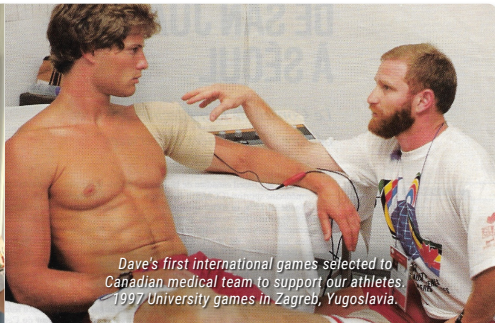


DAVE SLOVER SAYS GOODBYE AFTER 30 YEARS AT SOS PHYSIOTHERAPY



I was approached by Brian Gastaldi, Physiotherapist, at a conference about starting a private physiotherapy practice in Kitchener, Ontario in 1991. The practice would include Dr. Forest Caldwell, a Sports Medicine Physician & Howard Fiegel a Pedorthist who owned Pedorthic Services. We went for a descriptive name that could easily be shortened for people to remember us, thus Spinal, Orthopaedic & Sports (SOS) Physiotherapy was born. The day we opened I was joined by Kim Rau, Pedorthist and Paula Thorne who handled all things administratively and has continued to do so ever since. We grew quickly in our space and increased our number of staff accordingly.

My career as a physiotherapist was already 6 years old having worked at the Children's Hospital of Eastern Ontario, Lakehead University. I had

worked both in Sports Medicine settings, then teaching for a sabbatical year at Sheridan College in the Sports Injury Management program. There I taught Sports Injury Assessment and Treatment and the use of the various electrotherapy modalities. Sheridan was an amazing experience, yet made me want to "get back in the trenches" to assess and treat... which I did at SOS Physiotherapy for the past 30 years.

(continued inside)

INSIDE:

- Is It Vertigo Or Will It Go Away On Its Own?
- Stay Active With Heather Heath
- How Physiotherapy Can Help Your Vertigo
- Upcoming Virtual Workshops!

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Dave's hole in one this summer as a retired person at Foxwood Golf Club. Thursday afternoons... are for golfing still!



More Halloween fun at Belmont. Ryan Marrin, Adam Dafoe, Amy DeCorte, Andrew Woelk, Dave Slover. Back when Ryan Marrin was a student volunteer. He has come full circle and is now a physiotherapist at our Northfield location!



Halloween in our SOS "gear" @ Belmont. Dave, Tara, Jon & Andrew

(continued from cover)

I had qualifications that allowed me to apply to be chosen by the Canadian Health Care Team for a variety of international "major games" experiences. I had a pretty good run that began in 1987 at the World University Games in Zagreb, Yugoslavia, 1989 Francophone Games in Casablanca, Morocco & 1994 in Paris, France. 1991 was Canada Games in Charlottetown, P.E.I., 1994 Commonwealth Games in Victoria, B.C. In 1996 summer Olympic Games Atlanta, Ga., 2000 winter Olympics in Salt Lake City, 2002 Paralympic Games in Sydney, Australia. The goal of these selections was not to enhance my career, but to "give back" to our top athletes who often travel around the globe without much medical assistance and prepare them for peak performances on stages much larger than they had ever performed on. One of my best memories was the pride felt walking in as part of Team Canada at opening ceremonies at most of these events.

It was a simple yet difficult decision to step away from SOS Physiotherapy. At my age outcomes were not great if catching COVID-19. It was with reasonable medical advice that I chose to withdraw my services during the pandemic, which continues to worsen again.

I have had some time to reflect on what an amazing experience I have had at SOS, with many dedicated clients and staff I so enjoyed working

with. I looked forward to coming in for 7:15 clients on Monday and Thursday mornings. It was wonderful having the clinic to yourself for the first couple of hours and establishing lifelong relationships with many, many wonderful people. Once you made impressions on your clients, soon after you found yourself treating their family, relatives and neighbours. So the term "K-W is and BIG...small town" emerged. Also, the idea that one has 6 degrees of separation, yet in our town, it's pretty much one degree of separation. We have developed a very strong sense of "community" with our SOS family.

SOS really began to grow with Jonathan Clay, Andrew Woelk and myself purchasing the business from Brian Gastaldi. We were able to take the energy of three to effect change and have the vision to see the business develop and grow as it is now with Belmont, Elmira and now Northfield locations. With ownership comes a desire to see the business become a more growing entity. With the leadership of Melissa Norris, Adam Dafoe and Stephen Hogan as part of the "next wave", I know the future is bright for SOS Physiotherapy and wish all the best for the future. It's been a blast!

- Dave Slover

CALL ONE OF OUR 3 LOCATIONS TODAY!

IS IT VERTIGO OR WILL IT GO AWAY ON ITS OWN?

Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Do you find it hard to focus on one thing for long periods of time? Do you feel fatigued, lightheaded, or nauseous at any given time of the day? If so, some of these can be signs of a common head cold – but they can also be signs of vertigo.

A head cold also referred to as the “common cold” is exactly that - it is one of the most common ailments people experience each year. On average, an adult will typically get 2-3 head colds a year. You know the feeling - stuffy nose, sore throat, dry cough, achiness... the overall feeling of wanting to stay in bed and drink herbal tea all day. Luckily, for head colds, that's actually the best remedy! Most of these “common colds” will go away on their own (with a little relaxation and maybe a cough drop or two) within a week.

If your symptoms remain mild, it is best to just take time and let yourself heal at home. However, if your fatigue becomes severe, you begin feeling nauseous, or you start experiencing an overwhelming feeling of dizziness or imbalance, there is a chance you could have vertigo. If so, our physical therapists at SOS Physiotherapy can help relieve your symptoms.

What is Vertigo?

Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what exactly it is. People who experience vertigo typically report an overwhelming sensation of feeling “off balance.” It can make someone feel dizzy, which can lead to nausea, tunnel vision, or even fainting spells.

Imagine standing still and feeling as if the rest of the world is spinning around you – remember those fun-houses with the uneven floors you used to go in as a kid? That's essentially what vertigo feels like. But what exactly causes it?

The most common causes of vertigo are:

- **BPPV** – BPPV is a biomechanical issue involving the inner ear. It occurs when some of the calcium carbonate crystals (otoliths) that are normally embedded in gel within the ear, become dislodged and migrate into one or more of the 3 fluid-filled semicircular canals, where they are not supposed to be. Sensors in the semicircular canal are stimulated by the calcium carbonate crystals with changes in position or head movements, which causes a feeling of dizziness.

Symptoms with BPPV are often provoked by looking up, lying down flat quickly (very common when laying down to sleep!), bending forwards and rolling in bed.

- **Meniere's Disease** – Meniere's disease is another condition involving the inner ear. Rather than involvement of calcium carbonate crystals, Meniere's disease symptoms are caused by abnormal or increased fluid pressures within the inner ear. Symptoms of hearing loss or ringing in the ear are also common with Meniere's disease. It is more chronic in nature and involves more on/off episodes than other causes of vertigo.

- **Labyrinthitis** – Labyrinthitis is another cause of vertigo involving inflammation of the inner ear. The “labyrinth”, a portion of the inner ear that helps control balance becomes inflamed. This can also involve inflammation of a nerve (the vestibulocochlear nerve). This condition is typically caused by a virus. Symptoms include dizziness, nausea and loss of hearing.

As you can see, the most common causes of vertigo are due to issues with the inner ear. However, some less common causes of vertigo can include:

- Injury to the head or neck.
- Stroke.
- Migraines.
- Brain tumor.
- Medications.

The most common symptoms of vertigo are:

- **Dizziness** – this is the most commonly reported symptom of vertigo, also referred to as swaying, spinning, tilting, or even the sensation of being pulled to one direction.

- **Nystagmus** – this is the phenomenon of experiencing uncontrollable eye movements, commonly referred to as “eye jerks.”

- **Tinnitus** – this is commonly referred to as “a ringing of the ears.”

• Other common symptoms –

- Headaches
- Nausea
- Vomiting
- Fatigue
- Sweating
- Fainting
- Hearing loss

We hope this information helps you gain a better understanding of vertigo!

Still need more information? Contact us at any of our locations!

**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 PHYSIOTHERAPY CAN HELP YOUR VERTIGO

It can undoubtedly be difficult to determine when to seek treatment for something. It is true that vertigo can sometimes go away on its own, but it can also progress and result in worsening symptoms over time. Why would you want to take the risk? If you believe you may have the symptoms of vertigo or one of its causes, it is important to consult with a doctor immediately.

Physical therapy is a common treatment for vertigo, and our therapists at SOS Physiotherapy are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

The most common treatments for vertigo are:

- **Vestibular rehabilitation** – this form of physical therapy focuses on the vestibular system, located within the inner ear, and the

ways in which we can strengthen it. The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help in strengthening this system, thus diminishing the effects of vertigo.

- **Canalith repositioning maneuvers** – this form of physical therapy focuses on treatment-specific head and body movements for BPPV patients. These exercises help in moving the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the blockage shrinks, the symptoms of vertigo will lessen.

If you believe you may be experiencing vertigo, contact SOS Physiotherapy today. We'll provide relief for all of your dizzying symptoms.

Stay Active With Heather Heath



Hi there! I am Heather, a Patient Experience Coordinator at SOS Physiotherapy Belmont as well as a Piano Teacher and Zumba Instructor. I enjoy being able to share my love of both music and dancing through my Zumba classes; while helping others have fun and become more active and healthy. I love to encourage everyone to get active no matter what their age, physical condition, or limitations are.

We've all had to make changes in how we do things since the Covid-19 pandemic began and therefore I have pivoted to teaching mostly Virtual Zumba classes since March. It has been quite a whirlwind of learning technology and its challenges in order to teach online dance fitness classes, but it helps my participants and me to get moving, get off the couch, keep our minds off of the Pandemic and enjoy ourselves for an hour.

For the last 5 years, I have had a lot of fun hosting Zumba classes on the beach at Sauble Beach! Although this year it was 'Physically Distanced', it was still lots of fun.

Whether you have two left feet or are a dance professional - my motto is "Do your best and forget the rest! Oh and of course - Have fun!" There are several Zumba class formats and levels to choose from. .

Check out a PreRecorded or a Livestream class with me sometime at: hheath.zumba.com



CALL ONE OF OUR 3 LOCATIONS TODAY!

UPCOMING VIRTUAL WORKSHOPS!

OUR FIRST EVER **BALANCE & DIZZINESS** WORKSHOP!

Visit Our Website To Register // Wednesday, Jan. 20th @ 4:30pm

Hosted by SOS Elmira's Melissa Norris and Ryan Wark

ROTATOR CUFF & SHOULDER WORKSHOP!

Visit Our Website To Register // Wednesday, Feb. 3rd @ 4:30pm

Hosted by Adam Dafeo

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

HEALTHY RECIPE OF THE MONTH

Slow-Cooker Vegetarian Lasagna



INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta

INSTRUCTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours.

- 5 oz package baby spinach, chopped
- 3 large portobello mushroom caps, gills removed, halved & sliced
- 1 small zucchini, quartered & sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper
- 12oz whole-wheat lasagna noodles
- 3 cups shredded mozzarella

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EXERCISE ESSENTIALS: BALANCE

As we tackle another Canadian winter, and sidewalks get covered in a layer of ice, what better time to stay indoors and safely work on our balance. **Balance is maintained through inputs from 3 systems in the body:** 1. Proprioception (touch), 2. Visual (sight), and 3. Vestibular (inner ear). Altered input or output from any one of these systems can cause us to lose balance. Many serious injuries can occur secondary to falls. In the spirit of preventing falls, here

are some safe ways to work on your balance at home, and challenge each system separately. Something as simple as multi-tasking, and brushing your teeth while balancing on one foot can make a big difference! We recommend always standing in front of a chair/counter to grab on if needed and setting up a chair behind you. Here are some home balance exercises:



1. Tandem Balance

Stand as if you are walking on a tight rope, heel to toe. Alternate which leg is in front. For more of a challenge, close your eyes!



2. Standing On One Foot

To increase the challenge, stand on a rolled up towel or a pillow. The more pliable the surface, the harder you have to work to maintain balance.



3. Dynamic Star Balance

Stand on one leg with the knee slightly bent. Pretend you are standing in the center of a clock. With the other leg, tap the toe, without transferring any weight off the stand leg, working your way around each number on the face of a clock.

DO'S AND DON'TS: LIFTING SOMETHING HEAVY OUT OF THE TRUNK OF YOUR CAR

The lower nature and awkward shape of a trunk, make it hard to remove something heavy with the correct lifting postures we all know. **To prevent a lower back injury, follow the below tips.**

1. Slide the item as close to the edge of the trunk as possible. Avoid leaning your body into the trunk and beginning the lift in an awkward position.
2. Initiate the movement by hinging at the hips, not bending through the low back
3. Tip the box/item onto the side of the trunk to allow your hands to grab a firm hold underneath
5. Stand by extending the knees

www.sosphysiotherapy.ca



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