

Review Us!

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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



**DON'T GET SPOOKED BY PAIN THIS SEASON!
FIND RELIEF WITH PHYSIOTHERAPY**

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.

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Don't Get Spooked By Pain This Season! Find Relief With Physiotherapy

While many people are celebrating with Halloween festivities this month, we are celebrating a less spooky holiday - physiotherapy month!

In honor of this month, we want to make sure our patients have all the resources they need to remain pain-free this season.

If you are currently living with pain, our dedicated physiotherapists are here to help! Contact Peak to Shore Physiotherapy today to schedule a consultation and continue reading below to learn how you can avoid getting spooked by pain:

1. Make sure you are maintaining your physical activity.

As the weather begins to get colder, it can be difficult to find the motivation to get out and continue to exercise. Maintaining your physical activity is important in avoiding pain, as it keeps your muscles loose and limber and prevents them from tightening up, which can lead to strains. Aiming for at least 30 minutes of exercise daily can help you avoid pain in the long run!

2. Stretch those muscles!

Stretching is another important part of keeping those muscles limber and preventing pain and injury! Stretching also helps loosen up your muscles, and it is especially important to make sure you are stretching before a workout to prevent straining any muscles too far. Especially as the weather gets colder, it is important to make sure

you are stretching each day to prevent your muscles from becoming "cold" and stiff.



3. Set up an appointment with a physiotherapist.

At the end of the day, our highly trained and licensed physiotherapists are the best resources for making sure you stay pain-free in the long term. They can provide you with targeted treatments and exercises for your specific needs, taking into account your lifestyle, goals, and any physical limitations you may have.

Looking For More Assistance?

If you would like to schedule an appointment with one of our physiotherapists, or if you're simply looking for more tips on staying active and preventing pain, don't hesitate to call Peak to Shore Physiotherapy today.

We're here to provide you with any and all information/tools you may need to live a happy and healthy life (without the scary thought of pain looming over you!) Don't wait.



Schedule Your Next Appointment Today!

Scan the QR Code to visit our website at 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

"After years of severe on-going foot pain, I decided to try physiotherapy with Carly Ross at Peak to Shore. I had spent thousands of dollars on other treatments (orthotics, chiropractor, massage therapy, podiatrist and all the high end shoes) but nothing helped. Carly took the time to learn about my concerns and about what I had tried in the past. She treated my foot with ultrasound and acupuncture as well as recommended exercises to strengthen muscles in my legs and feet. She also had me switch from my current orthotics and shoes to an alternate option. After years of limping, icing, and spending my days off basically immobilized, I am thrilled that I've lived the last 3 months pain free! Thank you Carly for the care and effort you put into your work. 10's across the board!"

5-Star Google Review

Seasonal Superfoods Spotlight

Every season brings a new selection of nourishing, whole foods. Though supermarkets typically have a vast selection of produce year round, there are some serious benefits to eating foods that are in season.

To start, food that's in season just tastes better– it's fully ripened and harvested at the perfect time– and you can taste the difference. Eating seasonal food is also better for the environment and can save you money!

Check out this list of superfoods for the upcoming seasons:

Fall

- **Sweet potatoes and pumpkin:** These superfoods boast huge amounts of vitamin A– and excellent flavor too! Sweet potatoes specifically are rich in potassium, calcium, vitamin C, and antioxidants.
- **Cruciferous vegetables:** Vegetables in this category include turnips, collards, brussel sprouts, cauliflower, cabbage, and broccoli.
- **Pomegranates:** These fruits are rich in antioxidants and can actually boost brain function! Impressive, right?

Winter

- **Kiwi:** These fruits are full of nutrients, vitamins, and minerals. In fact, there is more vitamin C in a kiwi than in an orange!
- **Pears:** There are many different types of pears, each with their own season, though the majority are available throughout the winter. Pears are high in vitamin C, antioxidants, and fiber.
- **Rutabaga:** These are a bigger, more nutritious relative of turnips that are in season from October to March. This vegetable is high in Vitamin C, Potassium, and fiber.

Schedule Your Next Appointment Today!

Georgian Bay: (705) 446-2551 Stayner: (705) 446-2551 Wasaga: (705) 446-2551




Healthy Recipe *Great Northern Bean Soup*

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped
- 2 bay leaves
- 1 tablespoon dried basil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pinch ground thyme
- 2 (15 ounce) cans great Northern beans, rinsed & drained

Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes. Stir carrots and celery into the onion mixture. Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes. Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

Exercise Essential



 SimpleSet Pro

BRIDGING

While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.

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

What Are The Best Sleeping Positions?



How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance. Restful sleep– and a proper sleeping position– is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck or shoulder pain become. The better our spinal alignment is, the better our overall posture will be during the day.

1. Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

2. Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvis area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.

3. Or are you a side sleeper?

This is the most commonly used sleep position and it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.

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!