

We're Now Open To
In Person Care!

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

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IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Lake Country Physiotherapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any

of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How can I strengthen my core muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Lake Country Physiotherapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.



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!

4 Tips You Can Do On Your Own

There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. Improving your posture.

Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. Avoiding injury.

Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. Getting adequate rest and exercise.

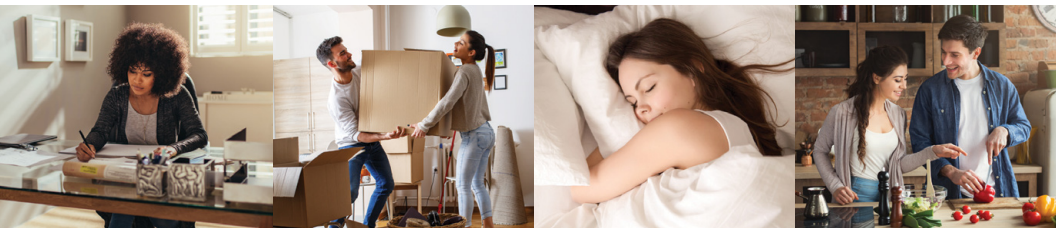
Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping help your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

4. Eating nutritious meals.

If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

Contact Lake Country Physiotherapy today!

The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Lake Country Physiotherapy our physical therapists are here to help you improve your function and relieve your pain. **If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!**



Staff Spotlight



Lee Gordon
Owner & Registered
Physiotherapist

Lee graduated from the University of Waterloo with a BSc in Kinesiology in 2004. She then completed her MSc in Physical Therapy at the University of Toronto in 2007. Lee is a registered physiotherapist with the College of Physiotherapists of Ontario.

Since graduating in 2007, Lee has worked in a local hospital setting, in both inpatient and outpatient areas. Her practice was predominately in outpatient neurorehabilitation (stroke, brain injury) and rehabilitation with individuals with lower limb amputations. Along with her husband, Rob, they have co-owned Lake Country Physiotherapy since the Fall of 2012, and she began practicing physiotherapy at the clinic in January 2016. At Lake Country Physiotherapy, Lee's practice consists of Pelvic Health Physiotherapy, Neurorehabilitation and Homecare.

At a post graduate level, Lee has completed the certificate course in Neuro-Developmental Treatment (NDT) and continues to participate in NDT courses to maintain her certification. She has completed training in lower limb amputations, and has worked alongside prosthetists in order to optimize functional mobility. In her spare time, Lee enjoys spending time with her family and friends, running, yoga, and spending time on the water.

How Will Physical Therapy Help Me?



The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury. Perhaps you are recovering from surgery and trying to get your range of motion back. Perhaps your joints simply aren't what they used to be, and you are looking for relief. Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

At the end of the day, the Lake Country Physiotherapy team is here to provide support to YOU – the patient. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are looking to improve your health, strength, and physical activity, give us a call at (705) 327-7876 or visit www.lakecountryphysio.com to schedule your appointment today!



Healthy Recipe *Minted Couscous Salad*

INGREDIENTS


- 1 cup dry couscous
- 1 cup jarred roasted red peppers
- 2 tbsp olive oil
- Juice from 1/2 lemon
- 1 tomato, seeded and diced
- 1 English cucumber, diced
- 1/2 cup mint (or flat-leaf parsley)
- Salt and pepper

DIRECTIONS

Cook the couscous according to package directions. Fluff with fork. Meanwhile, dice roasted red peppers and add diced tomato and cucumber to a bowl. Add lemon juice and olive oil and stir to combine. Finely chop mint (or parsley) and add to bowl, along with the cooked couscous, and toss to combine. Season with salt and pepper to taste. Enjoy!

Exercise Essential



 SimpleSet Pro

KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold this position for 10 seconds while maintaining pressure. Repeat on opposite leg.

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