



CONSUMER
CHOICE AWARD
2025
TORONTO
CENTRAL

2 YEAR
WINNER

SLIPS, TRIPS & FALLS IN WINTER

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common in winter

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INTRODUCTION

Winter in Toronto brings icy sidewalks, slush-covered curbs, and uneven footing. Slips and falls are one of the most common causes of injury we see in clinic – even when the fall felt “minor” at the time.

Many people are surprised when pain doesn’t show up right away. Stiffness, soreness, or discomfort can appear hours or even days later once inflammation sets in.

WHY SLIPS & FALLS HAPPEN IN WINTER

Winter falls usually happen because of a sudden loss of traction combined with a reflexive body response.

Common contributors include:

- ✓ Ice hidden under snow or slush
- ✓ Uneven sidewalks and curbs
- ✓ Rushing or shortened steps
- ✓ Heavy winter footwear affecting balance
- ✓ Sudden muscle tension during a slip

Even if you don’t hit the ground hard, your body can strain muscles and joints while trying to catch itself.

COMMON INJURIES AFTER A FALL

- ✓ Ankle or knee sprains
- ✓ Hip or low-back pain
- ✓ Wrist, elbow, or shoulder strain
- ✓ Muscle spasms from bracing
- ✓ Neck stiffness or headaches

WHY PAIN CAN SHOW UP DAYS LATER

It’s common to feel fine immediately after a fall, then wake up sore the next day. This happens because:

- ✓ Inflammation takes time to build
- ✓ Adrenaline masks pain initially
- ✓ Muscles tighten to protect the body
- ✓ Reduced movement increases stiffness

Delayed pain doesn’t mean serious injury – but it is a sign your body needs support.



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WHAT TO DO AFTER A WINTER FALL

- ✔ Monitor pain, swelling, or stiffness for 48 hours
- ✔ Keep moving gently — complete rest can slow recovery
- ✔ Avoid pushing through sharp or worsening pain
- ✔ Get assessed if symptoms linger or spread

Early care helps prevent small issues from becoming chronic.

HOW PHYSIOTHERAPY HELPS

Physiotherapy focuses on:

- ✔ Reducing pain and inflammation
- ✔ Restoring strength and mobility
- ✔ Improving balance and stability
- ✔ Preventing future falls

Treatment isn't just about healing — it's about confidence and safety.

WHAT THIS MEANS FOR YOU

If you've slipped or fallen this winter:

- ✔ You don't need to "wait it out"
- ✔ Early treatment speeds recovery
- ✔ Prevention is part of treatment

WINTER FALL PREVENTION CHECKLIST

Simple ways to stay steady this winter
Small changes can significantly reduce your risk of slipping or falling.

-  **Footwear**
 - Wear boots with proper tread
 - Avoid smooth or worn soles
 - Use ice cleats on very icy days

-  **How You Walk**
 - Take shorter, slower steps
 - Widen your stance slightly
 - Avoid rushing

-  **Be Aware**
 - Watch for hidden ice and slush
 - Use railings when available
 - Keep your hands free

-  **Strength & Balance**
 - Maintain leg and hip strength
 - Balance training reduces fall risk
 - Address stiffness early

After a slip: even near-falls can cause strain.
Monitor soreness for 48 hours.

If you've slipped or fallen this winter — even if the pain feels minor — an assessment can help prevent it from becoming a bigger issue. Our team is here to help you move safely and confidently all season long.

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STAFF SPOTLIGHT



Have you met Jeremy?

Jeremy is a physiotherapist with a strong background in musculoskeletal and sports-related injuries. He holds a Bachelor of Science in Health Studies from the University of Toronto and a Master of Science in Physiotherapy from the University of Cumbria in England.

He has experience treating the general population, older adults, and athletes across both acute care and outpatient settings. Outside the clinic, he's a former university-level basketball player who still competes, enjoys powerlifting, and loves to travel. His favourite show is Love Is Blind, and his favourite actor is Damson Idris.

Jeremy Aibi
Resident Physiotherapist

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After my surgery, I was worried about my mobility. Hana Veprikova has been incredible in getting me back on my feet. Her expert guidance and personalized plan helped me reach my recovery milestones much faster than I expected. Highly recommend! Trust her expertise and plan.

Thank you,

Sheida Shoai



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