

LAKE COUNTRY
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health & Caring for Your Body

Orillia Ontario Location

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Hours of Operation

Monday	7:30AM - 7:30PM	Friday	7:30AM - 4:30PM
Tuesday	7:30AM - 7:30PM	Saturday	Closed
Wednesday	7:30AM - 7:30PM	Sunday	Closed
Thursday	7:30AM - 7:30PM		

We're Now Open To
In Person Care!

Direct Access

You No Longer Need a Referral for
Physiotherapy! Come See Us and
Take Hold of a Changed Life, Today!

www.lakecountryphysio.com



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Lake Country Physiotherapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It

doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

NEWSLETTER



LAKE COUNTRY
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2020



We're Now Open To
In Person Care!

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

INSIDE: • 7 Tips You Can Do On Your Own • Exercise Essential
• Have You Thought About A Standing Desk?



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

7 Tips You Can Do On Your Own

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Lake Country Physiotherapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and at home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

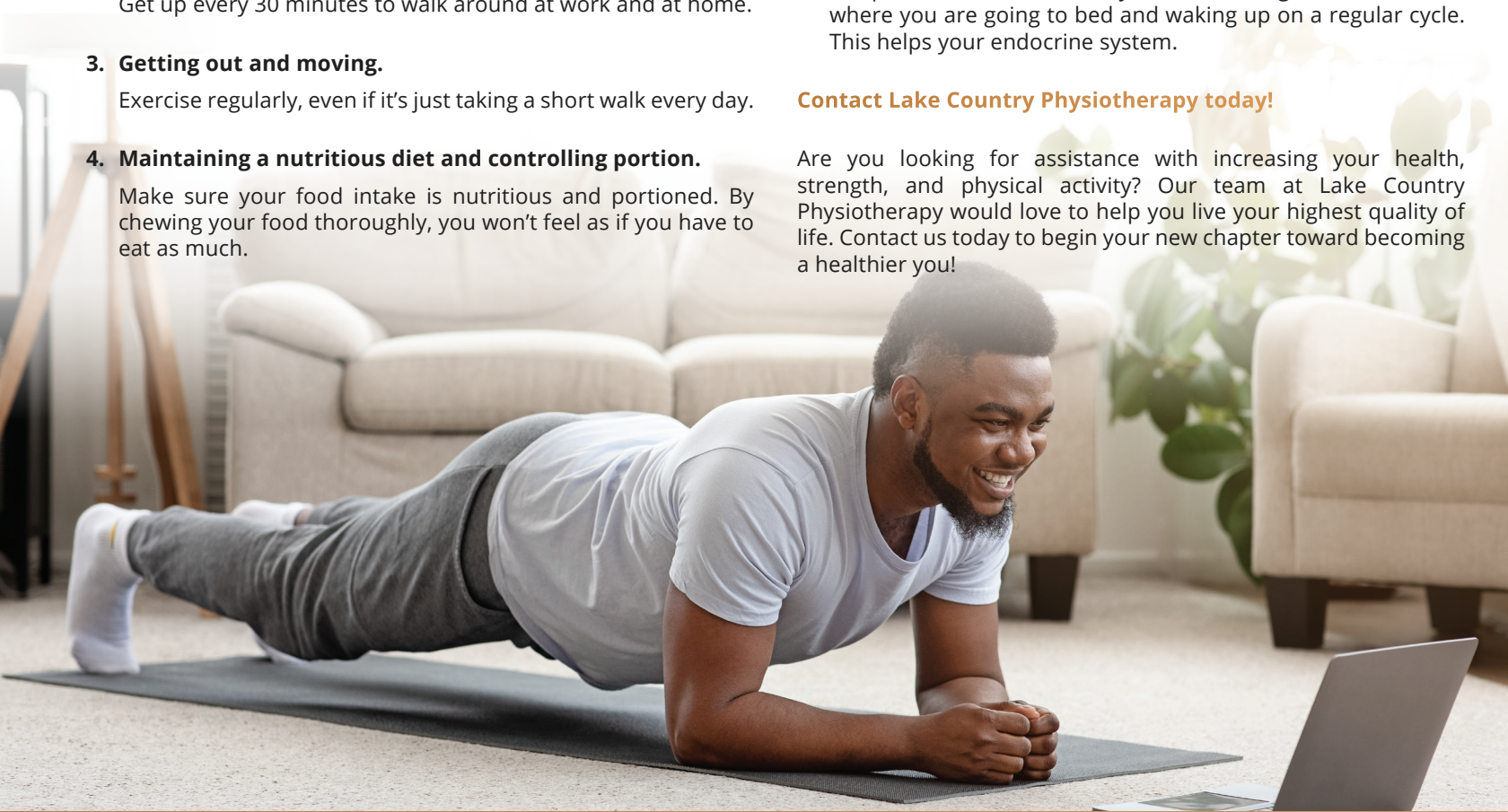
Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Lake Country Physiotherapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Lake Country Physiotherapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!



Have You Thought About A Standing Desk?

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day.

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternative seating options at work can help in greatly decreasing these risks and making your home office more ergonomically friendly!

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for your home workplace environment, so you can spend a large amount of your day standing or stretching, with the opportunity to rest when you become tired.

Studies suggest whether you choose a standing or adjustable desk for your workday, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of variable support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

At the end of the day, make sure you're comfortable

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall happiness, productivity, and well-being.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall well-being throughout the workday. For more information, contact Lake Country Physiotherapy today.



Exercise Essential



SimpleSet Pro

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Did You Know?

We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains

Staff Spotlight



Erin MacCormack
Registered Physiotherapist

Erin graduated from McMaster University in 2004 with a Bachelor of Health Science (Hon). She then went on to complete her Master of Science in Physical Therapy at the University of Toronto in 2006. Since then, Erin has been completing post-graduate courses on various orthopaedic conditions and in manual therapy. She is certified in the use of acupuncture and its application to musculoskeletal conditions.

Her clinical training allows her to treat a wide range of conditions, though she has a special interest in working with sports injuries and people with neurological conditions and/or injuries.

Since moving to the Orillia area, Erin enjoys an active lifestyle, spending her time outdoors cycling, swimming, back-country camping, and skiing.

Healthy Recipe *Homemade Slow Cooker Apple Cider*

INGREDIENTS

- 10 apples
- 10 cups water
- 3/4 cup brown sugar
- 5 cinnamon sticks
- 1 tbsp whole cloves
- 1 tsp ground allspice

DIRECTIONS

Cut your apples into quarters (Don't worry about removing the seeds). Place apples, spices, sugar and water into the slow cooker and cook on low for 3 hours. After 3 hours use an immersion blender. Cook for another 1-3 hours or until the desired flavor has been reached. Strain the liquids with a strainer covered with cheesecloth to remove any fine apple pieces. Place in airtight container in the refrigerator for up to one week.

