

## 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**



# A NEW YEAR COULD MEAN AN ALL-NEW YOU!

### 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:** Listen To Your Body's Signals  
How and When to Use A Foam Roller



# A New Year Could Mean An All-New You!

Our team at Peak To Shore Physiotherapy is trained to help you in preventing injuries and making physical activity as easy as possible.

## Don't Forget The Past

You may feel like a brand new, rejuvenated person in the new year, but your body undoubtedly hasn't received that message. One of the biggest mistakes you can make is pushing yourself too fast and too soon. Let's say you make a resolution to start taking morning runs in 2023. That's great! However, if your body hasn't been used to running in the past, you need to ease yourself into it. Your mindset may be focused on your marathon goal, but your body isn't there yet.

Start slow, perhaps with a half-mile jog around the neighborhood, then start pushing yourself to a mile, then two, then three. The gradual increase will make it much easier on your body (and a much easier resolution to keep!) than diving right into it.

Starting off with that three-mile run may feel liberating in the beginning, but your body will curse you after. The new year can bring great changes, but don't forget the past.



## 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!

"I have been coming to Peak to Shore Physiotherapy clinic for years. I have nothing but positive things to say about the staff there. From the physiotherapist to the massage therapist to all the doctors there and all the staff. These are wonderful people who take time with you and really work hard to get you better, stronger and back to yourself. I'm always greeted by a smile from all the staff. Julie, the manager of the clinic, is super great and knows her stuff. I would definitely recommend going there. Great variety of services, a one stop shop. Therapists are very professional and caring. Looking forward to trying one of the power watts spinning classes."

**Google 5-Star Review**



# Exercise Essential

## Listen To Your Body's Signals

Your body has a special way of letting you know when something isn't normal. Even a minor ache or pain can be indicative that rest is needed. If pain persists, it is important to seek the assistance of a physiotherapist. It is a far too common occurrence for people to wait until it is too late before they get help with a painful area.

For example, did you know that 80% of Canadians experience back pain at some point in their lives? However, most of these instances are only reported once the pain has become too severe to handle, or when an injury occurs. By listening to your body's signals and getting help in the beginning, you can prevent an injury before it occurs.

### Stay On Top!

Even if your resolution doesn't leave you feeling achy or painful (and we hope it doesn't!), we can still help you maintain your peak physical performance. Peak To Shore Physiotherapy uses advanced methods and technology, such as injury prevention screening, gait analysis, and mobility evaluation to determine what exercises and therapies would work best for aiding in your physical excellence.

We can help make sure you stay on top, avoiding any potential pain or injury. Additionally, you will have a team of supporters to encourage your goals and celebrate your achievements along the way!



 SimpleSet Pro

## PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

*Good stretch if you sit at a computer all day*

### Schedule Your Next Appointment Today!

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## 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 *Scott Branny*

Scott is a passionate physiotherapist that recently moved to Collingwood in 2022 after working for over 12 years in Toronto and London, UK. Scott completed a Master of Science degree in Physiotherapy from McMaster University in 2010. Scott is a fellow of the Canadian Academy of Manipulative Physiotherapists and holds certificates in acupuncture and dry needling. Scott specializes in the assessment and treatment of musculoskeletal and sports injuries with a special interest in shoulder, knee and spine rehabilitation. Along with being a Strength and Conditioning Coach, Scott has worked with the Canadian National Ballet and competitive sports teams at various levels. Scott strives to provide patient-centred treatment, combining education, exercise and manual therapy. In his spare time, Scott enjoys spending time with his family and friends, traveling, weight lifting, running, hiking, scuba diving, skiing, snowboarding, and playing hockey and golf. Scott is excited to be a part of the Peak to Shore team and take advantage of what the Georgian Bay area has to offer.

To learn more about the entire Peak to Shore team, visit [PeakToShorePhysiotherapy.com](http://PeakToShorePhysiotherapy.com)



# How and When to Use A Foam Roller



Have you heard about foam rolling but aren't exactly sure when or even why you do it? Our team of physiotherapists at Peak To Shore Physiotherapy will guide you on how, when, and why to properly use a foam roller to help you loosen up before exercise and speed up your recovery.

Most foam rollers are lightweight, cylindrical tubes of compressed foam or hardened plastic with padding.

Rolling is thought to cause a stretching-type effect or a release of tension in the tissue through the friction between muscles and the roller. These effects are similar to manual therapy techniques, which is why foam rolling is sometimes called a self-induced massage.

Foam rolling is one of the most widely used physiotherapy, fitness, and athletics strategies to increase flexibility and joint mobility. Research suggests it might improve sports performance, reduce post-workout soreness and alleviate muscle knots.

The bottom line is foam rolling is an easy way to loosen up your tissues before and after exercise!

## 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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