

WE ARE OPEN & READY TO SERVE YOU!



Learn more by visiting our website southcoastphysiotherapy.ca

ALSO INSIDE

- Fixing your Stride
- Exercise Essentials
- The Most Popular New Years Resoluions
- Healthy Recipe
- Has Your Pain Come Back?
- New Year Means A New You!



WALKING AWAY FROM YOUR NAGGING BACK PAIN

Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your

pain head on. Physiotherapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physiotherapy could be the answer to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

Walking your Way Pain Free

Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and

even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physiotherapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected

FIXING YOUR STRIDE



When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day. Here are several ways that you can start taking care of your back with each step you take:

1. Make sure that you are wearing the right types of shoes. While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.

2. Try a custom insert in your shoe. Of course, you can't wear sneakers all the time. When you are at the office, professional

footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

3. Work on improving your posture. If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.

Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. Working with a physiotherapist to improve your walking technique can help you to overcome back pain one step at a time.

Learn more at southcoastphysiotherapy.ca.

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.



**THANK YOU TO ALL OF
OUR CLIENTS FOR YOUR
SUPPORT THROUGHOUT
2020, AND WE LOOK
FORWARD TO CONTINUE
TO SERVE YOU IN 2021.**

HAPPY NEW YEAR!

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

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

Learn more by visiting our website southcoastphysiotherapy.ca

NEW YEAR MEANS A NEW YOU!

Let South Coast Physiotherapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at South Coast Physiotherapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.



HEALTHY RECIPE: TURKEY MEATBALLS

INGREDIENTS:

- 1 lb ground turkey
- 1 tsp onion powder
- 1 (24 oz) jar red pasta sauce
- 1 large egg beaten
- 1 tsp basil
- 1/2 lb whole grain spaghetti
- 1/4 cup shaved parmesan
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp ground black pepper

DIRECTIONS:

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!



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THE MOST POPULAR NEW YEARS RESOLUTIONS

1. Get in shape. The most common New Year's resolutions have to do with getting in shape. If you're resolving to hit the gym to improve your health or just your physique, you can avoid falling off the fitness cliff come February by enlisting a friend to exercise with you, or joining a regular class where you'll be missed if you skip a session or two. Need additional motivation? Use fitness technology to stay on track. "Fitbits will tell you when you've been sitting too long and you need to move. Food apps will tell you when you've eaten too much and you need to stop. Exercise apps will tell you how many calories you've burned.

2. Lose weight. Spend any amount of time on Instagram and you won't be able to avoid the avalanche of products and schemes promising quick weight loss. And while the thought of shrinking a dress size or five by Christmas morning is a gift in itself, there really aren't any shortcuts when it comes to dropping pounds. While we've long heard the message that the key to weight loss lies in diet and exercise, the latest research suggests that, while exercise is important for overall health and keeping weight off, it isn't actually that useful for weight loss. The bottom line: If you want to lose weight, focus on cutting calories.

3. Spend less, save more. If your bank account is looking a little low after the holiday gifts have all been purchased, you may be one of the many people who resolve to get their financial house in order in 2018. Buy and sell clothes at consignment stores, consider refurbished electronics, and buy produce when it's on sale.

4. Spend more time with family and friends. Spending time with loved ones is great for your health and well-being, so it's not surprising that many people resolve to put more effort into nurturing their connections with family and friends. Set aside time each week to either call or meet up with a friend or family member. Take turns hosting dinner, or just get together for a walk. Friends far away? Set up a weekly Skype chat instead.

5. Get organized. Getting organized is a noble goal. But in order to make this resolution stick, you're going to need some concrete strategies. Avoid impulse purchases so you don't end up with more clutter, setting aside 10 minutes each day to file and delete old emails, and setting up files to keep track of paperwork, such as medical bills, taxes and home maintenance documents.



**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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