



Staying Safe & Active During The Winter Months

Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!) Having your balance assessed this season could help you to avoid fall-related injuries. Give Peak To Shore Physiotherapy a call today to schedule an appointment, so we can help you feel steady on your feet!

STAYING SAFE & ACTIVE IN WINTER

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your balance

is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

HOW CAN A BALANCE EXPERT HELP ME REDUCE MY FALL RISK?

Our therapists can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

[CLICK HERE GET ON OUR SCHEDULE & GET BACK IN THE GAME!](#)

What Should I Expect During Therapy?

The first thing you should know about therapy for balance is that this kind of therapy is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at Peak To Shore Physiotherapy are:

- **Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physiotherapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.
- **Static and dynamic balance training:** This kind of training will be incorporated into your physiotherapy



treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physiotherapists will also teach you balance strategies to help mitigate fall risk.

Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

CONTACT US TODAY FOR AN ASSESSMENT

Peak To Shore Physiotherapy wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physiotherapist at our clinic, it doesn't have to be! Call us today to have your balance assessed this snowy season.

We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having.

Healthy Tip

FOAM ROLLING BASICS



Inner Thigh



Hip



Abs



Upper Arm



Upper Back



Lower Back

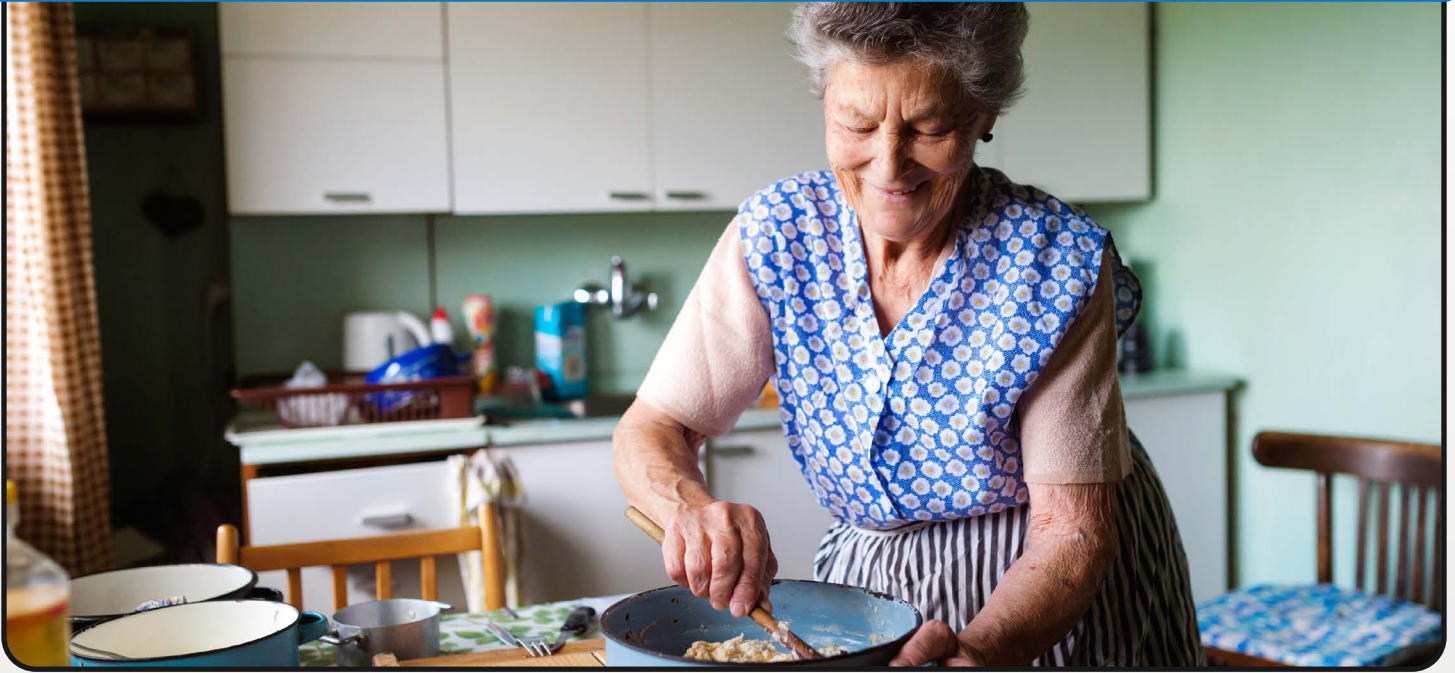
Our Patients Get Great Results!



“Knowledgeable, professional staff and beautiful office. On two different occasions I have requested appointments with a therapist. I had vertigo and Mark Eggleson did Epley maneuver very successfully. I recently had hand surgery and again made appointment with Mark. I am currently working with him to get strength and movement back. Again very knowledgeable and making great success.” – Glenys

[CLICK HERE TO LEAVE YOUR REVIEW & HELP US HELP MORE PEOPLE!](#)

Surviving Arthritis With Cold Weather



Do you notice that your arthritis becomes more painful in the winter? Does it become harder to go about your daily activities? Arthritis can hinder many qualities of life — from work to hobbies to overall mobility. Some people are so affected by arthritis that they cannot work and have to go on disability.

If you are suffering from the chronic pain of arthritis, or you think you might be, call Peak To Shore Physiotherapy to schedule a consultation with one of our physiotherapists. Physiotherapy is a safe, healthy, and effective way to treat arthritic pain. Although cold weather does not cause arthritis, it can aggravate existing aches and pains. According to the Arthritis Foundation, cold temperatures can increase pain sensitivity, slow blood circulation, and cause muscle spasms. Luckily, there are some things you can do to help alleviate your arthritis symptoms in the winter, including:

Keep warm. If the winter chill bothers your joints, the best antidote is to bundle up! Layer up with hats, gloves, and scarves. You could also take a warm bath to help your stiff joints.

Exercise. When you're in pain, exercise might be the last thing on your mind. But did you know that getting active is the single most effective way to alleviate arthritis pain and keep your joints happy? Exercising can include anything from taking a yoga class to walking around your neighborhood.

Practice healthy eating habits. Did you know that your diet can contribute to your levels of inflammation and, consequently, how much pain you're in? Opting for anti-inflammatory foods can significantly improve arthritis symptoms.

If you believe you need some extra help when it comes to pain relief this season, don't hesitate to contact Peak To Shore Physiotherapy. Our dedicated team can help you start feeling better, so you can focus on enjoying this winter with your loved ones.

[CLICK HERE GET ON OUR SCHEDULE & START RELIEVING YOUR ARTHRITIS PAINS.](#)

Did You Know?

WE CAN ALSO TREAT:

- Arthritis
- Hip Injuries
- Chronic Pain

- Knee/Ankle Injuries
- Muscle/Tendon Injuries

- Shoulder/Elbow Injuries
- Sports Injuries

- Sprains
- Vertigo
- And more!



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