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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



DO YOU HAVE DIFFICULTY WALKING DUE TO BACK PAIN?

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:00a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 4:00p
Fax: 705-446-1897

Stayner Location

7460 County Road 91 M 8:00a - 8:00p
Unit 3 T 8:00a - 5:00p
Stayner, ON L0M 1S0 W 8:00p - 7:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 1:30p
Fax: 705-517-0076

Wasaga Location

102 - 14 Ramblewood M 7:30a - 3:00p
Drive, Wasaga Beach, T 8:00a - 8:00p
ON L9Z 0C4 W 7:30a - 7:00p
Th 8:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 4:00p
Fax: 705-446-1897

Hours subject to change. Please call in advance.

INSIDE: What To Expect At Physiotherapy
The Difference Between Health & Wellness



Do You Have Difficulty Walking Due to Back Pain?

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, our therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking.

The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our therapists are an excellent resource for managing your back pain and difficulty walking.

Call Peak To Shore Physiotherapy today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

How back pain affects your gait

Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how your walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.



At Peak To Shore Physiotherapy, our therapists can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

How our clinic can help

When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Our therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our therapists will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.



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

Our Patients Get Great Results!

"Andrew Ewert has been a great help. I've had back low back pain for 15 years and have found his treatment to be one of the only things to offer consistent and lasting relief. Highly recommend!"

— Alexander J.



What To Expect At Peak to Shore

Your therapist will perform a thorough physical examination and provide you with solutions that will work to improve your pain levels and the way you walk. When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Your therapist will teach you strategies like:

- **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
- **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.
- **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.
- **Changing “how” you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Sources: <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02236/full> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048239/> • <https://www.sciencedirect.com/science/article/abs/pii/S094239595001158> • <https://sites.kowsarpub.com/journals/articles/82816.html> • https://journals.lww.com/spinejournal/abstract/1993/0910/gait_analysis_of_patients_with_low_back_pain.8.aspx

Schedule Your Next Appointment Today!

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Exercise Essential



PT WIRED

SEATED EXTENSION

3 Sets | 5 Reps | 5 Seconds Hold

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades.

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

Call Us Today to Get Started!

Working with a Peak to Shore therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What's more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected. Call Peak To Shore Physiotherapy today for a comprehensive assessment of your back pain and your gait. Working with our therapists to improve your walking technique can help you overcome back pain one step at a time. We offer the results you are looking for!

Give us a call or visit us online at peaktoshorephysiotherapy.com to schedule an appointment with one of our therapists today!

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What Glenn has been doing when not at Peak to Shore this year...
**Providing physiotherapy coverage at World Cup ski Cross Events
 covering Men's hockey & Alpine Ski Racing at Canada Games**



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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