



We're Now Open To  
In-Person Care!

# GET RELIEF FOR YOUR SPORTS INJURY & GET BACK IN THE GAME!

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com) | (705) 413-3587

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- Exercise Essential
- Types of Injuries Physiotherapy Can Help



## GET RELIEF FOR YOUR SPORTS INJURY & GET BACK IN THE GAME!

Did you injure yourself playing hockey, lacrosse, snowboarding, or skiing this season? Has your knee started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game.

Thankfully, at Lake Country Physiotherapy, our physiotherapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

Whatever age you are or level of physical ability you may have, physiotherapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

### What Are The Most Common Sports-Injuries?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

**Acute trauma:** A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.

**Repetitive/overuse injuries:** Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

**Acute injuries are caused by a single specific incident, such as:**

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles
- **Fractures:** injuries to bones
- **Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

**Some examples of overuse injuries include:**

- Tendonitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Lake Country Physiotherapy can help you find relief!



Get your life back on track with  
Lake Country Physiotherapy!

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Phone: (705) 413-3587 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 Can Help

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your physiotherapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.

The overall goals of physiotherapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

## Contact Us Today!

Physiotherapy has been proven to treat both acute and chronic sports injuries successfully. At Lake Country Physiotherapy, our physiotherapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physiotherapy team!

Sources:

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# Types of Injuries Physiotherapy Can Help



Have you recently sustained a sports injury of some kind? You might be dealing with some lasting painful effects as a result.

Sometimes, even with the proper prevention stretching techniques, unfortunately, injuries do happen. Most sports injuries fall into the following categories:

- **Contusions** – swelling in the muscle, usually as a result of direct impact.
- **Sprains** – tears to tendons or ligaments, usually in or around a joint.
- **Strains** – tears or ruptures in the muscle fibers.

## Injury Management:

If you receive a sports related injury, understanding immediate care procedures is vital to a speedy recovery. Many physiotherapists follow and recommend the PRICE model. PRICE stands for:

- **Pressure**
- **Rest**
- **Ice**
- **Compression**
- **Elevation**

If minor symptoms persist for more than 2-3 days, it's a good idea to seek professional help. Sports physiotherapy is designed to relieve any pain & swelling you may experience, restore normal range of motion and flexibility, restore full strength and endurance, and also to educate on how to prevent any recurring injuries.



## Healthy Recipe *Baked Rice With Confit Tomatoes & Garlic*

- 1 1/3 lb of cherry tomatoes
- 12 large garlic cloves
- 4 large shallots, cut into 1/4 inch pieces
- 1 1/4 cups cilantro stems, plus 1/2 cup roughly chopped to serve
- 3 tbsp thyme leaves
- 4 small cinnamon sticks
- 7 tbsp olive oil
- 1 1/2 cups basmati rice
- 2 1/2 cups boiling water

1. Preheat the oven to 350° F.
2. Arrange the tomatoes, garlic, shallots, cilantro stems, thyme, and cinnamon sticks in a large high-sided casserole dish, about 8 x 12 inches/ 20 x 30cm. Pour in the olive oil, add 1/2 tsp of salt and a good grind of black pepper, and place in the oven for 1 hour, until the vegetables are soft. Remove from the oven, sprinkle the rice evenly over the vegetables, without stirring them together, and set aside.
3. Increase the oven temperature to 450° F.
4. Sprinkle 1/2 tsp of salt and plenty of black pepper over the rice and then carefully pour the boiling water over the rice. Seal the dish tightly with foil and place in the oven for 25 minutes, until the rice is cooked. Remove from the oven and set aside for 10 minutes, still covered. Remove the foil, sprinkle with the cilantro leaves, stir these very gently into the rice, and serve.

## Exercise Essential



 SimpleSet Pro

## SINGLE LEG STANCE FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.

## 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