



We're Now Open To
In Person Care!

AVOID BACK PAIN BY **IMPROVING YOUR SPINE HEALTH**

INSIDE:

- How Can I Improve The Health Of My Spine?
- Benefits of Dark Chocolate • Exercise Essential



AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Lake Country Physiotherapy today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.



**Get your life back on track with
Lake Country Physiotherapy!**

www.LakeCountryPhysio.com

Phone: 705-327-7876

Fax: 705-327-9064



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!

How Can I Improve The Health Of My Spine?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. Practice proper nutrition.

Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. Give up cigarettes.

Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

3. Work on the flexibility and strength of your spine.

Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.

Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong.

A strong spine and core allow you to move without stressing the discs or nerves in your back.

4. Maintain proper posture and balance.

If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

5. Go to a physiotherapist for spine check-ups.

Your physiotherapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Lake Country Physiotherapy, our physiotherapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Lake Country Physiotherapy today. By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain – improve your spine health with us today!



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Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. **During these difficult times, physiotherapy is considered essential and at Lake Country Physiotherapy we are offering methods of treatment for patients recovering from COVID-19.** As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing physical and emotional challenges that can continue for unprecedented amounts of time. The side effects and impairments a person might experience after having COVID-19 can persist for months, and recovery may not be an easy road to go down alone. **To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!**



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCING



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



WE ARE CHECKING
THE TEMPERATURE
OF EACH PATIENT



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING OF HANDS



OUR EMPLOYEES
ARE WASHING THEIR
HANDS REGULARLY

Do You Have a Sweet Tooth?

Dark Chocolate Can Benefit You!



What Can Dark Chocolate Do For Me?

A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals.

The bioactive compounds found in the cocoa of dark chocolate have also been known to improve blood flow and can help lower blood pressure. In turn, increased blood flow results in higher brain function, allowing you to stay sharp during the holiday season.

Additionally, dark chocolate actually has a variety of powerful antioxidants – even more so than some fruits!

Dark Chocolate and Pain Relief

Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort.

The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!



Healthy Recipe *White Chocolate Raspberry Smoothie*

DIRECTIONS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries


INGREDIENTS

In a small microwave-safe bowl, heat white chocolate chips for about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

Recipe: <https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

Exercise Essential



 SimpleSet Pro

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 5 seconds. Repeat as necessary.

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