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Learn more by visiting our website southcoastphysiotherapy.ca

ALSO INSIDE

- Help For Herniated Discs
- Staff Spotlight
- Exercise Essentials
- 5 Healthy Tips For The Holiday Season
- Healthy Recipe

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

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

UNDERSTANDING HERNIATED DISCS

Back pain can develop for all sorts of reasons. From a car accident to bad posture, to an uncomfortable seat for a prolonged period of time, back pain can come out of nowhere and cause no small amount of discomfort once it arrives.

There are some back injuries, however, that are even more painful than your run-of-the-mill back pain. A herniated disc is one of the most painful back injuries that you can experience, and it is far more common than you may be initially aware.

What is a Herniated Disc?

Your spine is made up of a series of interlocking bones with small cushions in-between each joint socket. The structure of your spine is what allows

you to move freely from side to side. Every time you crunch your abdomen by bending forward, or lean to one side or another for a deep stretch, those little vertebral bodies move with you, keeping you comfortable and your back strong. Without cushioning in between each of those sockets, the bones would rub against one another with every movement, and this would be incredibly painful.

When a disc becomes herniated, the cushioning in between the vertebrae will rupture, essentially deflating the cushioning in between the vertebrae and causing the bones to begin to rub against one another. This is painful enough as it is, but can become even more painful if the herniated disc actually begins to press on the adjacent

spinal nerves, causing the pain to spread even further up the spine.

The most common placement for a herniated disc is at the lumbar vertebrae in the lower back. While it is not the only reason that pain can become severe in the lower back, it is definitely one of the most severe forms of back pain. If you suspect that you may have experienced a herniated disc it is important that you seek medical attention, such as from your physiotherapist. A herniated disc will not heal on its own, and working with a physiotherapist is one of the best ways to experience relief from the pain associated with this common concern.

HELP FOR HERNIATED DISCS



How Does This Happen?

The vertebrae in the spine are stacked closely together, with only a small amount of space for the discs in between each bone. A disc can become herniated as a result of injury, car accident, or even simply from overuse. One of the most common causes of a herniated disc is heavy lifting. Weight lifters have to be especially wary not to suddenly lift something too heavy, otherwise risk experiencing a slipped disc. But experienced gym-goers are not the only ones at risk. Every time you attempt to move a piece of furniture, a heavy box, or even a big bag of books you need to be wary to lift correctly, otherwise face the risk of potentially herniating a disc in your back.

Treatment for Herniated Discs

Pain associated with a herniated disc often develops in the sciatica nerve, and doesn't subside with simple rest and relaxation. While hot and cold therapy will help alleviate the pain associated with many

different back issues, it won't make the pain of a herniated disc go away. The pain is often frequently associated with numbness, weakness, and tingling in the legs. In many situations, the pain will feel more severe after initial movement, such as standing up or laying down. Many people mistakenly refer to having a herniated disc as having "pinched a nerve," but that is not the case.

Physiotherapy is a great resource for attempting to overcome the pain associated with a herniated disc. A combination of passive and active techniques is typically employed, including deep tissue massage, electrical stimulation, and hydrotherapy, as well as deep stretching and strength building.

If you suspect that you may have a herniated disc, contact a physiotherapist right away. Attempting to engage in therapy at home could lead to further injury. It is best to have an experienced therapist assess your injury before attempting any treatment options.

EXERCISE ESSENTIALS

T STRETCH WITH BAND

Stand with your back against the wall and your hands in front of your torso, holding a resistance band. Bring your arms to a "T" flat against the wall, then slowly return to the start position. Repeat 15 times.



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

WE ARE NOW OFFERING CHIROPRACTIC THERAPY AT OUR EAST BRANTFORD CLINIC!

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



Learn more by visiting our website southcoastphysiotherapy.ca

NO-BAKE CHOCOLATE PEPPERMINT BALLS

INGREDIENTS:

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

DIRECTIONS:

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.



5 HEALTHY TIPS FOR THE HOLIDAY SEASON

1. Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra

cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

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P : **519.304.8822**

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BEING GRATEFUL IS GOOD FOR YOU!

Gratitude and health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

Gratitude and joy

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

Gratitude and resilience

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.

ARE YOU IN PAIN?

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

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**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.

Learn more by visiting our website southcoastphysiotherapy.ca