

# How to Make a Routine Into a Habit



Are you finishing your rehabilitation and want to take your routine and make it a habit for a healthier life? Our physiotherapists at Peak To Shore will help keep you on track and motivate you to stay active and healthy!

Sticking to a routine is one of the most challenging obstacles for people to overcome. Despite the persistent message about how important it is to get moving and stay active, it seems impossible to get started and even harder to keep going. Too often, the fear of overdoing it leads to putting off starting a routine. For others, the struggle is not in the willingness to get moving; it's because they don't know exactly what to do first. At Peak To Shore, our team will work with you to set attainable goals and give you the guidance and accountability you need to be successful. Call today to set up an appointment and start living the life you deserve!

## HOW TO SET GOALS THAT MAKE A HABIT

For most people, a goal is defined as "what an individual is trying to accomplish."

One of the most effective ways to achieve your goals and make a routine habit is to try "SMARTER" goal-setting strategies to help ensure your success.

**S — Specific:** A specific (clearly stated) area for improvement.

**M — Measurable:** Numbers or indicators to measure progress are essential.

**A — Achievable:** Challenging but within your skill range.

**R — Realistic:** To be successful, you must define results in realistic terms with available resources.

**T — Timely:** Specify the date the results are due to create a sense of urgency.

**E — Evaluate:** You'll be much more likely to achieve your goals by evaluating them and getting feedback from an expert (i.e., our team at Peak To Shore).

**R — Readjust:** Use the feedback from our experts until you find yourself realizing your goals.

When your plan is unrealistic or involves too many challenges, your ability to make your routine a habit will be limited. Fortunately, our team at Peak To Shore is here to help you from start to finish. Call today to schedule an appointment with one of our specialists to get the guidance, support, and motivation to make your routine a lasting habit!

Sources: <https://www.tandfonline.com/doi/full/10.1080/17437199.2019.1706616> • <https://pubmed.ncbi.nlm.nih.gov/26445201/> • <https://pubmed.ncbi.nlm.nih.gov/21744940/>

**Come back to see us this summer. Email [info@peaktoshorephysiotherapy.com](mailto: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!



### Georgian Bay Location

1 First Street Unit 102  
Collingwood, ON L9Y 1A1

705-446-2551

### Stayner Location

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

705-446-2551

### Wasaga Location

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

705-446-2551



# HEALTH & WELLNESS

The Newsletter About Your Health & Caring for Your Body

## Review Us!

We make it easy to review! Just scan the QR code for the location you would like to review. We would love your feedback!



**Georgian Bay Location**



**Stayner Location**



**Wasaga Location**



# WE CAN HELP YOU SOLVE YOUR GOLFING INJURIES

### Georgian Bay Location

1 First Street Unit 102  
Collingwood ON  
L9Y 1A1  
Phone: 705-446-2551  
Fax: 705-446-1897

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  
Phone: 705-446-2551  
Fax: 705-517-0076

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  
Phone: 705-446-2551  
Fax: 705-446-1897

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.*

## INSIDE:

How Physiotherapy Can Help Treat Golfing Injuries  
Our Patients Get Great Results!



# How Physiotherapy Can Help Treat Golfing Injuries

Are you concerned about an old injury that seems to pop up every golf season? Have you wondered what to do to get ready for golf this year? At Peak To Shore, our physiotherapists are highly trained movement experts. We can help figure out any limitations or restrictions that may be affecting your swing or causing you pain.

Request an appointment at Peak To Shore today and let one of our physiotherapists assess how your body moves. We'll teach you how to resolve any issue standing in your way of getting out on the course again!

## MOST COMMON INJURIES IN GOLF

Although often thought of as a leisurely activity, golf requires considerable coordination, which can sometimes result in injury. The most common type of injury is overuse due to the repetition of swings and, even worse, poor technique.

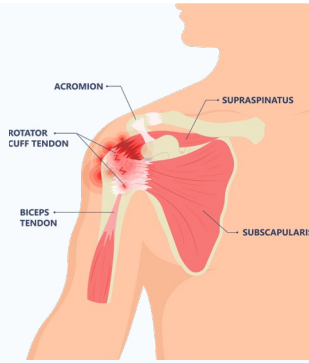
### The most common injuries in golf occur to the following areas of the body:

- **Lower back:** Improper swing technique is one of the leading causes of lower back pain among golfers. Swinging too forcefully and/or with too much or too little motion can lead to muscle strains and abnormal pressure on the spine's discs.
- **Neck:** New golfers, in particular, are not used to twisting their bodies as far or as many times as a round of golf requires. Although the head should stay relatively still while swinging, the movement of the rest of the spine causes rotation of the neck from the bottom up instead of our usual top-down sensation.

You can sometimes avoid neck pain or injuries by first warming up properly, taking frequent breaks, starting with

fewer holes in the beginning, and slowly working up to more extended periods of practice and play.

- **Shoulder:** Shoulder pain and injury can occur at any phase of the golf swing but tend to be due to faulty swings, a traumatic force like hitting a root or rock, taking a deep divot, or fatigue and overuse. Golfers typically develop problems with their tendons (i.e., rotator cuff muscles) or degenerative and arthritic changes to the joints. Fortunately, most injuries respond to physiotherapy intervention.
- **Elbow:** Golfer's elbow is a common issue for golfers. It is a form of tendinopathy that causes inflammation or micro-tearing in the tendons surrounding your elbow's inner aspect. This condition is often the result of repetitive gripping and/or swinging and may be related to grip on the club handle. This condition can make holding and swinging a club impossible.
- **Hip:** The hip joint typically has a lot of mobility and can withstand large amounts of forces. The hip is subjected to repeated stresses during the golf swing and is particularly vulnerable to injury.



- **Knee:** Knee pain is one of the most common types of injuries in the lower body of a golfer. The most common type of knee injury amongst golfers is a meniscal tear. This injury may be caused by sudden, forceful, twisting motions while bearing weight through the knee.

At Peak To Shore, our therapists thoroughly understand movement and specifically the biomechanics of a golf swing. We use our expertise in the musculoskeletal system to identify and manage golf injuries. Our goal is to help you recover from an injury and improve your overall movement and strength so you can get back on the course doing what you love!

## WHAT TO EXPECT AT YOUR PHYSIOTHERAPY SESSIONS

The physiotherapists at Peak To Shore have an excellent understanding of the biomechanics and forces of the golf swing and can diagnose and treat any musculoskeletal injury. At your first visit, we will perform a comprehensive evaluation that includes a thorough history and movement assessment. We will determine your specific joint range of motion as well as how your joints move in relation to one another.

Furthermore, we will assess your strength, coordination, and balance to identify any weaknesses and/or limitations that may limit your ability to swing correctly.

This information will help us design a program tailored to your individual needs. This program will consist of flexibility/mobility, strength, and power training with correction of faulty movement patterns to help the golfer reduce the likelihood of injury and improve their overall performance. Our team will also demonstrate proper warm-up routines to ensure you're moving safely.





**Schedule Your Next Appointment Today!**

Scan the QR Code to visit our website at [peaktoshorephysiotherapy.com](http://peaktoshorephysiotherapy.com)

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# Exercise Essential



## SINGLE LEG SQUAT

Stand facing away from a chair and raise one leg straight out in front of you. Slowly bend at your hip and knee to lower your butt down until it touches the edge of the chair. Then, press through your heel to stand back up. Make sure to keep your other leg raised off the ground and to keep your abdominals braced. 3 sets, 10 reps, hold.

## 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

## 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!

### "Highly recommend Andrew and this clinic!"

"Andrew Ewert is a pleasure to work with! He's extremely kind, professional and knowledgeable. We tackled a number of muscular issues that I've been dealing with, including TMJ—the treatment has been the only thing that's helped me and I've tried many things. Highly recommend Andrew and this clinic!"

— Tara J.

[peaktoshorephysiotherapy.com](http://peaktoshorephysiotherapy.com)



## Call Us Today to Get Started!

At Peak To Shore, we are proud to offer a return to sports training program. This functional training program can help athletes like you return to play after surgery or a serious injury. Our program pushes athletes to utilize multiple muscle groups at once, which in turn allows the athlete to move fluidly. Whereas traditional forms of training only work muscles in isolation. At Peak To Shore, our physiotherapists will design a golf-specific plan to help you find relief and protect your body from future injuries and pain. No matter what condition you are dealing with, we can help you golf pain-free!

Give us a call or visit us online at [peaktoshorephysiotherapy.com](http://peaktoshorephysiotherapy.com) to schedule an appointment with one of our therapists today!

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