

**WE ARE OPEN &
READY TO SERVE YOU!**



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Don't Let Arthritis *Hold you back.*

When you experience an injury, dealing with the pain that comes as part of the aftermath is expected. While painful, most of the time when recovering from an injury you can find comfort in the knowledge that the pain is temporary. As your body heals, as you go through the motions of building your muscle mass back and improving flexibility with Physiotherapy, you know that in time you will feel like yourself again. This knowledge gives you something to work towards, and helps the pain feel more manageable—even when it is intense, and never-fleeting.

Arthritis pain is different. Arthritis doesn't develop as a result of an injury, but instead develops over time as a result of chronic use, or even as a result of genetic disposition. This can make dealing with the pain of

arthritis even more difficult to cope with, as it begs the question: if the pain is coming from inside the joint, is there anything I can actually do about it?

Understanding Arthritis Pain

Osteoarthritis is the most common chronic condition to affect the joints. Almost 30 million adults in North America struggle with the condition, and while it can influence anyone of any age, it most frequently develops among those who are most prone to overuse—those who are over the age of 65.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage is what allows the joints in the elbows, ankles, knees and hips to move with freedom. Without cartilage,

the bones would rub against one another with each movement, and would cause extreme pain. As the cartilage breaks down, so, typically, does the bone, and as the shape of the joint changes it becomes even more difficult for it to function smoothly. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

While arthritis pain typically develops gradually, the realization of what you are dealing with can still come as a shock. In some circumstances the pain will appear more abruptly, especially when the pain develops in association with a change in weather or other environmental circumstance.

ALSO INSIDE Exercise Essentials • Help For Arthritis Pain • 3 Tips To Improve Nutrition In The Fall • Spaghetti Squash Alfredo

Call us today! **Simcoe** 519.428.1234 • **East Brantford** 226.777.7133 • **West Brantford** 519.304.8822 • **Tillsonburg** 519.842.5162

HELP FOR ARTHRITIS PAIN

Overcoming Arthritis Pain: Turning to over the counter pain medications to cope with arthritis pain is ineffective as a long-term solution. While some of the medications may provide temporary relief, they will not help you overcome the pain for good. Physiotherapy, on the other hand, can provide actual relief from arthritis by helping to rebuild strength in the joints through targeted movements and flexibility exercises. There is a lot of current research trying to understand what precisely causes arthritis to develop in some people, and not in others. Everyone uses their joints every day, and while it makes sense that so much pressure would cause pain to develop over time, it doesn't explain why the pain develops when and where it does, and why it happens to some people and not to others.

Anti-inflammation and Arthritis: One leading form of arthritis treatment is with the use of anti-inflammatory medication. Certain types of arthritis develop as a result of a build-up of inflammation in the body. Specifically, the tendons and ligaments become inflamed as a result of an internal attack from the immune system, which is typically triggered by some combination of environmental factors. Avoiding certain foods and movements can reduce inflammation, and thereby reduce pain.

Physiotherapy and Arthritis: Physiotherapy is highly recommended for the treatment of arthritis because it can strengthen and support the joints through guided practice of movement and strength building exercises. Typically, the best activities for arthritis pain are low-impact activities. Working with a physiotherapist is the best way to ensure that you are practicing the best techniques for overcoming your discomfort.

There is a long list of home remedies that are said to help with arthritis pain as well, and there is some credibility to some of these concepts. For example, losing weight, exercising regularly, and making some dietary changes such as reducing caffeine and sugar consumption are said to help alleviate pain associated with arthritis. However, before you start making any changes to your lifestyle, it is best to consult with a physiotherapist. For more information about how to rid your life of arthritis pain, contact us.

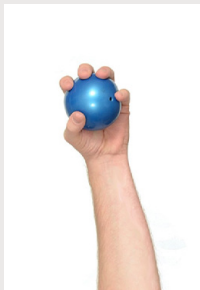
Contact your physiotherapist to learn more about how you can take steps to start improving your posture today.



EXERCISE ESSENTIALS

BALL GRIP

Hold a ball in your hand, then squeeze tightly for 15 seconds. Repeat 5 times with each hand.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

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

STAFF SPOTLIGHT: *Salman Ikram*



Salman Ikram has been a Registered Physiotherapist in Canada since 2016. He had been with South Coast Physiotherapy since 2016, working in the Norfolk county area. He is an evidence-based practitioner and brings 20 years of clinical experience in and out of Canada to the South Coast Physiotherapy.

In his past practice, he has worked as a head of teaching institution outside Canada and has taught manual therapy courses to postgraduate students. He has also worked as a team lead in a multi-specialty tertiary care hospital. Salman is authorized to perform acupuncture and dry needling and has a special interest in manual therapy, soft tissue techniques, sports injuries, and neurological rehabilitation.

Learn more about our staff by visiting our website
southcoastphysiotherapy.ca

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FUN FALL WORD SEARCH

S F G H E G H U E X V V U O L G E Y S R U Y O S
D S E N Y A K G R W X Q A Z N S O G E Y D J Y E
H D T S I O C F P O L S U K T L A U Y Z G V R J
A O J O N V Y S J Z U D W M Z C Q C R Q I L Y W
L L B C Y Q I L D X V I K H F X P D T D L U B X
L A L W Y X S G X W S T E K C A J K Q L S C R C
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W O L B J Z R F S K N M H R R T S A A Y I G W E
E O H I F F O H H L N Q F A L L P E V Q B D N W
E L C M E A C K N U L A E S O E F I V F R R S F
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I G E S B E C T K O D L D U J C K E R T E L T S
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O S P R R C P R A C V N V R D R F M U O Y H E T
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|-----------|--------------|--------------|-----------|
| TURKEY | HARVEST | COLORFUL | HAYRIDE |
| SCARECROW | THANKSGIVING | NOVEMBER | HALLOWEEN |
| GOURDS | AUTUMN | ACORNS | PUMPKINS |
| APPLES | SCENERY | FALL FOLIAGE | NIPPY |
| FROST | COOL NIGHTS | JACKETS | SWEATERS |
| BOOTS | TREES | LEAVES | BROWNS |
| FALL | | | |

SPAGHETTI SQUASH ALFREDO

INGREDIENTS:

- 4 lb. spaghetti squash
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 c. half and half
- 3 tbsp. butter
- 1 c. Parmesan cheese
- 4 tbsp. shredded Mozzarella cheese

DIRECTIONS:

Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with a sharp knife; season insides with 1/4 teaspoon with each salt and pepper. Microwave, cut sides down, on a large microwave-safe plate on high 10 minutes or until tender. Meanwhile, in a small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With a fork, scrape the flesh of each squash half to separate into strands, leaving a 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots. Optional: Serve with a green salad.

Source: <https://www.countryliving.com/food-drinks/recipes/a33054/spaghetti-squash-alfredo-recipe-gh1114/>



Jaspreet Kaur: Pelvic Floor Physiotherapist



After graduating from university as a Registered Physiotherapist in 2011, I had the opportunity to work in an orthopaedic hospital in India for a year. In 2012, I moved to Canada to further my studies and completed the 'Fitness & Health Promotion' program at Humber College in 2014. Following this, I worked as a personal trainer and kinesiologist for three years, helping clients reach their fitness goals.

Most recently, I have become certified in Pelvic Floor Physiotherapy.

I have been practicing as a Registered Physiotherapist in Ontario since 2017. Since then, I've benefited from seeing patients from many different backgrounds, including motor vehicle accidents, workplace injury, sports injury, post-surgical rehab, and everyday aches and pains. My goal is to improve each of my patients' overall health and well-being through a personalized, hands-on approach.

In my free time, I love physical activity, working out, and spending time with my 1-year-old son.

ARE YOU IN PAIN?

You may benefit from physiotherapy if you suffer with:

- Lower Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems Walking
- Dizziness
- Sports Injury

We can get you out of pain and back to the things you love! Call us directly to schedule an appointment.

Simcoe Location
P : 519.428.1234

West Brantford Location
P : 519.304.8822

East Brantford Location
P : 226.777.7133

Tillsonburg Physiotherapy
P : 519.842.5162



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

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

3 TIPS TO IMPROVE NUTRITION IN THE FALL

1. Harvest Your Herbs.

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

2. Become A Soup chef.

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

3. Make a New Fermented Friend.

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.



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

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

To _____

From _____

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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.

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