

## Review Us!

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**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**

# FALL PREVENTION AND STAYING ACTIVE DURING WINTER WEATHER

### 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:

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# Fall Prevention & Staying Active During Winter Weather

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give Peak To Shore Physiotherapy a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

## Staying Safe And Active In Winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.



If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

## How Can A Balance Expert Help Me Reduce My Fall Risk?

The physical therapists at Peak To Shore Physiotherapy are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!



## 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**



## Our Patients Get Great Results!

"The front desk service is friendly and professional everytime I visit. Carly Ross is my go-to. We are lucky to have such knowledgeable physicians in Collingwood."

**Google 5-Star Review**

# What Should I Expect During Therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a "one size fits all" approach. Your program will be specific to your needs and wants and fit into your lifestyle.

**Some of the interventions you can expect to experience at Peak To Shore Physiotherapy are:**

- **Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.
- **Static and dynamic balance training:** This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.
- **Endurance training:** This may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having.

## Schedule Your Next Appointment Today!

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## Healthy Recipe *Roasted Butternut Squash*

### INGREDIENTS

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper


### INSTRUCTIONS

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>

# Exercise Essential



 SimpleSet Pro

## TRUNK ROTATION CHAIR

Sit tall on the edge of the chair with feet flat on the ground. Inhale and raise arms over head. Exhale and turn your trunk to one side as you lower arms. Keep feet flat on the floor and do as large a rotation as possible while maintaining balance. Switch directions. Repeat 6 times.

## 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

# Top 5 Indicators of Poor Nutrition



Have you been wondering about your nutrition levels? As we change and grow older, it's important to keep an eye on our health and adjust our lifestyles to maintain optimal levels of wellness. There are many indicators to watch out for regarding poor nutrition. ***The top five to look out for are as follows:***

## 1. Increased levels of tiredness and fatigue

Have you felt like you have less energy lately? If you're experiencing fatigue regularly, it could signal a lack of iron in your diet. Iron deficiencies can also lead to anemia.

## 2. Dry hair with lots of breakage

Hair is made up of proteins. The better your diet is, the stronger your hair will be, and the less breakage you'll experience. If your hair is dry or brittle, it's a sure sign that your diet should be studied more closely.

## 3. Diarrhea or constipation

Do you feel like everything upsets your stomach? Do you only have a bowel movement once or twice a week? These are indicators of issues with your digestive system and/or a sign your fiber intake needs to be monitored. If you don't have enough fiber in your diet, you may experience constipation. If you're experiencing diarrhea often, it means your body is not absorbing nutrients properly.

## 4. Split fingernails

If your nails are brittle, weak, and split in two often, it's a sure sign you aren't getting enough nutrients in your diet. Iron deficiency is one reason for split fingernails, and your doctor may recommend iron supplements or specific foods you should eat more of to improve your iron levels.

## 5. Irritability and/or depression

Have you been feeling unlike yourself lately? Are you easily annoyed, tired, or experiencing feelings of hopelessness? Having an insufficient intake of nutrients can cause your mental health to decline. If you haven't been eating regular meals, or you've been consuming a lot of caffeine as a meal replacement, (which it most certainly is not!) it can certainly affect your overall mood!

## 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!