

We're Now Open To
In Person Care!

A NEW YEAR, A NEW YOU

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A NEW YEAR, A NEW YOU

One of the most common New Year's Eve resolutions across Canada is to get in shape. Whether that means becoming a weekend warrior, signing up for nightly fitness classes, or simply making more of an effort to be active, Physiotherapy can help you.

Our team at Lake Country Physiotherapy is trained to help you in preventing injuries and making physical activity as easy as possible. For more information about how we can help you achieve your goals, give us a call today!

Don't forget the past

You may feel like a brand new, rejuvenated person in the new year, but your body undoubtedly hasn't received that message. One of the biggest mistakes you can make is pushing yourself too fast and too soon. Let's say you make a resolution to start taking morning runs in 2019. That's great! However, if your body hasn't been used to running in the past, you need to ease yourself into it. Your mindset may be focused on your marathon goal, but your body isn't there yet.

Start slow, perhaps with a half-mile jog around the neighborhood, then start pushing yourself to a mile, then two, then three. The gradual increase will make it much easier on your body (and a much easier resolution to keep!) than diving right into it. Starting off with that three-mile run may feel liberating in the beginning, but your body will curse you after. The new year can bring great changes, but don't forget the past.

Listen to your body's signals

Your body has a special way of letting you know when something isn't normal. Even a minor ache or pain can be indicative that rest is needed. If pain persists, it is important to seek the assistance of a Physiotherapist. It is a far too common occurrence for people to wait until it is too late before they get help with a painful area.

For example, did you know that 80% of Americans experience back pain at some point in their lives? However, most of these instances are only reported once the pain has become too severe to handle, or when an injury occurs. By listening to your body's signals and getting help in the beginning, you can prevent an injury before it occurs.

Stay on top!

Even if your resolution doesn't leave you feeling achy or painful (and we hope it doesn't!), we can still help you maintain your peak physical performance. Lake Country Physiotherapy uses advanced methods and technology, such as injury prevention screening, gait analysis, and mobility evaluation to determine what exercises and therapies would work best for aiding in your physical excellence. We can help make sure you stay on top, avoiding any potential pain or injury. Additionally, you will have a team of supporters to encourage your goals and celebrate your achievements along the way! To meet one of our Physiotherapists and discuss how we can help you safely reach your resolutions, schedule a consultation today.



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!

Discover Proper Ergonomics For Your Home Office!

With all of us working from home, it can be difficult to find a comfortable workspace. However, it is important to make sure that the ergonomics in your office are functioning properly, in order to avoid developing unwanted aches and pains.

When working from home, ask yourself, “how do I maintain my posture throughout the day?” Do you catch yourself slouching frequently? Do those last couple hours of the workday leave you achy and ready to call it quits? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with some ergonomic changes suggested by our Equilibrium Physiotherapist and chiropractors.

Making the Most of Your Work-From-Home Days.

If you work from your home office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

If you are at a desk for extended periods of the day, it is important to make sure your back posture is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a

chair with strong back support and padding is also recommended for making your upright position more comfortable. In addition to making the most of your home office, it is also important to make sure you are taking care of your body.

When working from home, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.

Exercise is incredibly important in general, especially if your job involves several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back.

Taking even a small amount of time to walk or jog around the neighborhood every day after working from home can highly improve your posture and gait - in addition to helping you get out of the house for some time!

Contact Lake Country Physiotherapy today!

If you need help or have questions about home office ergonomics, reach out to us today! At Lake Country Physiotherapy our Physiotherapists are here to help you improve your function and relieve your pain. **If you are looking to better your home office ergonomics, relieve your pain, and improve your overall health, contact us today!**



Staff Spotlight



Lindsay Katarynych
Registered Social Worker

My name is Lindsay and I am very excited to be back in my home community offering social work services to better others. I have 8 years of clinical experience providing social support to individuals, couples, and families. In my spare time, I am an avid volleyball player, enjoy going to the family cottage, cycling, skiing, boating, snowshoeing and hiking. I especially enjoy spending time with my four-year-old niece, Hannah, and my three dogs.

Prior to joining Lake Country, Lindsay has worked in various public and private sectors of health care for the past 8 years. Lindsay has been working in private practice since 2016 and continues to work with clients recovering from motor vehicle accidents with Wright Rehab. As well, she has enjoyed a successful career working within various Family Health Teams within the public healthcare sector providing mental health support to countless clients. She holds a Master of Social Work degree from the University of Waterloo, an Honours Bachelor of Social Work degree from Lakehead University and a Bachelor of Science, with a Biology major and minor in Psychology from the University of Waterloo.

Keeping Your Mental Health in Mind



We are living in uncertain times, and it is easy to feel worried, overwhelmed, or helpless. While we all know the importance of taking care of our physical health, it is also extremely important to pay attention to our mental health. While feeling worried is normal and expected, there are many ways we can increase our resilience during this time:

1. **Take Breaks from The News.** It is important to stay informed of what is going on, but at a certain point, it can be more upsetting than informational. It can be upsetting to hear about the crisis and see images repeatedly, leading to feelings of depression or anxiety. Evaluate how much is helpful for you to read or watch in a day and aim to stick to that limit.

2. **Take Care of Your Body.** Focus on eating a well-balanced and nutritious diet, stretching often, and remaining physically active. Doing these things serves a double-duty: not only will these improve your mental health, but they will also serve to boost your immunity and resilience, as well.

3. **Plan for a Lack of Social Contact.** By now, everyone has heard the term "social distancing" as being one of the best ways to help mitigate the COVID-19 pandemic. That means most group activities, even gathering at a restaurant, have been put on hold. But that doesn't mean that you can't seek comfort from others! Plan to contact friends and family via video programs like FaceTime or Skype. Text messages are great for quick check-ins, but consider sending an old-fashioned hand-written letter to a loved one to brighten their day!

If you are looking to improve your mental and physical 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 *Stuffed Mushrooms*


- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt
- Freshly ground black pepper
- 1/4 c freshly grated Parmesan, plus more for topping
- 4 oz cream cheese, softened
- 2 Tbsp freshly chopped parsley, plus more for garnish
- 1 Tbsp freshly chopped thyme

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove stems from mushrooms and roughly chop stems. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped mushroom stems and cook for about 5 minutes until most of the moisture is out. Add garlic and cook until fragrant for 1 minute then add breadcrumbs and let toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool slightly. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with more Parmesan. Bake until mushrooms are soft and the tops are golden for 20 minutes. Garnish with parsley to serve.

Recipe: [delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe](https://www.delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe)

Exercise Essential



 SimpleSet Pro

CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.

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