



We're Now Open To
In-Person Care!

EXERCISE YOUR IMMUNITY: MOVEMENT IS MEDICINE!

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EXERCISE YOUR IMMUNITY: MOVEMENT IS MEDICINE!

It has been a long winter and the COVID lockdown has resulted in most of us sitting more and moving less. Whether it is working from home, the closure of gyms, pools and ski hills or the cancellation of organized team sports and school teams, or perhaps just due to 'COVID fatigue', inactivity among all ages has increased.

However, spring is in the air and this is a great time to improve our physical activity levels. Most people appreciate the well known benefits of activity such as improved exercise tolerance and energy levels and positive changes in mood and sleep. One very important but often unrecognized benefit of exercise is that it can strengthen our immune system. While many of us are still waiting for a COVID vaccination, and new variants increase daily case numbers, it is vitally important that we maximize our own natural immunity. Exercise cannot replace the protection provided by COVID vaccines but is a positive add-on.

Regular physical activity increases our body's antibody production, reduces the risk of infection after exposure, and can diminish the frequency and severity of viral and bacterial infections. In fact, research tells us that each session of exercise actually 'primes' the immune system to 'patrol' the body and do its job effectively. Regular moderate exercise may reduce our chances of contracting, and falling severely ill with COVID.

As well, exercise reduces the risk of developing almost all long-term health conditions (e.g. diabetes, high blood

pressure, heart disease, and obesity etc.) which can predispose to a higher likelihood of severe illness or death should one contract COVID.

Aim for the 'magic 150' minutes of moderate activity per week, which is only 20-30 min per day. Home based activities could include stair climbing, dancing, online exercise classes or active housework like vacuuming. Outdoor activities are even better for boosting mood – consider walking, cycling, jogging, gardening and swimming. We are fortunate in our community to have access to uncrowded outdoor spaces in nature – boost your immunity and boost your mood!

Remember: **Movement is Medicine!**

Margaret Burghardt MD.

Dr. Margaret Burghardt is a Sport and Exercise Medicine Physician with offices in Orillia at Lake Country Physiotherapy and in Barrie at Rebound Physiotherapy and Sport Medicine. She is the current President of the Canadian Academy of Sport and Exercise Medicine.



**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!

Staff Spotlight | Dr. Margaret Burghardt

BSc., MD, CCFP, Dip. Sport Medicine (CASEM)

Dr. Margaret Burghardt is a Fellowship trained Physician with over 20 years of experience in Sports Medicine. She completed medical school at the University of Toronto and a Primary Care Sports Medicine Fellowship at Western University. She successfully obtained the Diploma in Sport and Exercise Medicine from the Canadian Academy of Sport and Exercise Medicine (CASEM) in 1996. Dr. Burghardt is an Assistant Clinical Professor at the Michael G. DeGroote School of Medicine, McMaster University and an MSK Preceptor for the University of Toronto Family Medicine Residency Program. She is a former team physician for Western University and Georgian College Varsity teams. Dr. Burghardt currently sits on the Board of CASEM and is also the Chair of the CASEM Publications Committee.

She provides care to active people and athletes of all ages and skill levels, from youth in recreational sport, to the adult hoping to be fit, to the elite competitive athlete. She has worked at International Games such as the Pan Am and ParaPan Am Games in Toronto and Winnipeg, the World Cycling Championships, and the World Triathlon Championships. She has travelled as team physician with Athletics Canada and has extra training in the Prevention and Treatment of Running Injuries.

On a personal note, Dr. Burghardt enjoys many outdoor activities including running and cross country skiing. She has participated in triathlons and half marathons over many years and enjoys hiking and cycle touring, most recently in Croatia and New Zealand.



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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. **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**



**OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING OF HANDS**



**OUR EMPLOYEES
ARE WASHING THEIR
HANDS REGULARLY**

Three Ways To Beat Spring Allergies



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



Ready To Get Started?

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

If you are in the Orillia area, or any of the surrounding areas, and you are looking for relief, look no further. Lake Country Physiotherapy is here to help as one of the most favoured Simcoe County physiotherapy practices.

Call our office at (705) 327-7876 or visit us online at www.LakeCountryPhysio.com to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

Exercise Essential



 SimpleSet Pro

SHOULDER EXTENSION

Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times on the affected arm(s).

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