



OUR CRAIGLEITH CLINIC IS NOW OPEN  
AND ACCEPTING PATIENTS. CALL  
705.351.4006 TO GET STARTED!

## How Physiotherapy Helps Hip & Knee Pain

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Peak To Shore Physiotherapy, our team of therapists is dedicated to helping you find solutions that work! Hip and knee pain can significantly hinder your daily life.

Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

Our therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

### IDENTIFYING THE SOURCE OF YOUR HIP AND KNEE PAIN

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity. While many causes of pain exist, the most common are:

- Sprains and strains (i.e., injuries to muscles and ligaments)
- Arthritis
- Tendonitis
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a therapist can identify what is causing your pain and help clarify what your next steps should be.

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

# Effective Solutions for Your Knees & Hips

Our licensed therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

## WHAT TO EXPECT IN PHYSIOTHERAPY

If you are suffering from knee or hip pain, it is essential to make sure you contact a physiotherapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of

therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

## CONTACT US TODAY

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Peak To Shore Physiotherapy to schedule an appointment. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0301> • <https://pubmed.ncbi.nlm.nih.gov/30126395/> • <https://pubmed.ncbi.nlm.nih.gov/25591130/>

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



## 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*

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



# 5 Exercises To Do Indoors This Winter

Now that the weather is cooling down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out?

This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 5 exercises that can be done indoors so that you can stay fit this winter!

## 1. YOGA

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups. Not only does yoga improve your flexibility and muscle tone, it has also been shown to help with your mental health!

## 2. PUSH-UPS

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

## 3. PLANKS

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

## 4. SQUATS

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.

## 5. HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Do you not have a lot of spare time in your day? If so, HIIT is perfect for you! During a HIIT workout, you work out hard and fast for a short period of time, then rest.

HIIT is also great for burning a lot of calories in a short period and raising your metabolic rate. Examples of exercises you may do as a part of HIIT include jumping jacks or lunges.

[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

1 First Street Unit 102  
Collingwood, ON L9Y 1A1

**705.446.2551**

### Stayner Location

7460 County Rd. 91 Unit 3  
Stayner, ON L0M 1S0

**705.446.2551**

### Wasaga Location

102 - 14 Ramblewood Dr.  
Wasaga Beach, ON L9Z 0C4

**705.446.2551**

### Craigeith Location

164 Craigeith Rd., The Blue  
Mountains, ON L9Y 0S4

**705.351.4006**