

VIRTUALLY BETTER!



Did your child get sent home from school? Do you feel like your throat is a little sore? Did you get called into work because a co-worker is awaiting test results? Not quite ready to come into the clinic yet?

These scenarios are all too common. The unfortunate increase in COVID cases can often result in you feeling the need to reschedule your physiotherapy visit. This is quite frustrating! Especially because you were just feeling like things had turned a corner... Not to worry, you don't need to miss out on your physiotherapy session, because it can happen in the comfort of your own home, or even from your desk at the office!

What is Virtual Physiotherapy?

It's an appointment with your physiotherapist face-to-face, through a secure, online platform similar to Facetime or Zoom.

How can it help me?

Your physiotherapist will use two of their best skills; their ability to visually examine your movement and their ability to listen to the pattern of your symptoms to properly diagnose the cause of your dysfunction or pain and educate you on how to fix it at home!

How will I get better without hands-on techniques?

Your Physiotherapist will teach you self-release techniques and joint mobilizations that you can easily perform yourself to help restore limited motions and decrease pain. This is very effective and empowering because you will learn to use these techniques to treat your pain at home to get immediate relief.

I don't have equipment at home, what about the exercises?

They will also guide you through a step-by-step home exercise program that is tailored to your problem. This is often a combination of stretching and strengthening exercises. The best part about the virtual call? Your physiotherapist can see the space that you will be exercising in and make sure that you are able to perform your exercises optimally, with the tools and the space you have available.



What about my Plan of Care?

Your physiotherapist will outline a personalized, step-by-step Plan of Care at a virtual initial assessment, just like they would at an in-person meeting. This way you know the exact steps that need to be taken in order to get back to normal. If you're already seeing your physiotherapist in person, GREAT! This means that you can continue along your journey by receiving your treatment virtually and avoiding any interruption that could prolong symptoms or set you back.

Talk to your physiotherapist about virtual care today, or feel free to give any of our offices a call to learn more about getting started!

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INSIDE:

- Is Your Posture The Reason For Your Aches & Pains?
- Leave Us A Review!
- What Can I Do About It?
- Know Your Physio: Adam Dafeo

IS YOUR POSTURE THE REASON FOR YOUR **ACHES & PAINS?**



Do you suffer from daily or recurrent aches and pains? If so, your posture may be the culprit. Just think about the number of hours a day we spend staring at a computer screen, hunched over our desks, or staring at our phones. That creates a lot of stress on the neck and back, especially if you are slouched, tilted forward, or looking down for prolonged periods of time.

How does poor posture affect me?

Changes to your posture can negatively affect your body, and you may find yourself experiencing some of the following symptoms:

- **If your posture contains a forward head tilt**– This forward-head posture creates a strain on the neck, which can result in neck pain, shoulder pain, arm pain, chronic headaches, and lower back pain. Tilting your head forward for long periods of time shortens the muscles in the back of the neck, and can result in soreness throughout multiple parts of your body.
- **If your posture contains slouching of the mid-back** – If you slouch the middle of your back, you can drive your head forward and alter the way your ribs naturally align. By doing this, you may experience pain in the slouched region of the mid-back, in addition to pain in the neck. If this is your average standing posture, it is important to seek

physiotherapy treatment right away – over time, standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system.

- **If your posture includes sitting for long periods of time** – When you sit for prolonged periods of time, the muscles in your hips and legs will stiffen. When these muscles become stiff, they tighten and will pull on the lower back, causing pain. The joints also lose their range of motion, which can cause soreness or achiness in the hips, legs, and back, and can create issues with your gait.

The way in which you walk can also have an effect on your posture. When you have improper posture, your center of gravity changes. This can cause your balance to decline, which can cause pain when walking, thus creating a vicious cycle of overcompensation and pain.

The most common symptom of poor posture is lower back pain, although pain can be present in other parts of the body, as well. The back muscles constantly contract to keep you upright, and they overcompensate when you slouch or hunch over. Over a period of time, constant poor posture can create an unusual amount of wear and tear on the lower back, which can increase the risk of arthritis in the spine.

www.sosphysiotherapy.ca

**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS!
CALL ANY ONE OF OUR 3 LOCATIONS**

Belmont Clinic

Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-4355

Elmira Clinic

Behind Wellness Centre (Clock Tower)
3 Wyatt Street East, Suite 2
Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic (**Now Open**)

Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070

WHAT CAN I DO ABOUT IT?

It can be difficult to correct poor posture, but there are a few steps you can take on your own to try and help:

- 1. Sit properly.** – If you are at a desk for extended periods of the day, make sure your stance is okay. Sit upright, place your feet flat on the floor, and try not to cross your legs. Make sure there is a small gap between the back of your knees and the chair. Having a chair with strong back support and padding is also recommended for making your upright position more comfortable.
- 2. Take stretch breaks.** – If you are an office worker, it is no secret that most of the day is spent with limited levels of mobility. It is important to make sure that you get up every 30 minutes or so, and take a small walk, at least for a minute or two. This will help in loosening up your muscles and joints, as well as initiating a stronger blood flow.
- 3. Exercise.** – Exercise is incredibly important, especially if your job produces several hours of inactivity. When you exercise, you are stretching and strengthening certain muscles of your body, including problem areas such as your neck and back. Taking even a small amount of time to walk or jog around the neighborhood every day can highly improve your overall gait.

- 4. Set up your office properly.** – If you work from an office all day, it is important to have a proper ergonomic setup. Make sure that you are at a proper height with your desk chair and computer, so you don't have to slouch or lean forward. Additionally, make sure your chair has the proper lumbar support needed to help you sit straight while you're working. These simple steps can help tremendously with your overall posture.

How can physiotherapy help?

If these at-home treatments don't work, it is important to consult help from a physiotherapist. Simply standing up straight is a fight against gravity, and if you have been standing the wrong way for several years, it may be difficult to change it on your own. However, physiotherapists are dedicated to getting you back on track to a pain-free, and risk-free life. They will evaluate your posture and gait to determine the best treatments necessary for you, and then they will create a treatment plan unique for your needs. They can improve your posture, eliminate your pain, and get you back to doing the activities you love to do.

If you are experiencing pain, and you think it may be a result of your posture, give us a call today. We will help you get back to a comfortable posture with just a few sessions.

Fun With Physiotherapy



"I hurt it, as if I'm dancing."



"I woke up a bit stiff this morning."

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CALL ONE OF OUR 3 LOCATIONS TODAY!

Know Your Physio: Adam Dafoe



Adam Dafoe is a Registered Physiotherapist and Certified Strength and Conditioning Specialist. He completed a Masters Degree in Physiotherapy at Queen's University, an Honours Bachelor of Kinesiology at Wilfrid Laurier University and a Bachelor of Education from Western University. Adam started his physiotherapy career as a Varsity team Physiotherapist at the Trent University in Peterborough.

Adam continues to expand his manual therapy and orthopaedic skills through the completion of his FCAMPT in Fall 2019. Adam has also completed continuing education in Active Release Therapy (ART), acupuncture and dry needling, as well as exercise prescription.

You can find Adam at our new Northfield clinic, located in North Waterloo. In his spare time, Adam enjoys strength training, snowboarding and golf, as well as hunting in the fall. He also enjoys spending time up at the cottage, especially with his wife Meghan, his 10-month-old daughter Zoie and his doodle Harper.

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Spotlight on Students



Welcome Ryan Marrin to our Northfield location!

"It has been such a pleasure to return to SOS as a Physiotherapy Student, after beginning as a volunteer at the Belmont clinic over four years ago. The staff here have created such a welcoming and supportive culture in the clinic and are always willing to take time out of their day to help improve my skills. The lasting impact that these clinicians have on their patients is apparent with every interaction and it is no mystery why. Their genuine concern over the safety and wellbeing of their patients during these extraordinary times is what keeps people coming back and it is a true honour to be able to learn from this team and be a part of it!" - Ryan



**TELL US ABOUT YOUR
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SOS PHYSIOTHERAPY!**

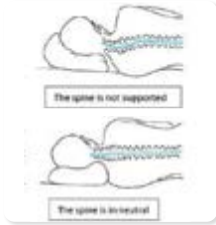


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PILLOW TALK



Choosing the right pillow can feel like a real "snooze"! The people I speak to about this have often been through several pillows in only a few months and just can't seem to find the right one! Does this sound familiar? Most people are also surprised to learn that the general recommendation is to replace your pillow yearly. Here are some things to think about when considering a new pillow.

SLEEPING POSITION: *The back sleeper* should generally use a pillow that is relatively low to avoid from putting the head into too much forward flexion. A small rolled towel can be placed underneath the pillow case and on top of the pillow to gently support the small curve in the neck throughout the night and help keep the spine in a more neutral position.

The side sleeper should look for a pillow that is higher and high enough that the pillow fills the space between the shoulder and the neck to keep the spine in a neutral position. This would be similar to how the neck would look in an upright, standing position.

The stomach sleeper should just not be sleeping in this position! It puts the neck into an extended and rotated position which is very hard on the spinal joints. If this is the only option, come in and see us about the neck pain you must have! But in all seriousness, a low pillow should

be used, or even no pillow at all, in order to minimize the extension position of the neck.

MATERIAL: The simplest and easiest to care for material is just regular **foam**. It offers a moderate amount of support, but can't be easily adjusted throughout the night to conform to the position that you have ended up in.

Down is a great material, as it is easily manipulated and can be altered throughout the night to offer comfort in whatever position you may end up in! However the feathers aren't as supportive as some of the other materials. It can pose an issue for anyone who has allergies or sensitivities.

Memory Foam pillows are very popular recently. They are nice because they conform to the shape of the head and neck and can readily offer support throughout the night for various positions. Anecdotally however, I do find that some individuals find these pillows very heavy and firm so try before you buy!

Cervical Pillows are most commonly foam or memory foam. They have a contour to support the neck and a depression for the head to rest in. They do the best job to keep the neck parallel with the mattress and get my vote for the best pillow for individuals with neck pain no matter if you sleep on your side or your back!

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VIRTUAL WEBINARS COMING UP SOON!

ROTATOR CUFF & SHOULDER PAIN WEBINAR!

Visit Our Website To Register // Wednesday, Oct. 21st @ 4:30pm

KNEE PAIN & ARTHRITIS WEBINAR!

Visit Our Website To Register // Wednesday, Nov. 4th @ 4:30pm

Workshops are completely free to join. Don't delay, register today by calling now!

PATIENT SUCCESS!

"I had a very good experience with Adam. He's competent, friendly, and understanding. Meeting him in videoconferencing was very practical and time efficient. He had no problem giving me a diagnosis and some exercises. After a week, my shoulder already feels much better." - B. Goodman



We want to ensure that our patients stay healthy and remain on the road to recovery during this time.

CALL US TODAY FOR YOUR FREE VIRTUAL OR IN PERSON DISCOVERY VISIT

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