



What You Can Do About an Injured Shoulder

Does your shoulder feel stiff or weakened? Is shoulder pain keeping you up at night? Do you struggle to grab something off a high shelf? All of these can be signs of a shoulder injury—and at Peak To Shore, we're here to help.

Your shoulder is an incredible feat of engineering. Three bones come together to form a ball-and-socket joint that provides an immense range of motion. These bones are protected by cartilage and bursae, connected by ligaments, and wrapped and supported by a group of muscles called the rotator cuff.

But with all those structures, someone can injure their shoulder in several ways. While some shoulder injuries are severe enough to require medical intervention like surgery, many more can be resolved by therapy alone. In either case, our team guides you toward full shoulder rehabilitation.

If you suspect you might have injured your shoulder, call us to schedule an appointment. We'll be happy to provide personalized guidance!

2 TYPES OF SHOULDER INJURIES (& THEIR CAUSES)

John: John had worked as a house painter for years. One day, he started having difficulty reaching overhead to paint a wall. His shoulder hurt with movement, and the joint felt weak and

unstable. After a few weeks, the pain started to keep him at night, too.

The injury? Shoulder impingement. The tip of John's shoulder blade and his arm bone were "pinching" against his rotator cuff, irritating the tissue. Because John frequently reached overhead for his job, the repetition of the bones impinging on the tendons in his rotator cuff, which eventually caused them to become irritated and inflamed.

Chris: Chris was an avid hockey player. But one day, he took a tumble on the ice. He instinctively reached out his hand to break his fall. Immediately, he experienced an intense, stabbing shoulder pain and a sense of weakness in his shoulder and arm. Needless to say, he couldn't finish the game.

The injury? Rotator Cuff Tear. When Chris fell, a tendon in his rotator cuff ruptured. He may have also had a weakened rotator cuff due to repetitive stress from his sport, making him more susceptible to injury. That said, hockey doesn't put as much repetitive strain on the shoulder as "overhead" sports, like swimming or baseball.

[CLICK HERE GET ON OUR SCHEDULE & TO START HEALING TODAY!](#)

A Therapist's Role in Treating Shoulder Injuries

John and Chris experienced two very different shoulder injuries requiring very different treatments. Here's what we did for both of them.

John

John's injury was more mild, and therapy alone was enough to help him rehabilitate. His therapist...

- Offered immediate pain management through manual therapy techniques, like shoulder mobilization and soft tissue manipulation.
- Guided John through targeted shoulder exercises designed to increase his range of motion.
- Provided John with a customized exercise program to address muscular imbalances in his shoulder and back, which contributed to his injury in the first place.
- Helped John develop work strategies to avoid suffering another shoulder injury on the job.

Chris

Chris, on the other hand, had a much more severe injury and had to undergo a rotator cuff repair surgery to correct it. Once he was cleared to start therapy, we were there to guide him through his post-surgical rehab:

- In the first few weeks after his procedure, we helped him get accustomed to his shoulder sling, showed him simple exercises to begin his mobility work, and used manual therapy techniques to help manage his pain and reduce scar tissue.

- As the surgical site healed, we worked with him to gradually increase his shoulder's mobility and range of motion. Then, we moved on to restoring his shoulder's strength.
- Finally, we helped Chris get back to his day-to-day life with functional training focused on helping him "relearn" how to use his arm and shoulder. We also helped him with hockey-specific movements and provided a return-to-sport schedule so he could safely get back in the game.

INJURED YOUR SHOULDER? WE CAN HELP!

At Peak To Shore, we work with a variety of patients. Whether you're a working-class hero or an elite athlete—or somewhere in between—our team of physiotherapists can help you manage and prevent a shoulder injury. Call us to schedule an appointment to learn more!

OUR PATIENTS GET GREAT RESULTS!

"I can't say enough about Jonathon! My torn meniscus was braced to avoid surgery. He had me pain free.. and moving in a short amount of time. I give him a 10++" - Kelly O'Brien

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

Sources: <https://orthoinfo.aaos.org/en/diseases-conditions/common-shoulder-injuries> • <https://www.choosept.com/guide/physical-therapy-guide-rotator-cuff-tear> • <https://www.choosept.com/guide/physical-therapy-guide-shoulder-impingement>

New Partnership With Craigleith Ski Club!



We are delighted to share exciting news about our new partnership with Craigleith Ski Club! In a pilot project for this season, we are extending our top-quality physiotherapy

services, athlete assessment and training, as well as concussion assessment and rehabilitation to the South Lodge and its surrounding areas. Heading this clinic at Craigleith is Glenn Wark, who will be providing dedicated services at this location. Our physiotherapy clinic, supported by a team of experienced and committed healthcare professionals, is devoted to promoting health, wellness, and peak performance for our clients. Thank you for choosing Peak to Shore Physiotherapy. We look forward to serving you at our new location

To schedule an appointment, kindly contact us at 705-446-2551, extension 1.



Keep Your Hands Safe & Feeling Their Best

With the colder weather approaching, the risk of slipping on ice as you walk or run on the sidewalk is something most people pay attention to and try to avoid. You can take some precautions to minimize fall-related injuries while participating in winter activities.

Including the following suggestions:

- Wear proper shoes with winter soles for traction.
- Use slip-on spikes to reduce your risk of slips on ice.
- Make sure your sidewalks and driveways are cleared and salted or use sand or kitty litter for traction.

Heading out on the slopes or getting on the ice at your local rink is one of the most common ways for people to break a bone or sprain a ligament in their wrist and hand.

We know that staying safe is essential to staying active. Finding ways to avoid injuries or minimize the risk can be challenging, which is where our certified therapists can help. We'll work with you to help you take steps to decrease your risks and/or help you recover after an injury.

You can take the following steps to decrease your risk of sustaining an injury to your wrist and hands:

- Use your ski poles to help keep your balance when skiing
- Make sure your boots or ice skates fit properly
- Lace up your skates nice and tight
- Make sure your boots are secure in the bindings

Falling onto an outstretched arm is the most common way we break bones in our wrists and hands, and skiing, snowboarding, and ice skating are common ways people get hurt in the winter month. At Peak To Shore, our therapists will keep you as safe as possible while you're gliding down that mountain or whirling around the rink!

WHAT TO EXPECT AT YOUR THERAPY VISITS

If you are dealing with a broken bone in your wrist(s) or hand(s), our therapists are here to help you! We will conduct a physical evaluation to examine the function of your wrist, hand, and fingers to determine the most appropriate treatment for you. You will work one-on-one with one of our



specialists during your therapy sessions to reduce any pain or swelling. Your therapist will use targeted manual therapy techniques and guide you through exercises to improve your range of motion, strength, coordination, and dexterity.

The main priorities early on are pain management and mobility work to ensure your functional capabilities. Your therapist will often design a home exercise program for you to supplement your work in the clinic. These exercises may include a combination of exercises, mirror therapy, taping, or compression therapy.

Our therapists are highly skilled at determining the underlying restrictions and weaknesses limiting your progress. We will provide appropriate treatments to optimize your outcome, promote healing, and restore the use of your wrist and hand so you can stay active this winter, enjoying your time skiing, snowboarding, or skating!

REQUEST AN APPOINTMENT TODAY!

A large part of hand therapy is helping you improve your range of motion, strength, and overall function so you can safely and comfortably return to the activities you enjoy the most. Call Peak To Shore today to schedule a consultation to learn more about how hand therapy can relieve your wrist and hand recovery!

[CLICK HERE GET ON OUR SCHEDULE & PREVENT WRIST 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!



[Georgian Bay Location](#)

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[Stayner Location](#)

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Stayner, ON L0M 1S0

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[Wasaga Location](#)

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