

## Review Us!

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**Georgian Bay  
Location**



**Stayner  
Location**



**Wasaga  
Location**

# HOW PHYSIOTHERAPY CAN HELP SHOULDER PAIN

### 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:

How Physiotherapy Can Help Shoulder Pain  
How To Squeeze In A Short 10-30 Minute Workout



# How Physiotherapy Can Help Shoulder Pain

Have you been experiencing an achy sensation in your arm? Are you having issues getting to sleep at night or problems lifting things? If these symptoms sound familiar, you might have a rotator cuff injury or neck pain. At Peak To Shore Physiotherapy, our physiotherapist can help figure out what is causing your symptoms and how to resolve them once and for all!

The rotator cuff comprises muscles and tendons that help keep the shoulder in place and moving correctly. People experiencing rotator cuff injuries typically report feeling a painful, dull ache deep in their shoulder or trouble getting a good night's sleep due to pain. Some people experience difficulty reaching behind their backs or weakness in their arm especially reaching to the side or overhead.

At Peak To Shore Physiotherapy, we offer effective, non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury and/or neck pain. If you think you may have a rotator cuff injury or neck issues, contact our clinic and set up an appointment today!

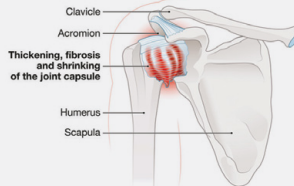
## How To Tell If It Is A Rotator Cuff Issue Or A Pinched Nerve

Although some symptoms of these conditions are similar, there are ways to differentiate between rotator cuff injury and cervical radiculopathy. Typically, a pinched nerve will cause pain due to neck movements and positions, whereas a rotator cuff injury is associated with shoulder movements and positions.

**Ways to distinguish rotator cuff injury from neck pain include:**

- **Quality of Pain:** Rotator cuff tends to be dull at rest and can be sharp with specific movements on the shoulder/arm. The neck tends to have sharp pain at rest and movements of the neck and/or positions that stretch the nerve, resulting in more pain. Moving the neck rarely affects the rotator cuff symptoms.

## Adhesive capsulitis (Frozen shoulder)



- **Location of pain:** People with rotator cuff injuries often experience pain in the shoulder itself, typically on the outer aspect of the shoulder.
- **Movements affecting pain:** Rotator cuff injuries affect movements performed by the injured muscle. Symptoms coming from the neck are produced or intensified by turning your head or looking up/down.
- **Weakness:** The most common movements affected by a rotator cuff injury are reaching to the side or overhead.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you usually would.



## 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**

# Physiotherapy For Shoulder Pain



Regardless of whether your pain is caused by a torn rotator cuff or cervical radiculopathy, physiotherapy is a great option to abolish pain, restore motion and improve your strength in your shoulders and neck.

Your physiotherapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and targeted stretches to improve your range of motion and reduce your pain. In addition, a comprehensive strengthening program to ensure a total return of the function to the injured shoulder.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physiotherapist because you're hoping the pain will go away on its own! It is essential to have your condition evaluated. That way, you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.

## Come see us today!

Put an end to your problems today. Call Peak To Shore Physiotherapy today and get scheduled for your very own consultation with one of our skilled physiotherapists.

Our team will assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!

Sources:  
<https://www.choosept.com/guide/physical-therapy-guide-rotator-cuff-tear>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5040201/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4958381/>

## Schedule Your Next Appointment Today!

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



# Exercise Essential



SimpleSet Pro

## SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.

## 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

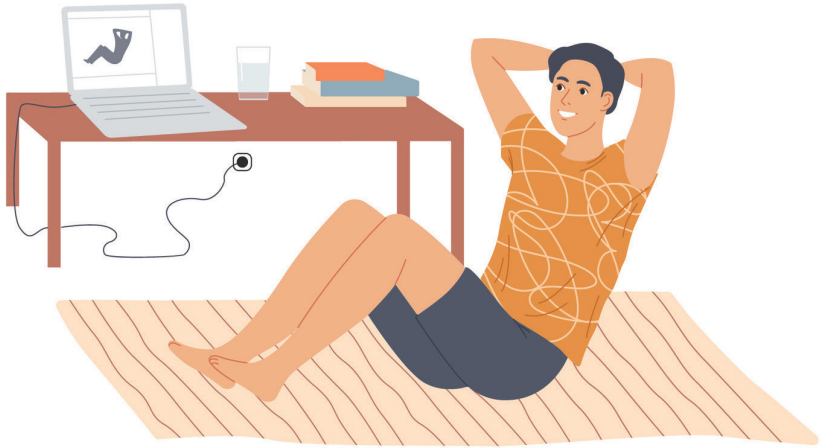
## Ready To Get Started?

At the end of the day, Peak To Shore Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Ontario area, or any of the surrounding areas, and you are looking for relief, look no further. Peak To Shore Physiotherapy is here to help as one of the most favored Ontario physiotherapy practices.

Call our office at 705-446-2551 (Georgian Bay), 705-446-2551 (Stayner), 705-446-2551 (Wasaga) or visit us online at [peaktoshorephysiotherapy.com](http://peaktoshorephysiotherapy.com) to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

# How To Squeeze In A Short 10-30 Minute Workout



Are you looking for a quick way to get results from your workouts? At Peak To Shore Physiotherapy, our physiotherapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

***There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:***

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

**Call Peak To Shore Physiotherapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!**

## 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!