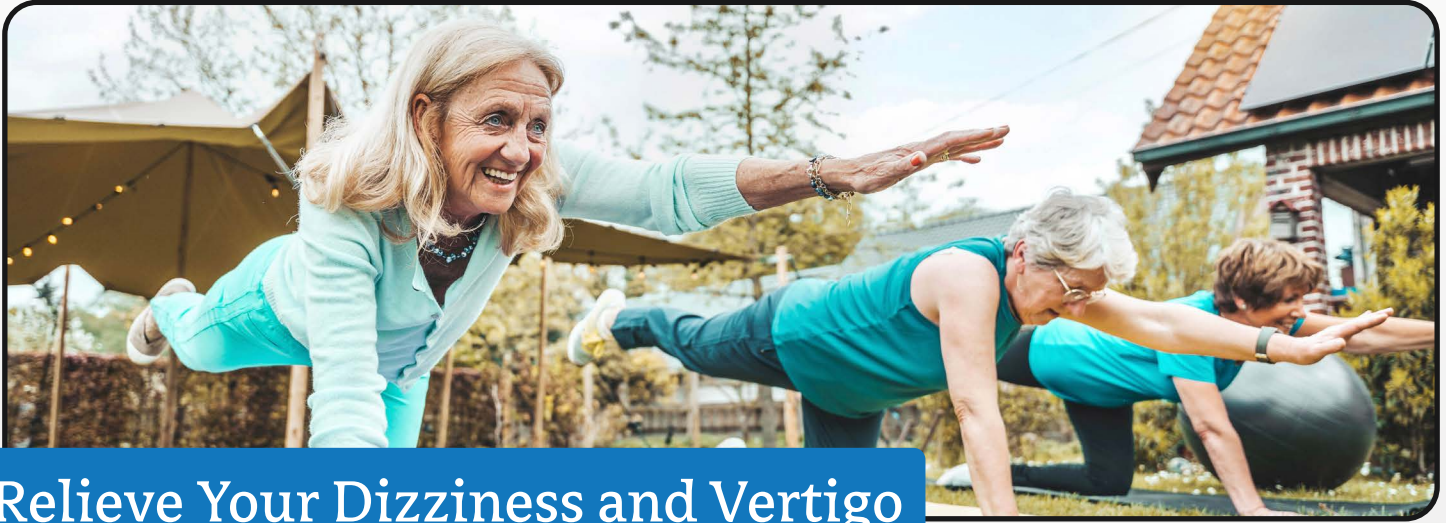


NEWSLETTER



Relieve Your Dizziness and Vertigo

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Peak To Shore, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Peak To Shore today to schedule an appointment with one of our experienced team members.

WHAT IS CAUSING YOUR DIZZINESS AND/OR VERTIGO?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms of dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps

you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing loss.
- **Vestibular neuritis.** This is an inner ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert
- Double vision
- Nausea or vomiting
- Arm or leg weakness
- Difficulty seeing or speaking
- Sweating
- Abnormal eye movements

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

How Our Team Can Help Your Balance



Dizziness and vertigo can hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, our team can help.

At Peak To Shore, our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

Sources: <https://www.nidcd.nih.gov/health/balance-disorders> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/> • <https://pubmed.ncbi.nlm.nih.gov/31813696/>

THE MOST COMMON TREATMENTS WILL FOCUS ON:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help to remove the calcium deposits from the inner ear to alleviate dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

CALL TO MAKE AN APPOINTMENT

Physiotherapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Peak To Shore today to get started!

Congratulations Julia Roth & Tate Funston for passing their licensing exams!

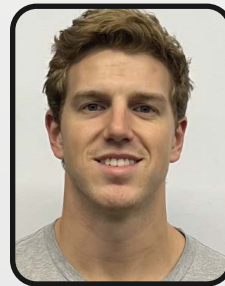


JULIA ROTH

Julia's passion for physiotherapy stemmed from experiencing various injuries and rehabilitation firsthand as a Canadian National Alpine Ski racer. How fitting for her to be now working within a Ski Club! After two knee surgeries and countless other injuries, Julia decided to hang up her skis and study, completing

her Bachelor of Science in Kinesiology from the University of Western Ontario in 2018. She then went on to become a strength and conditioning coach for Canadian National Winter Olympic athletes at the Canadian Sport Institute. This was where her passion for physiotherapy and a focus on injury prevention and return to sport safely and effectively continued to flourish.

She graduated from Robert Gordon University in Scotland in 2020 as the top student in the MSc. in Physiotherapy program. She then went on to work within the National Health Service in the UK. During this time she completed rotations within Orthopaedics, Community, Cardiorespiratory, General surgery, and Musculoskeletal rehabilitation. With a passion for combining her knowledge and skills with her strength and conditioning background, she specialized in musculoskeletal physiotherapy and practiced for two years in private practice in Scotland. These experiences have thus allowed her to take on a wide variety of patients within Peak to Shore – and upon request, she can provide home visits and/or respiratory physiotherapy.



TATE FUNSTON

I grew up (mostly in Collingwood) playing every sport under the sun, with Hockey and Soccer being the two that I devoted the most amount of years to. Dealing with injuries was part of the lifestyle, and I learned early on how important it was to have guidance and influence from a health professional who really cares. I

experienced, first hand, what helpful guidance and coaching can do for sports performance, health and overall well-being. I would like to have the same positive impact on those that I work with who are dealing with the burden of pain and injury. I believe in helping people build self-efficacy in the face of pain and injury and collaborating with them on working towards their most fundamental goals.

My number one priority is clear, honest and compassionate communication, because I believe that being well-informed and having clear expectations are what set the stage for a successful rehab process.

During my final year at UW, I received my Certified Strength and Conditioning Specialist (CSCS) designation, from the National Strength and Conditioning Association (NSCA). In fall 2020, interned at Cressey Sports Performance in Massachusetts, working with baseball athletes from the high school to professional level. I Graduated from Western University in 2023 with a Master of Physical Therapy (MPT). While at Western, I was responsible for the school's Triathlon club team dryland training.



Are You Aware Of The True Importance Of Nutrition?

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management. As summer approaches, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbeques and cookouts popping up everywhere you look! If you need some help maintaining a healthy diet this season, take a look at these 6 nutrition tips:

1. SWAP OUT SNACKS FOR FRUITS AND VEGETABLES

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. REPLACE STEAK WITH FISH

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. LESSEN YOUR SATURATED FAT INTAKE

Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease?

Examples of food rich in saturated fat include:

- fatty cuts of meat
- sausages
- butter
- hard cheeses
- cream
- cakes
- biscuits

4. CUT DOWN ON SUGARY DRINKS

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

5. MAKE SURE YOU'RE DRINKING ENOUGH WATER

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. DON'T FORGET BREAKFAST

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate this season and prioritize your health this summer!

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