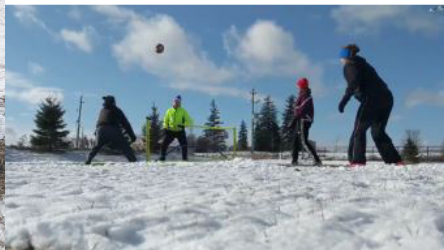




HOLIDAY TRADITIONS!



I've always loved my family's Christmas traditions. From going out to Benjamin's tree farm to cut down a tree, to watching all three Santa Clause movies on successive Sundays leading up to Christmas. We also have some odd traditions like heading up to RIM park to play pick up soccer Christmas Eve morning followed by lunch at Pizza Hut. This year we know that we will not be able to carry out our traditions together as a family unit. Instead of letting the current circumstances keep us down we decided to pivot and create a new tradition. But what could we do that would allow us to be socially distant and celebrate the season? With the help of my creative boyfriend, the ADVENTure running series was born. It is exactly what it sounds like, a running advent calendar. Just to give you a little context, we are that weird family that runs on vacation.

How does it work you ask? Well, we have created the event online and invited all our friends and family that are as crazy as we are. Each weekend of December there is a set distance to be completed over a 24-hour period. For example, the first weekend of December (5th-6th) participants must complete a five-kilometer run or walk. Every weekend the distance increases and reflects the day of the month. The running series culminates on Christmas Eve, when the remaining survivors must complete a 24-kilometer

run. In the spirit of being inclusive, we have graciously allowed participants to substitute six minutes of biking for every one kilometer of running. What do you get for completing the ADVENTure running series? Absolutely nothing. Our friends and family have been great sports and gotten fully on board with this wild new Christmas tradition. If you are curious to see how this insane idea pans out, come in and see me in the new year and see how well I'm walking!

I recognize that not every family is as fitness crazed as mine but I invite you to look at the restrictions imposed on this year's holiday period and view them as a challenge to create new traditions instead of a hindrance. I am looking forward to hearing about all the wacky and wonderful new holiday traditions your families create this year.

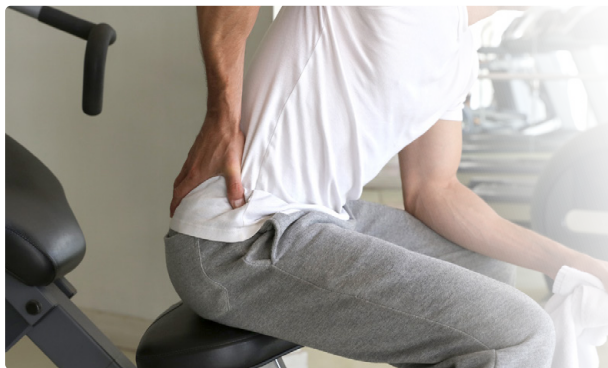
- Rachel Goldsworthy



INSIDE:

- Is Your Low Back Pain Actually Caused By Another Issue?
- Student Life At SOS
- How Can I Tell If My Neck Is To Blame?
- Know Your Clinician: Meet Rachel!

IS YOUR LOW BACK PAIN ACTUALLY CAUSED BY ANOTHER ISSUE?



Your spine is a complex part of your body – it requires proper posture, flexibility, coordination, and strength, in order to do its job correctly. When one of these elements is altered, your spine can emit painful responses that can settle in other nearby parts of the body.

According to the National Institute of Health, approximately 80% of adults will experience lower back pain at some point in their lives. Back pain is actually the most commonly reported location of pain across the globe. But how often is the source actually another part of your body?

Pain is usually connected

Your spine is a lengthy structure, and pain can travel along it. Let's say you are prone to neck pain – perhaps you have a slouched posture from sitting at a desk all day and the pressure radiates in your shoulders. Or, maybe you've had a previous injury, such as whiplash, that still elicits painful stings every now and then. Now, let's say you begin feeling pain in your lower back in addition to your neck pain. Why does this happen?

Basically, the pains are connected to each other. Your head weighs about 10-12 pounds, which is roughly the weight of a bowling ball. When you slouch, or compensate pain by realigning your body, your back muscles have to work extra hard to keep you from toppling forward. Have you ever been so tired that your head begins to bob and it jolts you awake? That's because your head is heavy! The weight from the motion wakes you back up because your body isn't used to carrying it in that way.

This is also why pain in your lower back may occur as a result. Your back muscles are working in overdrive and may be constricting to try and hold you up. If you notice neck and back pain at the same time as one another, try sitting up straighter – it should help ease some of the stress!

Is your neck the culprit?

The most common combination of pain is in the neck and the back. If you are experiencing both, it is most likely stemming from the neck.

We don't typically think about it, but we use our necks for a lot of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder when backing out of a driveway, use a lot of neck muscles. When you do simple tasks such as these, do you find yourself turning your entire body, as opposed to just your head? If so, you could experience back pain along with your neck pain.

When you have limited motion in your neck, your body compensates by twisting more than it usually would, thus over-rotating your lower back. This could cause a source of pain or general discomfort in the area, due to abnormal overuse. If you are experiencing neck pain, back pain, or a combination of both, our physiotherapists would be more than happy to meet with you for a consultation to discuss how they can help.

Call us today to talk to an expert about how we can relieve your aches and pains!

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

HOW CAN I TELL IF MY NECK IS TO BLAME?

It can sometimes be difficult to determine if your back pain is rooted in your neck. *This simple, at-home test can assist you in figuring it out:*

1. Stand straight in front of another person. They will be your eyes regarding the movements you make.
2. Once they are watching you, turn your head as far as you comfortably can to the left. Repeat the same motion to the right. Have them take note of how far you are able to go.
3. Now, sit down in front of the same person. Repeat the same turning motions from a chair or couch. Again, have them take note of how far you are able to comfortably turn your head.
4. Ask if there were any differences in the turning movement. Did one side seem to turn further than the other? Was there a difference in standing vs. sitting?

This test is helpful in finding out if your neck is causing (or is at risk of causing) pain in your lower back. If your movement is limited, especially sitting down, it means that the muscles in your back or upper back are tight. These constricted motions can cause pain in the lower back.

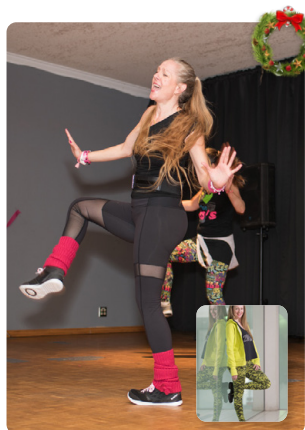


How can physiotherapy help me?

Physiotherapy is the leading recommendation for back pain. Physiotherapists are trained to evaluate muscle and joint movement, and they can easily assist you in finding the root of your problem. They will thoroughly evaluate you to figure out why you are experiencing pain, determining the source and treating all affected areas. After your initial consultation, they will create a specialized treatment plan for you, based on their diagnosis of your specific needs. A physiotherapist's end goal is the same as yours – to get you feeling better, healthier, and more comfortable!

If you are experiencing lower back pain and think it may be caused by an issue occurring in your neck, give us a call today. We'll get you moving comfortably again in no time.

Zumba® At Home With Our Very Own Heather Heath!



I've been a ZIN™ Member since Aug 2013 and I absolutely love teaching Zumba® classes. The main reason I wanted to become a Zumba® Instructor, was so that EVERYONE could enjoy exercising no matter what their condition, size, age or physical limitations are.

Music is such a universal language, and ZUMBA® helps to bring people together and keep them moving using tunes they might already know, as well as the Latin music of Zumba® - which makes you just want to move!!

As we navigate through COVID I'm currently offering online Zumba® classes! You can have some fun and exercise right from your own home.

Check out my website for a schedule of all my upcoming classes and got those feet moving!

www.zumba.com/en-US/profile/Heather_Heath/809807

CALL ONE OF OUR 3 LOCATIONS TODAY!

Student Life At SOS



Getting a placement at SOS Elмира has been nothing short of amazing! I am getting tons of exposure to a wide range of conditions and a lot of hands-on practice. I feel as though SOS Physiotherapy really values student learning. They take time out of their schedules for one-on-one mentoring and ensure I am getting the most of my experience. Melissa and Ryan are great at what they do and I can't help but feel lucky to be learning in such a supportive environment.



I am a second year physiotherapy student at Western and have spent the past few weeks at the Belmont location working with Steve. The clinic has done a wonderful job of creating a welcoming environment. Being from Waterloo region myself, I had heard great things about SOS before coming here and they have exceeded my expectations! It has been a pleasure getting to know patients. It's great to see their weekly progress and hear how much they love coming into the clinic. I'm really excited to continue learning for these next few weeks! If you see me in clinic come say hi!

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Know Your Clinician: Meet Rachel!



Dr. Rachel Goldsworthy completed her Doctor of Chiropractic degree at the Canadian Memorial Chiropractic College in North York and studied Kinesiology at the University of Ontario Institute of Technology. She has the unique experience of growing up in a chiropractic family. She saw the amazing influence chiropractic care had in peoples lives of all ages which inspired her to pursue the profession. Rachel grew up in Waterloo and is excited to return after an extended time away completing her education. She has always enjoyed being active, competing in soccer and badminton growing up. Now Rachel enjoys playing recreational soccer and running. When Rachel's not in clinic you can find her hanging out with her pandemic pup, catching the latest Liverpool FC soccer game, or listening to audiobooks and podcasts.

Dr. Rachel uses the best available evidence and her clinical experience when working with her patients to create comprehensive treatment plans that are tailored to her patient's preferences and lifestyles. She likes to use education to empower her patients to take charge of their own recovery and get them back to the activities they enjoy. Dr. Rachel has a special interest in inclusivity and diversity in healthcare and is delighted to be an open and inviting ally in providing quality manual therapy to her community. Dr. Rachel utilizes many treatment options including instrument assisted soft tissue therapy, chiropractic manipulation, myofascial release techniques, education, exercise, and nutrition.

Dr. Rachel is excited to meet you and work together to get you back to doing the activities you love!

Fun fact: Rachel ran her first marathon in November 2019

Christmas at SOS!



Our therapists had a blast decorating for Christmas this year!

www.sosphysiotherapy.ca

UPCOMING VIRTUAL WORKSHOPS!

LOW BACK PAIN & SCIATICA WORKSHOP!

Visit Our Website To Register // Wednesday, Dec. 9th @ 4:30pm

ROTATOR CUFF & SHOULDER WORKSHOP!

Visit Our Website To Register // Wednesday, Dec. 16th @ 4:30pm

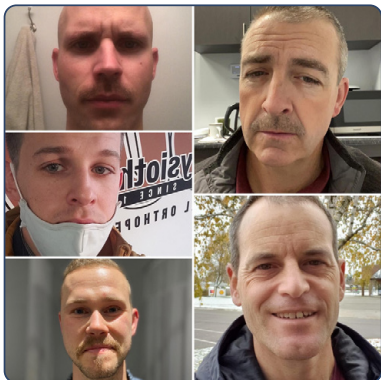
Workshops are completely free to join. Don't delay, register today by calling now!



MOVEMEBER AT SOS!



BEFORE



AFTER



Moe Bros at SOS raise over \$1000 for men's health during November!

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STAYING PHYSICALLY FIT DURING THE HOLIDAYS



1. Keep moving – In addition to staying active, try to avoid sitting for prolonged periods of time. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.

2. Be creative – Get rid of the cliché 'all or nothing' mindsets. The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active. During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions. Think outside the box when it comes to ways

to have quality time with family and friends while also prioritizing your health.

3. Plan – and remember there is always time and opportunity for a workout. Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to manage activity into your daily schedule with patience and time.

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