



We're Now Open To
In-Person Care!

HOW PHYSIOTHERAPY HELPS PREVENT INJURIES

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HOW PHYSIOTHERAPY HELPS PREVENT INJURIES

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Lake Country Physiotherapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people experience with physical activity is an overall feeling of soreness caused by overusing muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Lake Country Physiotherapy, our licensed physiotherapists can guide you through proper stretches, movements, and exercises to recover from injury and prevent future injuries.

How To Tell Injury From Normal Aches & Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physiotherapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. **Many people think sprains and strains are the same things, but they describe damage to different tissues.**

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscle to bone while ligaments are tissues that connect bone to bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that a physiotherapist can complete functional and/or special testing to make sure a sprain or strain is fully healed before returning to your normal level of physical activity.



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

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



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 Helps Prevent Injuries

Your physiotherapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Dynamic warm-ups (i.e. stretching whilst moving and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. Hydration is essential for recovery and injury prevention.
6. Stay within your abilities. It is vital to train and practice any physical activity by starting small and building up from there.
7. Use the proper equipment. Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

What To Expect In Physiotherapy

Our physiotherapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our

team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Lake Country Physiotherapy today.

One of our dedicated physiotherapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources:

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Featured Service | Therapeutic Exercise

Therapeutic exercise is a great way to restore function and live a pain-free life. Many people assume that anyone participating in physiotherapy treatments is recovering from recent surgery. However, that is not always the case. Physiotherapy provides a multitude of benefits for anyone wishing to restore their strength, endurance, flexibility, or stability.

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 physios and kinesiologist are movement experts, trained in improving strength, range of motion, and overall function of the body. Our physiotherapists can either design an individualized treatment plan for or refer you to our kinesiologist, Robin Rumig. Therapeutic exercise equips you with strategies to alleviate your pain, strengthen weaker areas of your body, restore function, and promote a healthy lifestyle.

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.



5 Health Tips For The New Year

Shop Well For Yourself. It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Schedule Your Exercise. Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Hydrate. Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



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



Staff Spotlight *Robin Rumig | Registered Kinesiologist*

Robin Rumig graduated from the University of Waterloo with an Honours, Bachelor of Science in Kinesiology.

Robin is a registered kinesiologist with the College of Kinesiologists of Ontario and a member of the Ontario Kinesiology Association. Robin has been practicing as a kinesiologist for 22 years - time flies! Her role is varied in the clinic but her primary role is to oversee exercise programs for orthopaedic injuries (including pre- and post-surgery), concussion, stroke and other neurological rehabilitation programs along with osteoporosis management. Robin is a GLA:d Canada provider - specializing in hip and knee exercise and education. Robin administers functional capacity evaluations for the WSIB and medicolegal purposes.

Robin is an energetic member of our team who believes that rehabilitation exercises should be personalized to each individual in order to achieve optimal recovery and function.