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# Determining The Origins of Your Pain

*Health & Wellness Newsletter*

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physiotherapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physiotherapists are specialists in identifying the causes of pain.

A physiotherapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physiotherapist can help you find the relief you are looking for.

Call Lake Country Physiotherapy today and set up an appointment with our highly trained physiotherapists!

## Understanding Your Pain

Sometimes pain develops at the exact moment you

are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physiotherapist can help you.

When you meet with a physiotherapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. *Your therapist will likely want to know:*

- How long you've been experiencing your symptoms
- Where it developed and where is it currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, it is a great choice to speak to a physiotherapist. Working with a physiotherapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief through movement and exercise.



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## How Physiotherapy Can Help You Find Relief

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physiotherapy is education about the likely source of your pain and instruction on effective techniques for relief. *Our goals include:*

- Reduce pain quickly through targeted movements/ stretches
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

**We focus on doing what helps you feel better and move better!**

## Call And Make An Appointment Today

Our physiotherapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Lake Country Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources:  
<https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>  
[https://link.springer.com/chapter/10.1007/978-3-030-39982-5\\_17](https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17)

**Give us a call at (705) 413-3587 or visit [lakecountryphysio.com](https://lakecountryphysio.com) today!**

# Check Out These Tips To Help You Stay Active & Healthy!



## Staff Spotlight Andy Stoddart, PTA

Andy completed his Undergraduate degree in Kinesiology at Ontario Tech University in 2017. He graduated from Queen's University with a Masters in Physical Therapy in 2019.

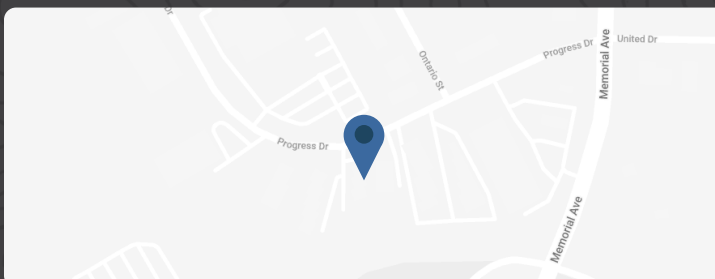
After his formal education Andy has taken additional courses to expand his knowledge of assessment and treatment and is passionate in pursuing ongoing medical knowledge in his chosen field. To this end, he has added to his repertoire with accredited courses such as: the Mulligan Manual Therapy Concept, Concussion Rehab Works Inc, and is completing the level system through the Orthopaedic Division of the Canadian Physiotherapy Association.

His personal passions are sports such as soccer, volleyball and racquet sports, playing music, and hiking outdoors.



## Seated Neck Flexion AROM

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



## Our Location

7 Progress Drive  
Orillia Ontario, L3V 0T7  
**(705) 413-3587**

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