



**We're Now Open To
In-Person Care!**



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

INSIDE:

- How Will Physiotherapy Help My Posture?
- Spring Gardening Tips • Orzo with Zucchini and Tomato



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Your body was made to move, especially your spine. It is common for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. A common reason why this happens is due to poor posture.

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, Lake Country Physiotherapy can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physiotherapists can also provide you with helpful lifestyle changes for improving your posture and spine health. Contact our office today to learn more!

What can I do to improve my posture?

When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the day and take frequent breaks. Work in

standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time.

It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

How can physiotherapy help with my spine health?

Most spine pain comes from the following 4 trouble areas:

1. Posture and alignment issues.
2. Lack of knowledge on how to bend, lift, sit, sleep.
3. Muscle strength imbalance and weakness.
4. Poor flexibility and muscle coordination.



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 Will Physiotherapy Help My Posture?

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple of key ways that improving posture with your physiotherapist can help promote spine health:

1. It encourages strength and flexibility.

If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physiotherapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physiotherapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

2. It improves function for all activities.

When we think of posture, many of us picture an image of static positions - such as sitting at a desk or standing up straight. However, proper posture can be (and should be) incorporated into everything we do.

Through physiotherapy treatments, your physiotherapist will guide you on how to maintain proper posture during all of your favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

3. It avoids harmful anatomical changes.

The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage to your muscles, joints, spinal

discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physiotherapy treatments and learn how to maintain proper posture.

Improve your posture with Lake Country Physiotherapy today!

Physiotherapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physiotherapist. Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.



Get your life back on track with Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: 705-327-7876

Fax: 705-327-9064

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

Spring Gardening Tips

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:


- Warm-up before you garden. A 10-minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT



Exercise Essential



 SimpleSet Pro

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.

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



Healthy Recipe *Orzo with Zucchini and Tomato*

INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped

- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

DIRECTIONS

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic for 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.