

We're Now Open To  
In-Person Care!

## FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSIOTHERAPY

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• Healthy Grilling For Arthritis Sufferers • Exercise Essential



## FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSIOTHERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In fact, prolonged pain the neck can alter which muscles are recruited when moving. At Lake Country Physiotherapy we have treatment options to both treat and avoid these conditions.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that the neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physiotherapy can help you regain your normal, pain-free function. In fact, thousands of people are able to find relief from their neck pain every year with the help of physiotherapy.

### How Does Physiotherapy Help With Neck Pain?

Physiotherapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the

*American National Institutes of Health*, titled "The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of manual therapy with exercise is better than manual therapy or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physiotherapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are effective tools in helping patients regain their optimum levels of function.

The systematic review mentioned above strengthens the awareness that manual therapy and exercise are very effective treatments for relieving neck pain. At Lake Country Physiotherapy these treatments are cornerstones of treatment plans for neck pain relief due to the treatment success when using them.



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!

# Contact Lake Country Physiotherapy For Neck Pain Relief!

At your initial evaluation, one of our licensed physiotherapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Manual, or "hands-on" treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physiotherapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact Lake Country Physiotherapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. **Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!**



## 5 Star Google Review!

"If you find yourself needing physiotherapy I would highly recommend the team at Lake Country Physiotherapy. After my shoulder surgery, Rob Gordon was very professional and did an amazing job with my recovery. He's extremely knowledgeable in his field and was a pleasure to see. Their new facility is bright, clean and has everything they need to provide you the best care & service. My mom has had 2 knee replacements and also did her physiotherapy with the team at Lake Country Physiotherapy. Stop reading reviews and book your appointment today!" - N.P.



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

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com)

Phone: 705-327-7876 Fax: 705-327-9064

## Staff Spotlight



**Erin Maccormack**

Registered  
Physiotherapist

Erin is a compassionate physiotherapist who graduated from the University of Toronto with a Master of Science in Physiotherapy after completing a Bachelor of Health Sciences (Hon) from McMaster University. Erin enjoys ongoing training to help her achieve the highest attainable level of health for her patients. She has post graduate certifications including certification in Contemporary Medical Acupuncture from McMaster University and a Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy, enabling her to become a CAMPT certified physiotherapist. Erin combines skills learned through further education with experience acquired working in the private practice setting since 2006.

Outside of work, you will find Erin outdoors enjoying the trails, hills and lakes. Most often with her son, daughter and husband by her side.

To learn more about our entire team, visit us online at [lakecountryphysio.com/our-team](http://lakecountryphysio.com/our-team) today!

# Healthy Grilling For Arthritis Sufferers



## MAIN DISHES

*Instead of greasy burgers, brats and hot dogs, try ...*

Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleoacanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.

Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

## CONDIMENTS

*Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...*

Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.

Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

## SIDE DISHES

*Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...*

Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.

Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleoacanthal and cancer-fighting lycopene.




## Healthy Recipe *Grilled Zucchini with Parmesan*

- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (½ cup)
- 1½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

## Exercise Essential



 SimpleSet Pro

## RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 3-5 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