



Don't Ignore Your Back Pain This Winter

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you. There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a therapist to guide them to relief and proper management for the future. For many people, therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain,

and ignoring any of them is not a good idea. Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

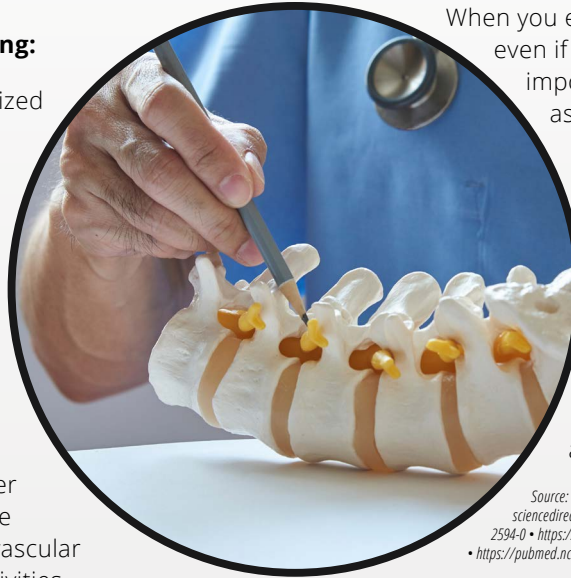
**CLICK HERE GET ON OUR SCHEDULE & TO
START HEALING TODAY!**

An Effective Solution For Your Back Pain

Your therapist will identify why you are having pain and the best treatment options your body needs.

This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.



CALL OUR CLINIC TODAY

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled therapist!

Working with one of our therapists can help you identify the source of your back pain. Our team can help put an end to your back pain once and for all. Call today to make an appointment!

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/> • <https://www.sciencedirect.com/science/article/pii/S1836955319300578> • <https://doi.org/10.1186/s12891-019-2594-0> • <https://doi.org/10.1186/s12891-019-2477-4> • <https://pubmed.ncbi.nlm.nih.gov/30252425/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://pubmed.ncbi.nlm.nih.gov/27285608/>

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your therapist, you can find solutions and get back to living the life you enjoy!

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR PAIN. CLICK HERE GET ON OUR SCHEDULE TODAY.

Healthy Tip

3 WAYS TO STAY HEALTHY THIS HOLIDAY SEASON

1. MAKE SURE YOU'RE GETTING SLEEP

Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

2. STAY ACTIVE

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. DON'T SKIP MEALS

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

Our Patients Get Great Results!

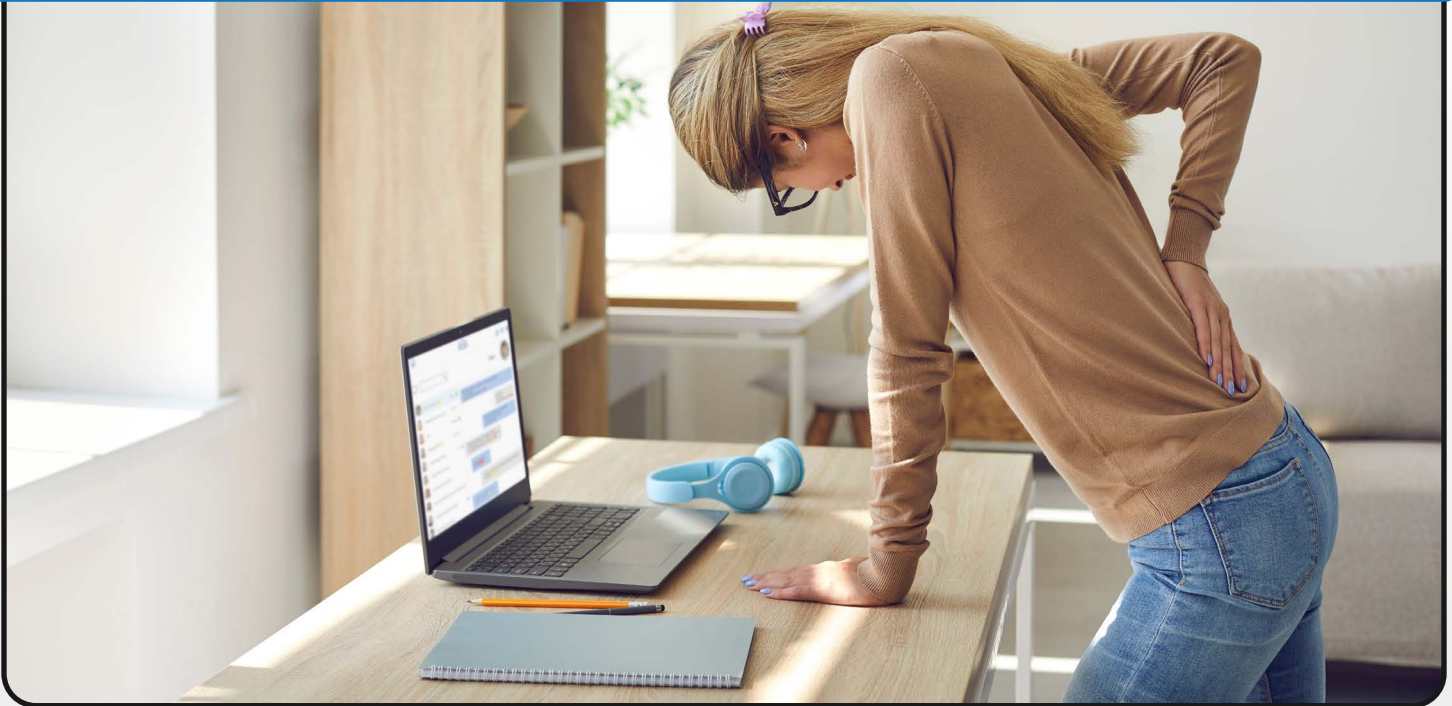


"Andrew Ewert has been a great help. I've had lower back pain for 15 years and have found his treatment to be one of the only things to offer consistent and lasting relief. Highly recommend."

- Alexander J.

CLICK HERE TO LEAVE YOUR REVIEW & HELP US HELP MORE PEOPLE!

Prevent Back Pain & Mobility Restriction



DO ANY OF THESE STATEMENTS APPLY TO YOU?

- I have a job that requires me to sit at a desk.
- I struggle to find time to exercise regularly.
- I never learned proper lifting techniques.
- People frequently tell me I slouch.

If so, you may be at a higher risk of developing back pain. Several lifestyle factors can increase the likelihood of an injury leading to back pain. Fortunately, one of our therapists at Peak To Shore Physiotherapy is a great choice not only for resolving back pain but for stopping it before it even begins!

THREE SIMPLE BACK PAIN PREVENTION TIPS

Tip 1: Exercise. Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.

Tip 2: Minimize Sitting. Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.

Tip 3: Ask for Help. When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, our Peak to Shore therapists can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.

[CLICK HERE GET ON OUR SCHEDULE & PREVENT BACK PAIN TODAY.](#)

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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