SimpleSet Pro

## BRIDGE | ARMS FLAT

Lie flat on your back with your arms straight beside you. Bend knees up so that your feet are flat. Lift your hips up in the air to make a bridge using your arms to stabilize. Lower down in a controlled manner.

## 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

# Preventing Injury With Physiotherapy



The overall goal of physiotherapy is healing and prevention. In addition to treating the injury, our physiotherapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physiotherapists will also provide your child with helpful warmup and cool-down techniques for their sport, in order to lower their risk of sustaining another injury.

At Peak To Shore Physiotherapy, our physiotherapists will create a treatment plan for your child, based on their individual needs. **Physiotherapy is a natural and holistic approach to healing, including services such as:**

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physiotherapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physiotherapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more.

Your child's physiotherapist will teach them about what their body is experiencing and the recovery process it will go through. Your child and their physiotherapist will work together to help them reach their physical goals, allowing them to be engaged and active in their rehabilitation.

Physiotherapy offers so much more than current symptom relief — it offers sports injury prevention and natural performance enhancement. If your child is an athlete suffering from a sports-related injury, don't allow them to waste any more time on the sidelines.

## Contact Peak To Shore Physiotherapy Today!

At Peak To Shore Physiotherapy, we make it our top priority to encourage healing and injury prevention for our patients. We understand how important back-to-school sports are for many young athletes, and our therapists do their very best to ensure our patients can get through their playing season without a hitch!

**Do you have an athlete prepping for fall sports? Call us today to learn more about how physical therapy can prepare them for their best season yet!**

## 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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