

HAPPY RETIREMENT SUE!



Sue has been one of our amazing Patient Experience Coordinators at SOS Belmont for over 20 years! She has been here to help support many of our patients through their recovery process with her encouraging and friendly personality. As we celebrate Sue's retirement, we wanted to let Sue share her own experience with SOS over the years.

"Most of you know me as "Sue". I have worked for SOS for a third of my life (22 years!). I moved to Kitchener from Kingston in 1998. As a single mom, I needed to find a job as soon as possible. Seven weeks after pounding pavement in a city where I didn't know where the pavement was (as I have a horrible sense of direction) I landed my job at SOS.

In my time with the organization, I have witnessed many changes at SOS, from change of owners to hiring more physiotherapists and even the addition of laser therapy. But the care and investment in patients has never changed. As a receptionist, I witnessed patients walking into the clinic using mobility aids, such as a walker, and after a period of time being able to walk out on their own!

Having an outgoing personality I tried to help our first-time patients feel at ease. A big smile never hurt either! I really miss the patients. Seeing the patients get better made everyone in the clinic from physiotherapists to receptionists feel proud. While raising my sons and working full time

I had very little time for myself. Now I have too much time on my hands! Accepting retirement is hard and I miss all of my coworkers. I look forward to joining some clubs and remaining involved in my community once it is safe to do so. I hope to remain in touch with patients and staff where possible, to see how everyone is doing.

Take good care of yourselves during these difficult times."

Thank you Sue for your dedication to our clinic over the years. We will all miss your bright personality, infectious laugh, and cheerful presence. You have helped make SOS into the amazing clinic it is today, and we can't thank you enough!

We wish you all the best in this next chapter and hope to celebrate this amazing achievement soon!

Love - The SOS Team

INSIDE:

- Headaches, Could Your Neck & Shoulders Be The Culprit?
- We're Here to Help Your Neck & Shoulders!
- My PT Story
- Know Your Physio: Meet Evan!

HEADACHES, COULD YOUR NECK & SHOULDERS BE THE CULPRIT?



Does your neck aches towards the end of the day? Do you often end up with nagging headaches? While you might think it's only due to stress, it may also be a result of your daily posture. When we use our arms throughout the day, the shoulder muscles get tired. This leads us to use our neck muscles as a substitute.

A sure sign of this is when you notice your shoulders rising up closer to your ears. You may also find your spine rounding forward. The sooner our shoulder muscles fatigue, and the more rounded forward we end up, the sooner we notice headaches and neck pain.

Think this might be you? Here are 4 BASIC TESTS to try at the end of the day!

STARTING POSITION: Sitting at your workstation, your home computer or the dinner table in your normal posture:

1. Try to raise both arms up in front and continue overhead without moving your spine. If you can't get full shoulder motion or have pain, you probably end up slouched without realizing it.

2. Try to roll your shoulders down and back without moving your spine. If you feel this is difficult to do, your muscles are probably keeping your shoulders elevated.

3. Raise your arms up and out to the side like a "jumping jack" without moving your spine. If you have pain, you probably end up slouched without realizing it.

4. Try to clasp your hands behind your back. Now raise your arms up behind you. If you are unable to raise them very far, you have limited shoulder, spine or chest mobility.

NOW REPEAT THE TESTS while sitting up straight and allow the spine to move. Compare the difference in your shoulder motions or pain.

If you suffer from neck pain, headaches or shoulder pain, don't let it linger on and cause more damage. Call us today to speak with your physiotherapy, or come on in for a free consultation.

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) 743-8787

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

WE'RE HERE TO HELP YOUR NECK & SHOULDERS!

Of course, self-testing at home is an imperfect way to determine if your headaches and neck pain are coming from poor posture or other shoulder issues.

They just show you where your body has limited movement, which may be causing your problems. Handling any problem sooner rather than later, leads to better results and preventing long-term damage, such as arthritis.

We welcome you to schedule a visit with us for a more complete evaluation. We're offering a no-cost shoulder and neck screening to help get you on the road to better health and less pain. Give SOS Physiotherapy a call today to talk with your therapist.

If your head and neck pain is making daily life difficult for you, contact our office today for an appointment. We will get you started on the path toward long-lasting relief.

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Student Life at SOS



"Hello! My name is Carrie and I am a physiotherapy student from Western University that has been working with Melissa at the Elmira clinic for the past month. This is my final placement before I graduate from the program at the end of October and begin my own journey as a physiotherapist!"

SOS Physiotherapy is a very popular and well desired clinic for us students because of their strong value in education. Every week, SOS provides one on one mentoring for their students and places a large emphasis on taking their time to thoroughly educate clients on their condition. Everyday, I learn something new, from improving my hands-on techniques, all the way to learning about a client's famous recipe.

Being from Toronto, it was a unique experience practicing in a small town and being exposed to the tight knit community of Elmira. I also really enjoyed trying out the local cafes and bakeries with very delicious items! I am so excited to take the skills I have learned and apply them to my own clinical practice in a few months. Thank you to everyone who has been so welcoming!" - Carrie Chou

CALL ONE OF OUR 3 LOCATIONS TODAY!

Know Your Physio: Meet Evan!



Evan has completed a Master of Science in Physiotherapy degree from Queen's University and also an Honours Bachelor degree in Human Kinetics from the University of Guelph. Evan grew up in St. Catharines, however, is looking forward to starting a new chapter of his life in the KW region (any activity or restaurant suggestions would be greatly appreciated). In his spare time Evan loves being active and playing sports, namely hockey and baseball but has a newfound passion for tennis. When he is not moving, Evan can be found on a couch watching sports or his favourite Netflix shows Ozark and The Office.

Evan's treatment philosophy involves using an active and hands on, patient centered approach that is focused around each patients' goals and getting them back to the functional activities that they want to be doing. Evan's goal is to empower all his patients and provide them with the tools they need to take control of their rehabilitation experience. Evan has treated a wide range of populations in a variety of settings including professional athletes, ICU and post-surgical patients, neurological conditions including stroke and Parkinson's, to the more common weekend warrior types of injuries and back pain.

Evan is looking forward to helping you through your rehab journey and getting you back to doing the things you love!

Welcome to SOS Belmont Evan! We are very excited to have you join us and bring your passion for the profession to our organization!

Fun Fact: Evan completed a 6-week placement in Cape Town, South Africa where he worked with Cape Town City FC.

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My PT Story



"First time ever going to physio, I was injured for over a month and physio was suggested to me by a coworker. I had never done it before and thought I needed to try something. I limped into the office and didn't know what to expect. I explained to Melissa, I had injured my knee from horse back riding and was struggling with stairs, walking in general and constant pain in my knee. Melissa was awesome she got out her modelled knee and two textbooks. Melissa assessed my knee and tested its flexibility. Next she showed me on the model what was going on with my knee. I am a visual person so this helped a lot. I was given an idea of how my therapy would go and the work I needed to put in. I was going twice a week with great improvement. The pain started to decrease, stairs were getting easier and function was coming back. I received acupuncture, cupping and stretches. Soon I was once a week and then once every two week. I was back to working out regularly and horseback riding! My knee feels stronger and the pain is gone! Melissa and her team worked very hard with me to get my mobility back. I am forever grateful for having the ability to go to physio. I will not hesitate to go back if I ever need to again. Thank you Melissa for helping me!" - Morgan Wickens

Halloween at SOS!



Our therapists at our Elmira and Northfield location had a great time dressing up this year for Halloween. Boo-tiful job everyone!

www.sosphysiotherapy.ca

UPCOMING VIRTUAL WEBINARS!

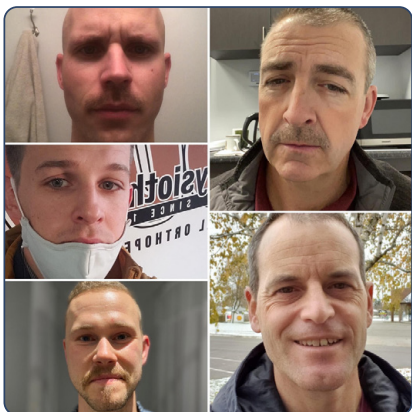


ROTATOR CUFF AND SHOULDER PAIN LIVE WEBINAR!

Visit Our Website To Register // Wednesday, Nov. 18th @ 4:30pm

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

MOVEMEBER IS HERE!



Help support our guys as they try and
grow another round of moustaches for
November!

Log onto movemember.com and look for our
"Moe-bilizers" team to donate today!



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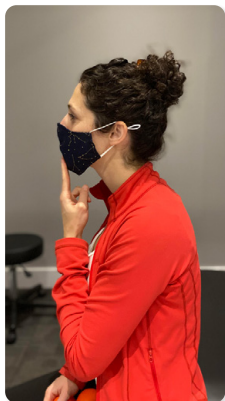
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HOW TO HELP YOUR HEADACHES THROUGHOUT THE DAY

We know that posture of the neck, back and shoulders can cause unwanted headaches, but how else can we manage them once they have started?

Headaches can continue to arise because of weakness of our deep neck stabilizer muscles, and from the increased tone of our suboccipital muscles.

Here are some key exercises to address both of these areas!



1. Deep Neck Flexor Activation

- Sit tall in your chair and place your hand across the front of your neck just above your collarbone to monitor unwanted activity of the surface muscles.
- Place your tongue on the roof of your mouth, keeping your jaw relaxed.
- Keeping your mid back tall, start to draw your chin into a retracted position.
- Hold for 5-10 seconds, then slowly release back to neutral.
- Repeat this 10x, 3x/day

2. Suboccipital Muscle Release

- Tape 2 tennis balls together.
- Place the balls at the base of your skull while lying on your back with your knees bent.
- Tuck a small hand towel between the tennis balls and your upper back to keep the balls from sliding.
- Slowly rock your head side to side to get a release of these muscles
- Continue for 30 seconds, 3x

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