



# HOW PHYSIOTHERAPY CAN HELP YOU GET YOUR SHOULDERS READY FOR BASEBALL SEASON

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**INSIDE:** • What To Expect In Physiotherapy • Healthy Recipe  
• 11 Quick Ways To Add Greens To Your Diet



## HOW PHYSIOTHERAPY CAN HELP YOU GET YOUR SHOULDERS READY FOR BASEBALL SEASON

Are you looking forward to getting out on the fields this spring? Do you look forward to the start of the baseball/softball season? At Lake Country Physiotherapy, we are highly skilled at treating baseball/softball shoulder injuries and can give you the programs to help you get ready for this season!

The winter finally ends, and the warm weather comes in. That familiar urge to get your glove out and start getting ready for the baseball/softball season. Unfortunately, that excitement can sometimes lead to overdoing your throw count. Too many athletes fail to warm up gradually and adequately wear themselves back into game-ready shape.

Whether you tried throwing too hard too soon or simply throwing the ball too many times on your last outing, shoulder pain is common. At Lake Country Physiotherapy, our therapists can assess your shoulder and identify all the factors responsible for your pain and/or injury.

### Risk Factors For Baseball And Softball Shoulder Pain

Shoulder pain and injuries are common for baseball and softball players, from youth sports all the way to college and professional athletes. Several possible risk factors make players susceptible to shoulder-related injuries, including internal and external factors.

*There are consistent risk factors associated with shoulder injuries; the most notable are:*



- Training or pitching load
- Shoulder range of motion (loss or excessive)
- Rotator cuff weakness
- Previous history of an injury

Scapular (shoulder blade) dysfunctions, although the evidence is not yet conclusive, are typically associated with an increased risk of shoulder pain and/or injury.

**Although most injuries are chronic and due to overuse-related issues, other factors can influence the likelihood of injuries, including:**

- Practice and games
- The time of the season
- Weather conditions
- The position of the player

Pitchers are more susceptible to overuse-type injuries, whereas sudden events from a forceful throw or fall onto an outstretched arm can happen to any player during practice or game.

Fatigue in young baseball/softball players deserves its category due to the sheer volume of shoulder injuries from throwing too much. Research has shown that fatigue accounts for a 36 to 1 increased incidence of injury to the throwing shoulder.

**The Little League International defines fatigue in three different ways.**

- **Event fatigue:** Too many pitches thrown in a game.
- **Seasonal fatigue:** Too many pitches and/or innings in a season.
- **Year-round fatigue:** Playing youth baseball year-round.

Rehabilitation should start immediately following most reports of pain and/or injuries to ensure the fastest recovery possible. Our team at Lake Country Physiotherapy is highly skilled at treating baseball and softball-related injuries and can help you recover quickly and prevent future issues!



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!**

# What To Expect In Physiotherapy



To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physiotherapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physiotherapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

## Schedule An Appointment Today

At Lake Country Physiotherapy, we are dedicated to helping you live the best life you can.

**If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physiotherapists.**

Sources:  
<https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>  
<https://medlineplus.gov/healthrisksforaninactivelifestyle.html>



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## Let's Get Social!



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



## Patient Review

***"I would highly recommend Lake Country Physiotherapy for all your rehabilitation needs"***

"The staff are all very friendly and welcoming. The facility is clean, bright, and very aesthetically pleasing. The physiotherapists are all professional, knowledgeable, and personable. They offer a variety of services that treat the individual as a whole and continue to seek out other services to help with a patient's overall well being. I would highly recommend Lake Country Physiotherapy for all your rehabilitation needs. A special shout out to Tracey - she is an excellent physiotherapist and makes getting treatment an enjoyable experience with her great sense of humour and pleasant nature. Thanks for working your magic and helping me to heal Tracey!" - S.P.

# 11 Quick Ways To Add Greens To Your Diet



It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. *These 11 strategies can help make getting more vegetables convenient, simple, and delicious.*

1. **Make them more interesting.** Look up new recipes.
2. **Prep ahead of time.**
3. **Get everyone involved.**
4. **Hide them in yummy dishes.** Roasted vegetable Lasagna
5. **Make an omelette.**
6. **Make them portable.**
7. **Slip 'em into smoothies.**
8. **Upgrade starches.** Zucchini fries
9. **Double up in restaurants.** Simple: Ask your server to skip the potatoes and add another green vegetable.
10. **Make it a mission to try a new one.** Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. **Buy them fresh or frozen.** Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.



## Healthy Recipe *Protein PB&J Smoothie Bowl*

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

## Exercise Essential



 SimpleSet Pro

### SHOULDER EXTENSION

Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times on the affected arm(s).

### 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