



We're Now Open To
In-Person Care!

LIVE YOUR BEST LIFE AGAIN: MAKE YOUR STORY BACK PAIN RECOVERY

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INJURIES ARE A REAL PAIN IN THE BACK.



The back is one of the most vulnerable parts of the body. You rely on it heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely not aware that your back looks like the letter ‘C’ when slouching. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone is askew is something that not many people will tolerate before seeking medical attention.

Yet when pain begins in the back, we very often ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

Come back to physiotherapy today, 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!**

Understanding Back Pain

Back pain may be common, but it is absolutely not normal. There are numerous conditions that can cause your back to begin to hurt, and assessment from your physician can help diagnose the problem and direct you to care.

Once the cause of your back pain is determined, your Physiotherapist will be able to identify the best treatment options for your body's needs. **This will likely include the following:**

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- Guided stretching designed to improve range of motion and flexibility. This will take into account the health and vivacity of vertebrae and any potential stretches that may support optimal back health.
- Support and guidance with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

If you are inexperienced with exercise, and are hopeful to undertake a back care regime, getting professional opinion is helpful. Working with a licensed and experienced Physiotherapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you progress with your goals to returning to optimal back health.

Getting to the Bottom of Back Pain

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring them is rarely useful.

Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Disc herniation
- Lack of strength in the muscles supporting the spine
- Arthritis

These concerns can develop due to a myriad of everyday issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

When it comes to back pain, Don't Wait!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on.

Working with a physiotherapist can help you to identify the difference between environmental causes and something more medically based. To get started with putting an end to your back pain, contact us.



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

www.LakeCountryPhysio.com

Phone: 705-327-7876

Fax: 705-327-9064

Featured Treatment: Concussion Management

There is a dangerous trend of equating an injury with how visible the problem is. Of course a broken bone or a torn ligament is going to create a scene, but this isn't a failsafe way to judge an injury. When an athlete blows out their knee it becomes something that everyone can see, and the pain on the player's face merely confirms what everyone else is already thinking: that injury is real, that injury is painful, that person is going to need medical attention.

Head injuries aren't typically as visible. When someone hits their head on TV, they may become unconscious for a moment or they may be able to stand up right away. They might look dazed or need a minute to regain their ability to think straight, but then they can walk off the field just fine. The injury doesn't look as serious. And too often it isn't treated as seriously.

A broken bone may be visible, but a concussion is in many ways far more serious of a problem. A brain injury requires immediate and ongoing care to ensure that the brain can regain optimal functionality. On television, injuries that turn out to be "just a concussion" are often anti-climactic events that the audience is led to believe will be over in days, if not hours. In real life, however, these traumatic brain injuries — which usually stem from a fall, severe shaking, a car accident or a direct blow to the head — can severely impact a person's quality of life for several months.

Left untreated, concussions can limit educational growth in young children, and bring on early dementia for older patients. Fortunately, the physiotherapy field is continually discovering new ways to help patients suffering from long-term concussion complications.

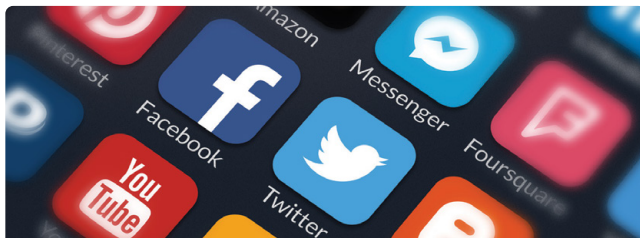
Staff Spotlight: Marilyn Abbott



Marilyn Abbott, Registered Physiotherapist

Marilyn graduated from a Masters of Physical Therapy program at Queens University in 2012. She also holds a degree in Kinesiology from Dalhousie University. Since graduating, Marilyn has worked in a private practice orthopaedic setting. Her clinical skills reflect her training in manual therapy, acupuncture, myofascial treatment techniques and exercise prescription.

Marilyn grew up in Orillia and after practicing physiotherapy in Toronto and Barrie, is pleased to return to serve the community she calls home.



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We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!

 @LCPorillia



Healthy Recipe *Leftover Turkey Salad Recipe*

INGREDIENTS

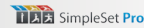
1 cup leftover bread stuffing
4 tbsp extra-virgin olive oil
¼ cup leftover cranberry sauce
1 tbsp cider vinegar
1 tsp grated orange zest
¼ tsp salt

DIRECTIONS

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.

Exercise Essential





STANDING EXTENSIONS

Stand up straight. Place your hands on the small of your back. Lean backward as far as possible, keeping your knees straight. Hold for 2 seconds and return to the starting position. Complete 10 reps. Repeat up to 8 times per day as needed.

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