

WELLNESS UPDATE



How Stretching Can Help Your Pain



southcoastphysiotherapy.ca



WELLNESS UPDATE

Start healing today by visiting southcoastphysiotherapy.ca



Do You Know Anyone That Needs Our Help?

Refer a loved one today! We can help them:

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

Call Us Today!

Simcoe | 226.909.0116

East Brantford | 226.790.3182

West Brantford | 226.702.4500

Tillsonburg | 226.702.4884

Paris | 226.455.2170

Delhi | 226.250.1401

Hamilton | 226.829.5445

New Clinic Open:

South Coast Physio + Wellness Hub

754 Queenston Rd, Unit #4c,
Hamilton, ON L8G 1A4

P: 226.829.5445

How Stretching Can Help Your Pain

Have you noticed how good it feels to stretch after a long car ride? Or maybe you don't feel any relief stretching the tightness you feel in your back. It can be frustrating to know when to stretch and when not to stretch. Fortunately, at South Coast Physiotherapy, our physiotherapists can clarify when exactly you need to stretch so you can get the relief you need!

Many everyday aches and pains stem from tight muscles and poor mobility. The key to good health is to keep your body mobile. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems.

Having good mobility means your joints and soft tissues move freely, without restrictions. Poor postural habits, repetitive movements, and injuries can all lead to limitations in your mobility, leading to pain.

Normal blood and lymphatic fluids circulate the body more easily when your tissues are mobile, oxygenating your tissues properly. This improved circulation helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

At South Coast Physiotherapy, our physiotherapists can help you identify areas of restriction and solutions to get you moving pain-free again!

Call today to schedule an appointment with one of our experts!

What Does It Mean To Stretch?

Although most people know what stretching means, it is essential to make sure you understand how the word is used in physiotherapy. There is some confusion about when and why we should stretch, and also about the benefits of stretching.

When the main emphasis is to move better and feel better, you are heading in the right direction. Targeted stretching in physiotherapy is to alleviate discomfort and/or improve mobility. Like most therapy interventions, the timing and intention matter so that you can find relief and get moving again.

There is a common belief that stretching and being more flexible can prevent injury, but unfortunately, the research shows this is not always the case. For example, you can have muscles that are free of damage and restrictions and not flexible. Or you can have muscles that have injuries and/or limitations that need to be more flexible. Our physiotherapists can help you figure out where you need help and guide you through a program tailored to meet these needs.

The notion of lengthening a muscle, for example, is an exaggeration of what happens. Our muscles/tendons attach to the bone at point A (i.e., origin) and point B (i.e., insertion). These attachments never change, and therefore the actual length of a muscle or tendon never really lengthens.

Our physiotherapists are experts at identifying your specific needs and designing a program that is tailored to you for the best possible outcome!

How physiotherapy can help you stretch properly

Our physiotherapists help you in a variety of ways. We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain and restrictions.

This will consist of a thorough history to understand your typical daily activities, including your body's specific demands and overall health status.

We will use this information to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Your physiotherapist will then incorporate specific stretches that help you improve your mobility and alleviate your pain. Our goal is to ensure you have an effective program that assists you in a safe return to your normal activities.

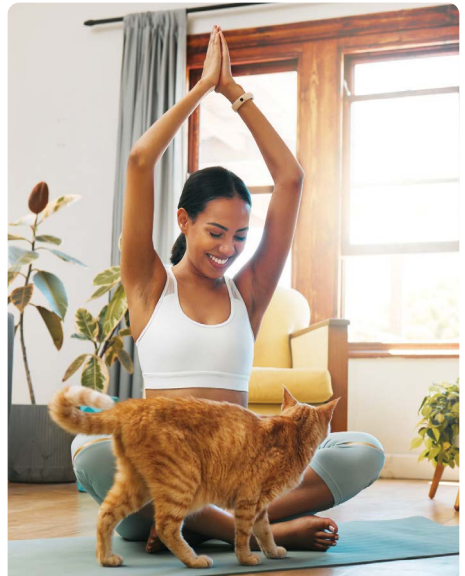
Every good therapy program will include injury prevention strategies that ensure you stay doing what you love. We will help you understand how and why stretching can assist you in staying pain-free!

Contact us today!

There are many other ways that stretching can help you live your best life. If you want to add stretches to your daily life, contact South Coast Physiotherapy today for assistance!

One of our dedicated physiotherapists will teach you which will be best for you and create a targeted, individualized care plan to promote accelerated recovery and future injury prevention!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6895680/> · <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0235679> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5213357/>



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Patient Success



"An absolute gem of a place! I cannot recommend it highly enough. I visited for treatment of my neck pain and was simply amazed by the magic worked by their skilled physiotherapists. Their expertise is truly remarkable. Moreover, the staff are incredibly friendly and welcoming, making the entire experience even more enjoyable. A definite must-visit for anyone seeking top-notch care in a warm and inviting environment!" — Nithiya

Service Spotlight:

Pelvic Floor Physiotherapy

The pelvic area is a complex and important part of the body that serves several functions, especially for women. Pelvic pain can occur at different points during your menstrual cycle, during pregnancy, after giving birth, after surgery, or as a result of an underlying condition, such as endometriosis.

Some pelvic conditions may also result in painful intercourse or infertility issues, which can be addressed and possibly fixed through pelvic floor rehabilitation.

Some of the most common pelvic conditions that our physiotherapists treat include:

- Postpartum pelvic pain
- Pain following abdominal surgery
- Endometriosis
- Urinary frequency or leakage
- Constipation



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Recipe Of The Month

Vegetarian Fajitas



Fajita seasoning:

- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- Pinch of cayenne pepper
- 1 tsp kosher salt
- ¼ tsp black pepper

For the fajitas:

- 2 tbsp olive oil
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced

For serving:

- Tortillas, corn or flour
- Guacamole
- Pico de Gallo
- Cilantro
- Lime wedges
- Crumbled queso fresco
- Sour cream
- 1 red onion, sliced
- 8 oz mushrooms, sliced
- 2 cloves garlic, minced
- 1 tbsp fresh lime juice

Directions: In a small bowl, combine the chili powder, cumin, garlic powder, onion powder, smoked paprika, cayenne pepper, salt and pepper. In a large cast iron skillet, heat the oil over medium-high heat. Add the peppers, onion, and mushrooms and stir until the veggies are coated in the oil. Add the fajita seasoning and cook for 5 minutes, stirring frequently. Stir in the garlic and lime juice and cook for 2 minutes. The vegetables should be tender but still slightly crisp. Serve the veggie fajita filling with tortillas and desired toppings.

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