

## Review Us!

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**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**



# PHYSIOTHERAPY CAN HELP YOU STRENGTHEN YOUR CORE

### 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:** What To Expect In Physiotherapy Sessions  
Staff Spotlight: Craig Brown, PT, MSPT



# Physiotherapy Can Help You Strengthen Your Core

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At Peak To Shore Physiotherapy, our physiotherapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physiotherapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

**Contact Peak To Shore Physiotherapy today to figure out how we can help you strengthen your core muscles and improve your overall health.**

## What Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting,



standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining control.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.



**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. There are wonderful people 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."

**- Stacey L**

# What To Expect In Physiotherapy Sessions



Our licensed physiotherapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

**If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!**

## Schedule Your Next Appointment Today!

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## Healthy Recipe *Easy Oven Roasted Vegetables*

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 cups sliced baby portobello mushrooms
- 1 cup thin baby carrots
- 1 red bell pepper, chopped
- 1 small yellow onion, chopped
- 2 tablespoons olive oil
- salt and fresh ground pepper, to taste
- 1-1/2 teaspoons Italian Seasoning
- 1/2 teaspoon garlic powder

Preheat oven to 425°F. Line a large baking sheet with foil or parchment paper. Add all the vegetables to the baking sheet. Add olive oil over the veggies and mix with either a wooden spoon or just use your hands. Season with salt, pepper, Italian Seasoning, and garlic powder; gently toss until thoroughly combined. Arrange all the veggies in a single layer. Bake for 15 to 20 minutes, stirring halfway through cooking. You want to roast the veggies until fork tender and lightly browned. Remove from oven and serve.

<https://diethood.com/easy-oven-roasted-vegetables/>

# Exercise Essential



SimpleSet Pro

## PLANK

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 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

# Staff Spotlight: Craig Brown, PT, MSPT



Craig graduated from Wilfrid Laurier University with an Honors Bachelor of Science in Kinesiology in 2003 and from Queen's University with a Master of Science in Physiotherapy in 2006. After completion of his Physiotherapy degree, he completed courses through the Canadian Physiotherapy Association's Orthopaedic Division. This allowed him to successfully challenge the Advanced Examination and obtain his fellowship in the Canadian Academy of Manipulative Physical Therapy. He also completed courses in golf rehabilitation, McKenzie Lumbar spine therapy (MDT) and many courses on shoulder and knee rehabilitation. In addition to his Orthopaedic training, Craig has completed his certification with the Acupuncture Foundation of Canada Institute and is also certified in Integrated Dry Needling.

Craig comes to the Georgian Bay area from Guelph where he had been treating in clinical orthopaedics for over 15 years. Within this practice, he was the clinical skill development lead, keeping other practitioners up-to-date on evidence and integrating it into their practice. Craig uses a combination of manual therapy, exercises and needling to help his clients improve performance and prevent injury recurrence.

Craig is a sports enthusiast who enjoys playing volleyball, basketball as well as spending time in the gym working on his fitness. His wife (fourth generation Collingwood resident), and two daughters keep him very active with all their activities on the slopes and in the water.

Hon.BSc(Kin), MSc(PT),  
Diploma of Advanced Manual and Manipulative Physiotherapy  
Fellow, Canadian academy of Manipulative Physiotherapists  
Certified Integrated Dry Needling  
Certified with Acupuncture Foundation of Canada Institute

## 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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