



We're Now Open To  
In-Person Care!

# GETTING TO THE CORE OF BACK AND NECK PAIN

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## GETTING TO THE CORE OF BACK AND NECK PAIN

Back and neck pain are two of the most common issues that Canadian adults experience, putting a huge physical and economic burden on working Canadians by being both two of the leading needs for medical intervention and two of the most common causes people have to miss work. While these may feel like two separate issues, it is somewhat common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

### Neck Pain 101

There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as it can be difficult to know what exercises are safe for your particular case. This is why working with a physiotherapist to address neck pain is wise. A physiotherapist can help treat neck pain by improving range of motion, using targeted massage techniques, and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

### Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physiotherapist is the best way to reduce your back pain issues. Physiotherapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physiotherapist to improve core strength can significantly reduce the severity of your back pain.



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



1. Feel free to call us and ask to speak to your therapist.



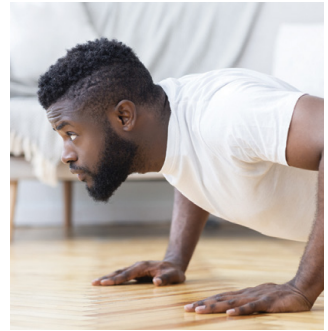
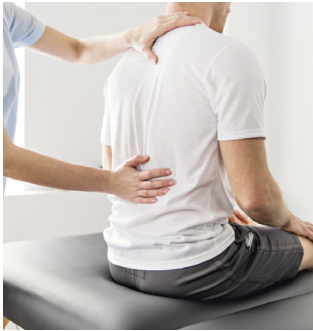
2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



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!

# Core Strength & Back Pain



You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the centre of your body, and they are necessary for just about every action that you complete. Everything from walking and running and swimming to sitting and driving requires you to engage your core.

There are many reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the muscles of your pelvic floor are part of the core. If they are not functioning properly they could contribute to back pain (along with other pelvic health related issues). Altering your pelvic floor muscle activation can help your core and your pelvic health!

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot

of ways that working with a physiotherapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then working with a physiotherapist is a great place to start. Your physiotherapist will guide you through proper postures and movements to reduce further risk of injury. **For more information about how to start improving your core, contact us.**



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## Featured Service | Pelvic Floor Rehabilitation



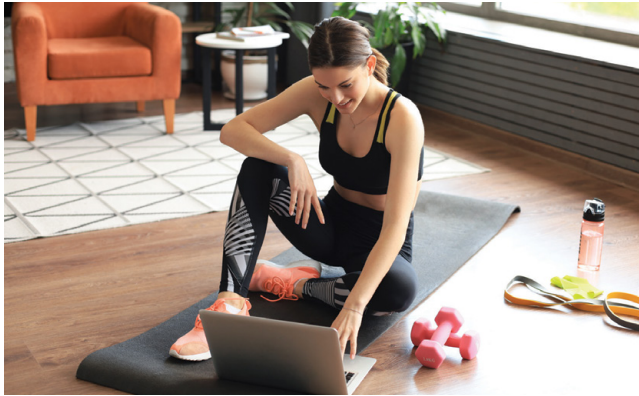
Pelvic floor dysfunction can be caused by **HYPOTONICITY** (weak pelvic floor muscles) contributing to Stress Incontinence, Urge Incontinence, and Pelvic Organ Prolapse. Incontinence is **NOT** a normal part of aging, nor is it normal post pregnancy.

Pelvic floor dysfunction can also be caused by **HYPERTONICITY** (tight pelvic floor muscles) and can contribute to Urinary and Fecal Urgency, Urge Incontinence, Chronic Pelvic Pain, Pudendal Nerve Irritation, Interstitial Cystitis, Chronic Prostatitis, Dyspareunia, Vaginismus, and Vulvodynia.

Other reasons to see a physiotherapist with pelvic floor training could include: Chronic Constipation, Irritable Bowel Syndrome, Coccydynia, Rectus Diastasis, Post-Prostatectomy, Pelvic Girdle Pain in pregnancy/post labour and delivery, pain during intercourse, difficulty starting urine stream, if you have unresolved low back, hip or pelvic pain or if you have pain in the vagina, perineum, rectum, bladder region, or penile, testicular or prostate pain.

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.

# Exercises To Do Indoors



**Yoga.** Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

**Running alternatives.** If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Mountain climbers
- Jump rope
- Jumping jacks
- Burpees
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



## Staff Spotlight *Lee Gordon | Owner, Registered Physiotherapist*

Lee graduated from the University of Waterloo with a BSc in Kinesiology in 2004. She then completed her MSc in Physical Therapy at the University of Toronto in 2007. Lee is a registered physiotherapist with the College of Physiotherapists of Ontario.

Since graduating in 2007, Lee has worked in a local hospital setting, in both inpatient and outpatient areas. Her practice was predominately in outpatient neurorehabilitation (stroke, brain injury) and rehabilitation with individuals with lower limb amputations. Along with her husband, Rob, they have co-owned Lake Country Physiotherapy since the Fall of 2012, and she began practicing physiotherapy at the clinic in January 2016. At Lake Country Physiotherapy, Lee's practice consists of Pelvic Health Physiotherapy, Neurorehabilitation and Homecare.

In her spare time, Lee enjoys spending time with her family and friends, running, yoga, and spending time on the water.

# Exercise Essential



SimpleSet Pro

## HOLLOW HOLD

Lie on your back and extend your arms overhead. Straighten your legs with your feet together and toes pointed. Tighten your core by drawing your ribs toward your pelvis and flexing your abdominal region. Next, raise your feet, legs, and shoulders off of the ground and flatten your lower back against the floor. Start with 3 holds lasting around 15–30 seconds each.

## 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