

WE ARE OPEN & READY TO SERVE YOU!



Learn more by visiting our website southcoastphysiotherapy.ca

ALSO INSIDE

- The Problem With Posture
- Benefits Of Spring Cleaning
- 3 Natural Solutions To Beat Spring Allergies
- New Location!
- Exercise Essentials
- Refer A Loved One Today!



THE CONNECTION BETWEEN NECK PAIN AND HEADACHES

Headaches have a bad habit of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting — headaches don't care how important the work ahead of you is. When they start, they are hard to stop.

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even

the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

When Neck Pain Leads to Headaches

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily. It isn't always the result of something large.

While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify. Sometimes it is a bad habit

that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep? But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.

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

THE PROBLEM WITH POSTURE



Working with a physiotherapist can help you to identify whether or not your headaches may be the result of neck pain or strain. One of the most common causes of headaches due to neck pain is forward head position. Forward head position means that when you are resting your head, you are continuing to hold your head slightly forward, which is a type of slouching position.

You can identify whether or not you have a forward head position by standing straight against the wall and determining whether or not your head rests against the wall as your back does. If

your head does not touch the wall when you are standing straight, then you aren't fully standing up straight! As years go by and day after day you continue to hold your head in this forward position, you can start to experience pain as a result of strain in the muscles of the neck.

When this is an issue, working with a physiotherapist may be able to help. Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching the muscles that have grown tight along the back of your neck as well

as those along the shoulders can help you find relief from the tension that is causing your pain.

When dealing with neck pain, it is important to remember that safety has to come first. While there are many simple activities you can try at home to begin stretching your neck muscles, working with a physiotherapist is the only way to ensure that you are stretching in a way that won't potentially lead to greater injury.

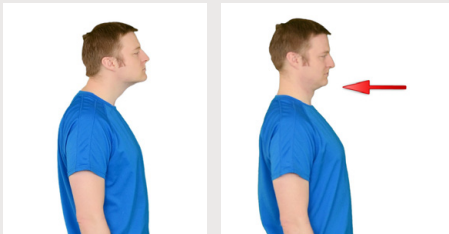
For more information, contact us.

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EXERCISE ESSENTIALS

RETRACTION | CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

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



NEW LOCATION!

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3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

FUN & GAMES

Sudoku Challenge:

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the rows or columns.

	1	3						
				6	4	8		
6		8	7					
	3	1		2	9	7		
5	7		6		1		2	8
		4	5	8		1	3	
					6	5		3
		7	8	4				
						9	4	



PATIENT SUCCESS

"I'm so thankful for the treatment I received at South Coast Physio in Simcoe. I was able to get my first appointment in less than a week after my surgery. Each week I was given exercises to do at home which were not too difficult but were very effective in strengthening my leg muscles so I am able to walk without a walker now. The staff were very friendly and accommodating." - K.B.

TILLSONBURG & SIMCOE CLINIC

**No more waiting for OHIP appointments!
Patients 19 and below and 65 and above,
with a valid doctor's referral.**

CALL US IMMEDIATELY TO BOOK YOUR SLOT!

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*We guarantee answers on
your first visit!*

Call to book your appointment now. For Virtual Visits,
please call 519-304-8822 to book your appointment.

BENEFITS OF SPRING CLEANING

- **Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- **Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study

at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

- **Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill

bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*, January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

SHAMROCK GREEN SHAKE

INGREDIENTS:

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS:

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>



**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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Tillsonburg Physiotherapy

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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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