

# Hesitating Getting Back to Your Routine?

## We can help!

**PHYSIOTHERAPY  
MASSAGE  
FITNESS  
738-8299**



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Now that Summer is fading and school and Fall activities are claiming more of our time and attention, some of us may have crammed as many summer activities as we could into the snowless months that we've had. So, we've loaded our joints and muscles with movements that they may not have been ready for once summer arrived, but so what!! We did it anyways!

Now that Summer is winding down, we may be more aware of our residual aches, pains and perhaps loss of some movements that don't seem to be getting better in a great hurry... so, now what??

We can choose to let nature



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take its course and perhaps we'll get better...until the next time we challenge our bodies to perform activities we're not prepared for....like putting away our lawn furniture, preparing our gardens and yards for winter... and then there's the dreaded shoveling... yes, we become winter athletes!

So, what to do? Studies have shown that preventative action and taking care of our pain and movement restrictions sooner rather than later is much more beneficial than waiting it out... but we need to know what specific parts of our bodies are causing us grief. Is it a joint restriction that's causing our pain and decreased mobility or perhaps we've really worked our unexpecting muscles so hard that they've

just given in and are craving attention.

Regardless, taking time from your busy schedule to visit a Physiotherapist for an assessment will identify the cause of your pain and/or mobility restriction. This will enable you to be in control of your recovery with targeted exercises and/or interventions that will address your specific situation, getting you better faster than by simply waiting it out!

The Physiotherapist may recommend Massage Therapy treatment to further assist with decreasing your pain and muscle tightness. As well, if you are now turning your attention to Fall and Winter sports and activities –

either by choice or imposed... shovelling again comes to mind... a few visits with our Kinesiologist will be invaluable in increasing your readiness to challenge your body with the physical demands of fall and winter activities... regardless of what they may be!

It takes a knowledgeable, cohesive team to keep us in top shape – no matter what our activity level is... whether we're an elite athlete or a week-end warrior.

Your team at Human Performance Centre will work together with you to meet your goals so that you are ready to meet the challenges of the upcoming season's activities and achieve your best!



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Performance  
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Achieve Your Best  
... We Can Help.