

We're Now Open To
In-Person Care!

GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSIOTHERAPY

INSIDE: • Ways to Set Your Workout Routine for Success
• Tips For Better Golfing This Summer · Healthy Recipe



GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSIOTHERAPY

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Lake Country Physiotherapy we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Follow these three tips below, and feel free to contact us if you have any additional questions!

1. Always use proper form.

Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our physiotherapists at Lake Country Physiotherapy can assist with improving your

form during exercise by addressing any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. They can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

2. Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physiotherapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with gentle exercises and stretches, and build up from there!

(...Continued Inside)

If you would like help improving your physical performance, call us today at 705-327-7876 or by visiting our website at lakecountryphysio.com



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!

Ways to Set Your Workout Routine for Success

3. Set a weight goal.

The past six months have caused many of us to lose some muscle mass and gain extra weight. With help from a physiotherapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed.

Your physiotherapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body.

4. Be Sneaky

Yep, you read that right! This is your permission slip to be sneaky when it comes to exercise. Oftentimes, physiotherapists recommend small changes to a person's routine in order to make the adjustments manageable.

Consider these changes to be "bite size chunks," so that you don't feel as if your entire routine has to revolve around working out, and you also

aren't throwing yourself full-speed back into a strenuous exercise routine.

Some changes to your routine that a physiotherapist would approve of include:

- Getting off the bus one stop early and walking the rest of the way to your destination.
- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.

Ready to get back to a safe, healthy exercise routine?

We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.

If you've been looking for assistance in getting back in shape, your search ends here.

Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!



Get your life back on track with Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: 705-327-7876

Fax: 705-327-9064

Featured Treatment: *Therapeutic Exercise*

It is a common misconception that one should constantly rest when they are in pain. However, this can actually cause your muscles to weaken during the healing process, which can lead to decreased functionality and more pain in the long run.

Our physiotherapists are movement experts, trained in improving strength, range of motion, and overall function of the body. Our physiotherapist will design an individualized treatment plan for you, equipped with the therapeutic exercises you need to alleviate your pain, strengthen the weak areas of your body, promote the healing process, and restore function.

At Lake Country Physiotherapy, our goal is to help you live a pain-free life with even greater strength and endurance than you had before.

The Many Benefits Of Therapeutic Exercise

Exercise programs are aimed at improving health, so you can feel better than you did beforehand. Therapeutic exercise is similar in this way; however, it also implements targeted activities that are aimed at relieving pain and restoring you to your optimum level of physical function.

Therapeutic exercise can also be used as a way to prevent additional impairment or disability when facing certain physical risks. There is a wide variety of therapeutic exercises and each one has a unique purpose. If you want a life with less pain and greater strength and endurance, request an appointment at Lake Country Physiotherapy today to find out how therapeutic exercise can help you reach your physical goals and allow you to live the life you want!

Tips For Better Golfing This Summer

Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:



- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some arm, core, and leg stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://trio.com/tips-better-golfing-summer/>

Interested In Improving Your Sports Performance?
Give us a call or visit www.LakeCountryPhysio.com today!



Healthy Recipe *Cauliflower Steaks with Roasted Red Pepper*


- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through.

Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

Exercise Essential



 SimpleSet Pro

BRIDGE | ARMS FLAT

Lie flat on your back with your arms straight beside you. Bend knees up so that your feet are flat. Lift your hips up in the air to make a bridge using your arms to stabilize. Lower down in a controlled manner.

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