

Clinic News

We will be closed

Dec 23rd, Dec 26th, Jan 2nd



DON'T LET HOLIDAY STRESS BECOME A PAIN IN THE NECK!

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.

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Don't Let Holiday Stress Become a Pain in the Neck!

Have You Been Noticing Neck Pain or Headaches This Holiday Season? It is no secret that the holiday season can be a real headache - and can also lead to them!

The increased stress that we all feel around the holidays can cause the muscles around the neck and shoulders to tense up, resulting in neck pain and stress-related headaches.

At Peak To Shore Physiotherapy, we want to make sure that you are comfortable and pain-free this holiday season, so you can take some time to relax amongst all of the hustle and bustle!

If you notice yourself experiencing neck pain or headaches, don't hesitate to contact us today to consult with one of our dedicated physiotherapists.



How Can Physiotherapy Help Relieve My Neck Pain And Headaches?

Neck pain and headaches commonly stem from tension in the upper back, neck, or shoulders. Headaches can also develop due to dehydration and stress, so make sure you are taking time to drink water and allowing yourself to relax while you're running around this holiday season!

A physiotherapist can help relieve any built-up tension in the affected area of your body through manual techniques and targeted exercises/stretchers. They can also help with posture training and relaxation techniques if posture or stress is the culprit of your neck pain/headaches.

Physiotherapists are movement experts who can assess the area(s) that are bothering you and design a personalized treatment plan for your specific needs - so you can get back to enjoying time with your loved ones, without worrying about pain.

How Can I Get Started?

If you have been noticing pain this holiday season and you're looking for relief, Peak To Shore Physiotherapy is here to help. Don't let persistent neck pain or headaches ruin your joy this holiday season - schedule your consultation today to get started on the first steps of your treatment plan!



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



Snowbirds - Going South After Christmas?

Don't forget to book your Physiotherapy appointments before you go.

10 Ways To Approach A New Year's Resolution

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Peak To Shore Physiotherapy is confident in your ability to hit your goals.



Healthy Recipe *Avocado & Egg Toast*

INGREDIENTS


- ¼ avocado
- ¼ teaspoon ground pepper
- ½ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

INSTRUCTIONS

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with sriracha and scallion, if desired.

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

Healthy Alternatives For Holiday Eating



In the middle of all the chaos and excitement of the holiday season, the last thing on your mind might be maintaining your health. You're likely balancing travel plans, family get-togethers, and ensuring you find the perfect gifts—so it's no surprise that your health may have slipped through the cracks.

However, it doesn't have to be this way! There are plenty of simple ways to stay healthy and enjoy everything the season offers. **Check out these 4 tips if you need help figuring out where to start.**

1. Make sure to eat all meals!

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

2. Eat before you go.

If you know there will be plenty of tempting treats at your

holiday gathering, try eating a nutritious meal before you arrive. This way, you'll still have room for a small dessert and won't overeat.

3. Remember to drink water.

If you're like most people, you tend to opt for sugary drinks or alcoholic beverages at your holiday parties. Amid all the excitement, it's important to remember to still drink water. Staying hydrated is a critical element of healthy nutrition and helps digestion.

4. Have a healthy breakfast every morning.

Eating a healthy breakfast is essential for your health and weight. Protein-rich foods are the best choice for breakfast because they keep you full longer and help you avoid overeating later in the day.

Protein-rich foods include eggs, milk, yogurt, cheese, beans, nuts, and seeds.

At Peak To Shore Physiotherapy, we understand the unique challenges the holiday season poses. Whether you're worried about overeating or eating the wrong foods, we can help provide the expert guidance you need to keep your health in check.

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!