

# PARIS CLINIC IS OPEN NOW

CALL 226-400-2220 TO BOOK AN APPOINTMENT



Learn more by visiting our website [southcoastphysiotherapy.ca](http://southcoastphysiotherapy.ca)

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# HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

**SPRAINS:** A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

**STRAINS:** A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physiotherapy.

**KNEE INJURIES:** According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic

surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

**SHIN SPLINTS:** Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at South Coast Physiotherapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physiotherapy first before recommending any other procedures.

The licensed physiotherapists and physiotherapist assistants at South Coast Physiotherapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physiotherapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

# DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

## How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

## Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

## Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physiotherapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physiotherapists put specific

exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, South Coast Physiotherapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

## Preparing your body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do coordination training
- Do strength training
- Do endurance training



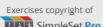
Call us today! Simcoe 519.428.1234 • East Brantford 226.777.7133 • West Brantford 519.304.8822  
• Tillsonburg 519.842.5162 or learn more by visiting our website [southcoastphysiotherapy.ca](http://southcoastphysiotherapy.ca)

## EXERCISE ESSENTIALS

### CORNER PECTORAL STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.



Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)

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

## NEW LOCATION!

Coming To Paris Soon  
**PARIS PHYSIOTHERAPY**

For Information Email:  
[parissouthcoastphysiotherapy@gmail.com](mailto:parissouthcoastphysiotherapy@gmail.com)



Learn more by visiting our website [southcoastphysiotherapy.ca](http://southcoastphysiotherapy.ca)

## PATIENT SUCCESS

*"I'm so thankful for the treatment I received."*

*"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." — Kaye Baese*



## 8 SPRING BREAK TRAVEL TIPS FOR FAMILIES

- 1. Choose the right destination for your family.** Discuss ideas for travel destinations and what to do during your free time; be sure each person has something to look forward to on the trip.
- 2. Stick to your budget.** Don't blow your annual vacation budget in March or April if you plan to escape in the summer!
- 3. Take advantage of travel deals.** Research the hotels and resorts in the area to which you'll be traveling, and compare prices.
- 4. Pack the essentials.** Be sure to ask what toiletries and other products are provided before packing your bags.
- 5. Protect yourself and your home.** Do not state that your home is vacant during your trip. Instead, tell trustworthy friends and family that you'll be traveling, and ask them to visit your house once or twice to ensure there is no suspicious activity.
- 6. Travel on less popular days.** Airline costs are higher and traffic is heavier on the weekends. Opt to travel midweek if you can.
- 7. Make reservations for special experiences.** Many attractions allow you to buy tickets online beforehand (usually at a discounted price).
- 8. Keep the kids on a routine.** Don't get too far away from your daily habits while traveling. Bedtimes should obviously be extended, but don't overdo it or falling asleep on school nights will be tough once you're back at home

## 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!**

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**

Accepting all private insurance & direct bill to most insurance companies.

**20% discount for the patients who do not have insurance for their treatments.**



# FREE

**15 MINUTE SCREENING  
BY APPOINTMENT ONLY!**

*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.

# SPRING PEA PASTA

## INGREDIENTS:

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles

## DIRECTIONS:

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>



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 \_\_\_\_\_

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](http://southcoastphysiotherapy.ca) or call 1.888.217.1804 to learn more information.

## COVID-FRIENDLY SPRING ACTIVITIES

- **Try a new outdoor sport:** As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.
- **Visit an outdoor farmers market:** If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!
- **Go see a drive-in movie:** The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity,

especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

- **Break out the gardening tools:** Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.
- **Take a scenic drive:** So many parts of nature come back to life in the spring, so why not take a scenic drive now and then to get out of the house? Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!