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STAY ON YOUR FEET WITH PHYSIOTHERAPY

Georgian Bay Location

1 First Street Unit 102
Collingwood ON
L9Y 1A1
705.806.5143

M	8:00a - 8:00p
T	8:00a - 8:00p
W	8:00a - 8:00p
Th	8:00a - 8:00p
F	8:00a - 4:00p

Stayner Location

7460 County Road 91
Unit 3
Stayner, ON L0M 1S0
705.806.5143

M	8:00a - 8:00p
T	8:00a - 5:00p
W	8:00p - 7:00p
Th	8:00a - 8:00p
F	8:00a - 1:30p

Wasaga Location

102 - 14 Ramblewood
Drive, Wasaga Beach,
ON L9Z 0C4
705.806.5143

M	7:30a - 3:00p
T	8:00a - 8:00p
W	7:30a - 7:00p
Th	8:00a - 3:00p
F	10:00a - 4:00p

Hours subject to change. Please call in advance.

Physiotherapy Can Reduce Your Risk of a Fall-Related Injury

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Peak To Shore Physiotherapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physiotherapist. Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physiotherapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Peak To Shore Physiotherapy today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

Are you at risk of falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Impaired balance and gait control (whether age-related or due to illness)
- Vision problems



**Schedule Your Next Appointment Today!
Call 705.806.5143 to get started.**

- Depression
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Acute and chronic illnesses
- Previous history of falls

Your physiotherapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

Schedule Your Next Appointment Today!

Click here to schedule your appointment.

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!

"10/10 would recommend!"

"Johnathan is professional, kind and such an expert. We began working with him on a referral for our daughter's (who dances competitively) knees. His work with her has been so impactful that my husband and I have each begun working with him for our own issues. 10/10 would recommend!"

— Tara J.

peaktoshorephysiotherapy.com

Physiotherapy Can Keep You On Your Feet

Our physiotherapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What to expect in physiotherapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance. Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- 1.Pain management.** Your physiotherapist will work with you on relieving pain first before continuing any other forms of physical activity.
- 2.Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physiotherapist will design a balance training plan for you as part of your treatment.
- 3.Strength training.** Your physiotherapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html> • <https://www.bmj.com/content/347/bmj.f6234> • <https://bmgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> • <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>

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Call Us Today to Get Started!

Your physiotherapist will incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life. Contact Peak To Shore Physiotherapy to schedule a consultation and get started today!

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

Call 705.806.5143 today.

Exercise Essential



PT WIRED

SINGLE LEG BALANCE (ANKLE)

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.

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