

6 FOOD CHOICES TO HELP EASE ARTHRITIS PAIN

1. Broccoli, Brussels sprouts and cabbage. These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

2. Fatty fish. Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

3. Garlic. Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.

4. Tart cherries. Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

5. Turmeric. One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.

6. Vitamin C. Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.



DO YOU KNOW ANYONE THAT NEEDS OUR HELP?
REFER A LOVED ONE TODAY!

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit comfortably for longer
- ✓ Walk longer distances
- ✓ Maintain a healthy life

To _____

From _____

Simcoe Location
P : **519.428.1234**
East Brantford Location
P : **226.777.7133**

West Brantford Location
P : **519.304.8822**
Tillsonburg Physiotherapy
P : **519.842.5162**

HAS YOUR PAIN COME BACK?



1. Call and consult with a Physiotherapist at one of our locations to discuss your pain and symptoms.



2. Your Physiotherapist may suggest exercises or precautionary measures to relieve or avoid pain.



3. If further assessment is needed to find the cause of your pain, your therapist can schedule an appointment with you.

Visit our website at southcoastphysiotherapy.ca or call **1.888.217.1804** to learn more information.

Learn more by visiting our website southcoastphysiotherapy.ca



South Coast
PHYSIOTHERAPY



TILLSONBURG
PHYSIOTHERAPY

WE ARE OPEN & READY TO SERVE YOU!

Now Tillsonburg
Physiotherapy
clinic is a part
of South Coast
Physiotherapy!

We see **WSIB & Auto
Accident Injuries
(MVA), Advanced Pain
Management, Pelvic Health
Physiotherapy & Extended
Healthcare!**

Direct billing to most
insurance companies. Visa,
Master, & debit cards also
accepted!

STAND TALL & LIVE PAIN-FREE

ALSO INSIDE

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Learn more by visiting our website southcoastphysiotherapy.ca

HOW POSTURE AFFECTS NECK & BACK PAIN

Remember back when your mother used to tell you that if you wouldn't stop hunching your shoulders, they'd be stuck that way forever? An idle threat, one that barely anyone took seriously. Yet, fast forward a few decades and it turns out that mom might have been on to something, after all.

A poor habit of bad posture can have a lasting impact on your neck and back. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once you start experiencing neck and back pain, simply squaring your shoulders isn't likely to be much help. Working with a physiotherapist can help you to train the muscles in your back, neck and shoulders so that you can improve your posture permanently, and in doing so bring relief to your chronic neck and back pain.

The Posture and Pain Connection: Not all back pain is caused by poor posture, and it is true that you can have poor posture for years without feeling the consequences of that slouch right away, but in time the habit is likely to catch up with you. There are certain ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at certain times of day. For example, after you've spent a day at the office, or after a few hours on the couch.
- The pain frequently starts in your neck and moves into your upper and lower back. Pain that seems to travel from one area of the back to another is frequently an indication of posture concerns.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain that develops soon after a change in circumstances, such as starting a new job with a new desk chair, or getting a new car.

After years of practicing poor posture, your back, shoulder and neck muscles will likely find standing or sitting with straight posture to be uncomfortable. This is because your muscles have grown accustomed to the slouching, and standing up straight will require some thorough stretching. That doesn't mean that once you have bad posture you can never correct it.

Working with a physiotherapist to improve your posture is a great way to overcome chronic neck and back pain. In physiotherapy, you will be guided through a series of stretches and strength building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain. Of course, there are ways that you can improve your posture at home, as well. Here are several strategies that are typically helpful:

- **Try to stand tall whenever you are standing or walking.** Hold your head high and square your shoulders, but more importantly work on being the tallest version of yourself. Hunching over is the leading cause of poor posture.
- **Use support when you sit to keep your posture correct.** Lumbar support in office chairs and car seats will help a bit, but for improved posture you may need to add additional cushioning that will help you keep your back straight.
- **Be mindful of how you lift heavy objects.** Keep your shoulders square and your chest forward. When lifting something that is over 50 lbs it is important to take extra care. Lead with your hips and try to keep the weight close to your body. Lifting something improperly can lead to injury to your neck or back, which may make proper posture uncomfortable.

What can Good Posture do for You? There are a lot of benefits of having good posture. Aside from saying goodbye to neck or back pain, improving your posture can provide several unexpected benefits to your lifestyle and personal well-being. If you are experiencing chronic neck and back pain, there is a good chance that it could be related to your posture.

Here are a few of the additional benefits of having good posture:

- Proper posture creates quality exercise for your core and back
- Improved respiratory health
- Added protection for your organs, bones, joints and muscles
- Reduced risk of arthritis

Contact your physiotherapist to learn more about how you can take steps to start improving your posture today.

HOW CAN PELVIC FLOOR PHYSIO AT OUR WEST BRANTFORD CLINIC HELP YOU?

Every patient presenting with chronic pelvic pain is unique. If you come to see a physiotherapist for your pelvic dysfunction, you'll be taken through a thorough physical examination and patient history questionnaire. He or she will ask you specific questions about your pain, what makes it worse and better, and whether you have a history of any related issues. Based on the results of the examination, your physiotherapist can then develop a customized treatment plan to relieve your symptoms and address the suspected underlying causes to prevent recurring dysfunction.

- Pelvic Floor Physio Can Help:**
- Relieve Incontinence
 - Optimize Child Delivery
 - Reduce Risk Of Pregnancy
 - Complications
 - Restore Pelvic Floor Health
 - Protect Your Pelvic Floor

- Pelvic Floor Pain Causes:**
- Pregnancy
 - Sacroiliac joint dysfunction
 - Coccydynia
 - Irritation of the pudendal nerve (which originates near the bottom of your spine)
 - Irritable bowel syndrome
 - Levator ani syndrome (increased tension in pelvic floor muscles)
 - Post-surgical complications (e.g., pain following a hysterectomy, hernia repair, cesarean section, and/or prostatectomy)

- Common physiotherapy treatments may include:**
- **Soft tissue mobilization and massage** of internal and external pelvic musculature, to relieve muscle tension and provide pain relief
 - **Spinal and sacroiliac joint manipulations** to reset the neurological pathway, relieve pain, and restore normal spinal alignment.
 - **Electrical stimulation modalities**, such as neuromuscular electrical stimulation to provide pain relief and restore normal neuromuscular activation of pelvic floor muscles and nerves.
 - **Therapeutic exercises** to restore the normal strength, flexibility, and endurance of stabilizing postural muscles in the low back and hips.

Struggling with pelvic pain? Frustrated and concerned about incontinence? For both short-term and long-lasting relief without the need from invasive interventions or medications, consider consulting with a physiotherapist today.



EXERCISE ESSENTIALS

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.



Exercises copyright of SimpleSet Pro
www.simpleset.net

Always consult your Physiotherapist or physician before starting exercises you are unsure of doing.

WE ARE NOW OFFERING MASSAGE SERVICE AT OUR EAST BRANTFORD CLINIC

We are pleased to introduce our Massage Therapist, Olena Shad at the East Brantford clinic and we are accepting clients for massage therapy.

Our detailed initial consultations help our Therapists to better understand your problem and to ensure a better prognosis for our patients. Our health professionals ensure that quality healthcare is provided to each and every patient through the use of proven care pathways.

Please call our East Brantford clinic now at 226.777.7133 to book your appointment today.



NOW OFFERING: CHIROPRACTIC CARE AT OUR TILLSONBURG CLINIC

My name is Dr. Jon Kozak and I am the chiropractor at Tillsonburg Physiotherapy, I have a patient centered approach involving patient educations, rehabilitative exercises, and the chiropractic services described below.

What Is Chiropractic Care? Chiropractic means to do with hands. (Derived from the Greek "chir-" referring to the hand and "prassein", to do). Chiropractic treatment focuses on spinal and extremity adjustments which decrease pain and improve range of motion of stiff joints, however chiropractic also includes:

- Deep Tissue Massage
- Instrument Assisted Massage
- Cupping
- Pin And Stretch
- Therapeutic Exercise
- Ultrasound
- Electrical Stimulation
- Mckenzie Technique

These all work to decrease tension, re-align scar tissue, improve range of motion, decrease stiffness, pain, and inflammations, improves strength, muscle tone, function, coordination, and decreases inflammation.

Who Do We Help? People suffering from the following:

- Headaches
- Neck Pain
- Jaw Pain
- Upper Back Pain
- Low Back Pain
- Si/Hip Pain
- Knee Pain
- Ankle Pain
- Foot
- Pain
- Shoulder Pain
- Shoulder Impingement
- Elbow Pain
- Forearm Pain
- Dizziness

What Is The Evidence? The following excerpt is taken from the journal of evidence based complimentary medicine:

"Spinal manipulation is an effective care option for acute, subacute, and chronic low back pain, was found to be effective for acute and subacute neck pain, migraine, and cervicogenic headaches, and manipulation of the extremities was beneficial for a variety of conditions."

Please call us at 519.842.5162 to book your your FREE first visit!