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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



GET YOUR HEALTH BACK ON TRACK WITH PHYSIOTHERAPY

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
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-517-0076 F 8:00a - 1:30p

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
Phone: 705-446-2551 Th 8:00a - 3:00p
Fax: 705-446-1897 F 10:00a - 4:00p

Hours subject to change. Please call in advance.

INSIDE:

- Get Your Health Back On Track With Physiotherapy
- Call Us Today to Get Started!



Get Your Health Back On Track With Physiotherapy

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physiotherapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physiotherapy at Peak To Shore Physiotherapy can help.

Peak To Shore Physiotherapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physiotherapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physiotherapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Peak To Shore Physiotherapy today, so we can help you get back to the life you deserve!

WHY SHOULD I CHOOSE PHYSIOTHERAPY?

There are several reasons to choose physiotherapy over costly surgeries and medications. Physiotherapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physiotherapy is that it can uncover the underlying reasons for your injuries and/or pain.



Some of the impairments your physiotherapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

BENEFITS OF PHYSIOTHERAPY

A physiotherapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physiotherapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physiotherapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.



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."

"Amazing staff. So accommodating. 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, message therapy with Brian Bennett, knee injection with Dr Koo and sports therapist 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

Exercise Essential

Physiotherapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physiotherapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physiotherapy can improve your overall health and well-being: When you see a physiotherapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

In addition, physiotherapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physiotherapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries.

This may include all components of typical physiotherapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793> • <https://bjsm.bmj.com/content/52/24/1557.citation-tools> • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>



Schedule Your Next Appointment Today!
Call Us At 705.446.2551




Call Us Today to Get Started!

The mission of our physiotherapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physiotherapists through exceedingly high customer service and results! Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. Contact Peak To Shore Physiotherapy to learn more about National Physiotherapy Month and the benefits of physiotherapy.

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

Call Us At 705.446.2551



 PT WIRED

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

Injury Prevention During the Fall Season



With the days getting shorter and the cold weather approaching, do you worry about losing your balance and falling? Our team of physiotherapists at Peak To Shore Physiotherapy will help you prevent fall-related injuries so you can get outside and enjoy the fall colors!

It is well known that we need to layer up our clothes to prepare for the colder temperatures, but only some know the steps we can take to reduce our risk of falling as seasons change each year. Request an appointment today and let us assess your fall risk and give you the tools to prevent fall-related injuries!

COMMON FALL RISK AND INJURIES ASSOCIATED WITH AUTUMN

The fall season often involves getting in the garden to harvest all your vegetables and extra yard work to clean the leaves. Getting out into nature and enjoying the fresh air is good for physical, mental, and emotional well-being.

With the days getting shorter and leaves covering holes and obstacles in your yard, the potential of falling and injury is magnified.

The most common injuries from falling include the following:

- Sprains and strains
- Broken bones from an outstretched arm (i.e., wrist, elbow, or arm
- bones)
- Concussion and/or whiplash from slipping and falling

The fall season brings motivation to get outside, but the uneven terrain increases the risk of falling. Our team of physiotherapists at Peak To Shore Physiotherapy will conduct a fall risk assessment and mobility screen to identify any restriction or weakness that makes you susceptible to injury this fall. We will design a program consisting of targeted stretches and strengthening exercises with balance and coordination drills to minimize your risk of falling.

Come back to see us this fall. 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

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