



**LET'S CELEBRATE
CANADIAN SOCCER BACK
*IN THE WORLD CUP!***

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LET'S CELEBRATE CANADIAN SOCCER **BACK IN THE WORLD CUP!**

Did you know that Canada qualified for the World Cup for only the second time in history? The last time was in 1986, so this year the Canadian National Teams are sending our men's and women's teams and ending a 36-year drought for our men's team!

At Lake Country Physiotherapy, our physiotherapy team is behind our National Teams, and we want to make sure any aspiring player knows we are here to help them recover from an injury and prepare them for the demands of the sport too!

Injury rates are also growing with increased participation in the Great White North. The need for comprehensive prevention, rehabilitation, and performance training programs are essential for our athletes. This is where our physiotherapists at Lake Country Physiotherapy can help!

Our physiotherapists are highly skilled at resolving soccer injuries and soccer-specific training programs. **Call us today and learn more about our advanced training and rehabilitation programs to help to make sure Canadians are competing at the highest level!**

Prevention Is The Key To Common Soccer-Related Injuries

The most common soccer injuries occur to the lower extremities more frequently in the match than in training. Proper soccer-specific training and early addressing of pain or injury is the key to reducing injuries and helping keep athletes on the pitch. **The most common soccer-related injuries include:**

Ankle sprains: Male soccer players are more likely to suffer an ankle sprain, and ankle injuries account for over 15% of all injuries. Most ankle sprains result from a sudden change in direction due to improper footwear or poor field conditions.

Surprisingly, up to 25% of all injuries are related to recurrent ankle sprains. Proper rehabilitation is essential to minimize the recurrence of ankle sprains.

Anterior cruciate ligament (ACL): Female soccer players are more likely to injure their ACLs, especially 12-20-year-old females. Most ACL injuries are non-contact and associated with a change in direction or deceleration movements.

Neuromuscular deficits and weakness increase the risk of an ACL injury. Other variables may increase the risk, including anatomical factors and a previous history of ACL injury.

Concussion: Concussions are serious, potentially life-changing injuries. Concussions are a type of traumatic brain injury caused when the head and brain move rapidly back and forth. Most injuries are due to player-on-player contact or repeatedly heading the ball.

Balls that are overinflated or inappropriately large for the age and size of the soccer player increase the risk of head injury in young soccer players.

Muscle-tendon injuries: Muscle and tendon injuries can result from an acute event or an overuse type of injury. The most common strains and contusions occur in the upper leg and primarily include the quadriceps, groin, and hamstring muscles.

No matter what type of injury, having one of our highly skilled physiotherapists can make all the difference and ensure the fastest recovery possible. In addition, our team can design a program for the proper progression back to soccer for a safe return to play without risking re-injury.



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 Soccer Players of All Abilities

Our physiotherapists know the most effective ways to help soccer players. At Lake Country Physiotherapy, we provide injury assessments, treatment plans, injury prevention programs, and return to training and competition protocols.

We will take a medical and sport-injury history to understand more about the player's history of previous injuries, current training program, and overall health status. Identifying all the factors contributing to the injury and the athlete's ability to play is essential.

We will use the information to create an individualized, soccer-specific treatment plan to alleviate pain, restore joint mobility, increase strength and incorporate injury-specific protocols, including concussion protocols, to ensure your recovery and safe return to soccer.

As you resolve your injuries, our physiotherapist will initiate a "return to soccer" progression for a safe return to training and competition. This will include neuromuscular and proprioceptive training and other drills to enhance your performance. These targeted exercises will help decrease the incidence of ligament injuries (i.e., ankle sprains and ACL injuries) while preparing the body to handle the demands on the pitch!

Request An Appointment At Lake Country Physiotherapy To Get Started!

If you play soccer or someone you love plays soccer, call Lake Country Physiotherapy today and let our physiotherapists help you resolve injuries and enhance your performance. Our goal is to help you compete at your highest potential, just like our National Teams at this year's World Cup!

Sources:
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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



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!

Treatment Spotlight GLA:D™ PROGRAM



GLA:D™ Canada is a program that works for individuals who experience any level of hip and/or knee osteoarthritis symptoms.

The GLA:D™ program is an education and exercise program that has helped so many people with hip and knee osteoarthritis (OA) manage their symptoms of pain, limitation, and loss of function.

The program reflects the latest osteoarthritis research and has been developed based on feedback from people with osteoarthritis, as well as healthcare professionals who provide care to individuals with mild to severe symptoms. GLA:D™, therefore, provides an evidence-based approach that works in the real world.

To determine if you will benefit from the GLA:D™ program you will undergo an assessment by a health care practitioner, which will include a physical assessment as well as some functional tests. Give our clinic a call today to see if the GLA:D™ program is right for you!




Staff Spotlight *Carla Katsuno, Registered Psychotherapist*

Carla is a Registered Psychotherapist and has a Master of Arts in Counselling Psychology from Yorkville University. She is fully registered with the College of Registered Psychotherapists of Ontario. Carla holds an Honors Bachelor of Science Degree in Psychology and Sociology from the University of Toronto as well as a Certificate in Addictions Treatment and Prevention from Georgian College. Carla's clinical experience is derived from working as a counsellor at an in-patient addiction treatment center, within a hospital setting and in private practice.

Carla has training & experience in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Motivational Interviewing (MI) and CBT-E for Eating Disorders. Specialties include working with emotion dysregulation, PTSD, eating disorders in adults, as well as mood and anxiety disorders. Having lived in Simcoe County her whole life, Carla is passionate about working within this community as a Mental Health professional.

Exercise Essential



 SimpleSet Pro

BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

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