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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



IS YOUR NECK PAIN INTERFERING WITH YOUR LIFE?

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:

Is Your Neck Pain Interfering With Your Life?
Our Patients Get Great Results!



Is Your Neck Pain Interfering With Your Life?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Peak To Shore, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physiotherapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physiotherapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call Peak To Shore today and schedule an appointment with our physiotherapist. Find the relief you have been looking for!

Understanding the difference between head and neck pain

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.



For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and some headaches will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

One of the most common causes of headaches that are easily treatable with physiotherapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.



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!

"Amazing staff. So accommodating. The front desk always has a smile and says hello when you walk through the door. It is fantastic to have everything in one place. So far I have had physio with Carly Ross, chiropractic with Brad Baldwin, massage therapy with Brian Bennett, knee injection with Dr. Koo and sports therapy with Dr. Clayton. All good things to say about the fantastic people here. You leave feeling better than when you walked in. Highly recommend Peak to Shore."

— Tracy M.

peaktoshorephysiotherapy.com

Peak To Shore Can Help You!

Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow—the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

Contact us for an appointment

If you're struggling with recurring headaches and neck pain, call Peak To Shore today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC594516/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

Schedule Your Next Appointment Today!

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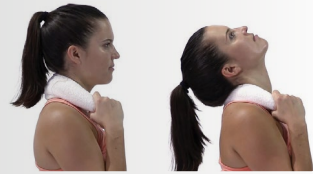
Call Us Today to Get Started!

The majority of head and neck pain can be treated with physiotherapy. Working with a physiotherapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains. At Peak To Shore, our physiotherapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching. We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

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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Exercise Essential



PT WIRED

CERVICAL RETRACTION & EXTENSION

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.

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

Stay Hydrated This Summer



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1 Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day.

2 When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3 Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4 Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated.

These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty. Call us with any questions you have about staying hydrated.

Come back to see us this summer. Email info@peaktoshorephysiotherapy.com or call (705) 446-2551, and we would be more than happy to get you started.

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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Wasaga Location

102 - 14 Ramblewood Drive
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