



We're Now Open To  
In-Person Care!

# DETERMINING THE ORIGINS OF YOUR PAIN

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- Tips To Prevent Holiday Stress · Show Us Some Love!



## DETERMINING THE ORIGINS OF YOUR PAIN

Have you been struggling with pain and cannot explain how it started? Have you received advice that doesn't seem to help your pain? Physiotherapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have very little to do with an actual issue in your arm or leg. Physiotherapists are specialists in identifying the causes of pain.

A physiotherapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physiotherapist can help you find the relief you are looking for.

**Call Lake Country Physiotherapy today and set up an appointment with our highly trained physiotherapists!**

### Understanding Your Pain

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back

starts hurting when you lift something heavy. But there are other situations where pain develops and the cause of the pain is unclear. No matter what the scenario, the immediate pain stimulus or the insidious onset, your physiotherapist can help you.

When you meet with a physiotherapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. ***Your therapist will likely want to know:***

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention needed to resolve your problem. Our physiotherapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, it is good practice to speak with a physiotherapist to discuss next steps in injury management. Working with a physiotherapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.



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 Physiotherapy Can Help You Find Relief

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Many sensations you experience can be associated with particular tissue injury, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physiotherapy is education about the likely source of your pain and instruction on effective techniques for relief. **Our goals include:**

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

## Call And Make An Appointment Today

Our physiotherapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

**Call Lake Country Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!**



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

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Sources:  
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[https://link.springer.com/chapter/10.1007/978-3-030-39982-5\\_17](https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17)

## Season's Greetings from the Team at Lake Country Physiotherapy!



The clinic wants to take the opportunity to thank our patients for your patronage in 2021. We have worked hard throughout the year to continue to provide the community the best multidisciplinary service we can offer. This is despite the pandemic, as it has with every industry, causing havoc with processes and capacities.

We strive to provide excellent care to the community through all of the spokes of our business – in-clinic physiotherapy, virtual physiotherapy, pelvic health, acupuncture, sports medicine, social work, naturopathic medicine, pedorthic services, custom bracing, neuro rehab and at home physiotherapy!

We hope that you and your family have a healthy, warm, and uplifting holiday season. All the best as the calendar turns to 2022!

# Tips To Prevent Holiday Stress

**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

### *Try these alternatives:*

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.



## Show Us Some Love!



### WE MAKE IT EASY TO LEAVE A REVIEW!

Scan the QR Code to visit our Reviews page and tell us how much you love Lake Country Physiotherapy!

## 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



## 4 Simple Tips For Shovelling Snow

Snow shovelling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shovelling periodically throughout the storm to avoid having to move large amounts of snow at once.