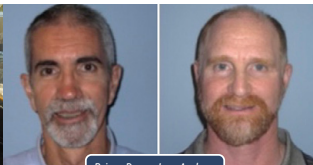
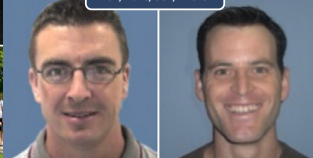


# SOS IS CELEBRATING 30 YEARS!



Brian, Dave, Jon, Andrew



Wow, we cannot believe that SOS has been one of KW's top Physiotherapy clinics for 30 years! Even though we were unable to commemorate this anniversary with a wild party, fizzy drinks, and cake, we still wanted to take a look back to celebrate where we came from.

SOS Physiotherapy was first started on January 14, 1991 by Brian Gastaldi. He had the vision to deliver the highest quality of care in an energetic and engaging environment, and even though it's been 30 years, we continue to cling to that same passionate spirit. Dave Slover soon joined Brian and brought his wealth of knowledge, expertise, and fun-loving nature to the SOS team. These two men along with Jeff Garrett (joined later in 1991), Randy Helm (joined in 1992) and Janice Moreside (joined in 1993) helped SOS become a top clinic in the region within its early days.

After 11 years of Brian and Dave enjoying each others company, Andrew Woelk joined the team. He brought with him a fresh young mind, and an eagerness to help those in his community. Andrew's renowned compassion towards his patients has been

consistent over his 19 years of practice. Jon Clay then entered the scene in 2004 and was surprised to see his old McMaster classmate, Andrew, already working at SOS! These four fine men helped pave the way for what SOS is today.

We have had the pleasure of having many wonderful therapists join our team and help expand the impact that SOS has had on the region. We are so thankful for how SOS started, and even more proud of how we've been able to grow from our modest roots, into a team of 27 staff across 4 clinics in the KW area. We are thrilled to continue to grow and help bring quality care to more of our community.

**Thank you to our supportive patients for helping us reach this amazing milestone! We are excited to celebrate with you all soon!**

- SOS Team -

## INSIDE:

- Headache Relief: Is Your Upper Back Strong Enough?
- Meet Your Physio: Aden!
- 3 Natural Ways to Relieve Headaches
- Upcoming Virtual Workshops!

# HEADACHE RELIEF: IS YOUR UPPER BACK STRONG ENOUGH?



Have you ever felt a pounding headache start to come on, especially later in the day? This is a sign of muscle spasms in the neck and scalp as a result of abnormal stress and strain. Believe it or not, this could be caused by poor shoulder and upper back strength.

Your trapezius muscles form a large triangle that starts from the base of your skull, connecting all along the spine from the upper neck down to your mid back. They extend out to the tip of your shoulder blades, forming the triangle. The trapezius muscles are split up into three groups: the upper, middle and lower trapezius. We commonly notice the upper trapezius muscle getting tight and sore.

Poor posture is to blame. Forward slouching posture when sitting and standing can cause the middle and lower trapezius muscles to become chronically stretched out. This can result in weakness and an inability to correctly support your posture.

Throughout the day as you use your head, neck, and shoulders, the upper trapezius and other neck muscles become overused. This can then cause spasms of the arteries in the upper neck and scalp (vasospasms), which is one of the main symptoms of a headache.

Over time this unfortunate cycle of poor posture, weakness, spasms, and headaches can lead to long-term changes in the neck structures, even early arthritis. Improving cervical (neck) and upper back motions can easily be accomplished with the right physiotherapy. Our physiotherapists can quickly pinpoint the specific muscle groups to target and help restore normal posture and function. The result is long-lasting headache relief, where you can finally stop taking Advil or Tylenol.

**Call us today to discover how we can help your neck move freely and get rid of those headaches for good!**

[www.sosphysiotherapy.ca](http://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)  
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Elmira, Ontario N3B 2H4  
TEL: (519) 669-1212

**Northfield Clinic (\*\*Now Open\*\*)**

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Waterloo, Ontario N2L 0C7  
TEL: (519) 888-7070

# 3 NATURAL WAYS TO RELIEVE HEADACHES

## 1. Improve your posture

Most headaches are caused by poor mechanics of the neck and upper back joints. Evaluate the way you sit at a desk, at home and how you carry yourself when walking. The simplest way to improve your posture is to pretend you have a string gently pulling you upward from the top of your head.

## 2. Strengthen your shoulders and upper back

By improving the muscle support of the mid and upper back, your body can cope with normal everyday reaching tasks.

This decreases the strain on the neck muscles and allows you to move more naturally. At first, when exercising these weakened

areas, your headaches may continue to be variable. However, after several weeks of exercising the shoulder and upper back muscles, your headaches will improve.

## 3. Improve your flexibility

The neck is made up of 14 joints that rely on a complex series of over 50 muscles to help you move. Muscles and tendons need to be flexible and elastic to help your neck joints move in the proper sequence. Take time during the day to gently stretch your neck side to side, rotating and moving up and down.

Improving your chest and upper back flexibility, helps to restore normal posture and reduce strain to the neck. After all, you are balancing the weight of a bowling ball on top of your neck.

**Call us today to learn more about our special programs that help you live your life headache and pain free.**

## Meet your Physio: Aden!



Aden is the newest member of our SOS Elmira team, and we couldn't be more excited to welcome her to our wonderful Woolwich community!

Aden recently completed her Master's degree in Physiotherapy from the University of Toronto and holds an Honours Bachelor of Science degree in Bio-Medical Science from the University of Guelph. Aden grew up in Stratford, Ontario and is excited to return to her small town roots and begin practicing at the Elmira clinic!

Aden's goal is to ensure that each client fully understands their condition. She uses both a hands-on and active approach to rehab by incorporating manual therapy to get things moving better followed up by individualized exercises as an active component to recovery. Aden wants to empower her clients along the way through ongoing education to equip them with the right tools so that they can take control of their rehab and continue to confidently self manage their condition.

Aden plans to take additional post-graduated training in advanced manual therapy courses and has already completed training in Acupuncture and Dry Needling. In her spare time, Aden enjoys playing hockey, skiing and going back-country camping in the summer.

Aden is eager to listen to your story and learn why you seek physiotherapy to help get you moving and feeling better so that you can return to the activities that are important to you!



**CALL ONE OF OUR 3 LOCATIONS TODAY!**

# Welcome Oakley Wark!



Well, somehow **IT** happened. I recently became a dog dad. Having never done the "dog thing" growing up I was initially apprehensive about taking on this new responsibility. However, after nearly a full year of gentle persuasion, my wife finally convinced me that I wanted a dog. Needless to say, she was right. As always. He's been a wonderful, cuddly, bouncy, energetic addition to our family. Emily and I have been delighted by how quickly he's taken to walks and have enjoyed the opportunity to get outside and move! Like many others, Emily has been working from home the last several months and plans to take the opportunity to run Oakley through rigorous puppy schooling. This should keep his options open as colleges and universities review their acceptance lists this time next year...

- Ryan Wark, PT

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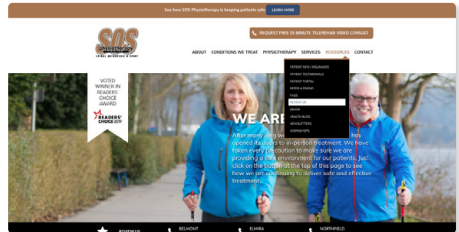
# My PT Story



"SOS Physiotherapy in Elmira is wonderful. I saw Melissa a few years back for a running injury. The treatment and care plan was amazing. That's what made SOS Elmira my first choice for care after a recent motor vehicle collision. I knew I would get the best care from Melissa and have a top notch experience at their facility. The COVID protocols are second to none and I always feel safe and know the clinic has been sanitized for my safety. They also have the latest equipment and technology to help heal the injury and regain mobility. Definitely recommend!!" - Caitlin



**TELL US ABOUT YOUR  
REHAB EXPERIENCE WITH  
SOS PHYSIOTHERAPY!**



**Just click on the "Resources" tab at the top of our homepage, then click Review Us!**



# UPCOMING VIRTUAL WORKSHOPS!

## **RUNNING AND YOU WORKSHOP!**

Visit Our Website To Register // Wednesday, Feb. 17th @ 4:30pm



Hosted by:  
Rachel Goldsworthy

## **ROTATOR CUFF & SHOULDER WORKSHOP!**

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



Hosted by:  
Adam Dafoe

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

# HEALTHY RECIPE OF THE MONTH

## **Balsamic Berry Vinaigrette Salad**



### **INGREDIENTS**

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

### **INSTRUCTIONS**

For the vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

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# EXERCISE ESSENTIALS: POSTURE

***Crampy home office starting to get you down? Protect your neck and shoulders with these posture boosting exercises!***

Performing these movements throughout the day is an excellent way to interrupt seated work and get blood flowing to some key areas around the shoulder/neck to combat stiffness.



Row Option 1:  
Banded Row



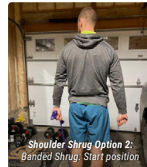
Row Option 2:  
Dumbbell Row



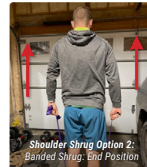
Shoulder Shrug Option 1:  
Dumbbell Shrug- Start Position



Shoulder Shrug Option 1:  
Dumbbell Shrug- End Position



Shoulder Shrug Option 2:  
Banded Shrug- Start position



Shoulder Shrug Option 2:  
Banded Shrug- End Position

## UFT Stretch (Neck Stretch)

Sit or stand in a good upright posture, with the arm on the tight side reaching back and down behind your back. Drop your head forward onto your chest, tip your head away from the stiff side, and rotate your head toward the stiff side. Bring your opposite hand up onto the side of your head to assist in the stretch.

**Hold: 15 seconds, Repetitions: 4,  
Perform: 2-3x/day**

## Rows

Bent over a bench with a dumbbell OR standing with a resistance band, pull against the weight by squeezing the shoulder blade(s) and drawing the elbow(s) to your side. Keep your chest forward and back straight.

**Hold: 3 seconds, Repetitions: 12-15,  
Perform: 2-3x/day**

## Shrugs

Holding dumbbells or a resistance band comfortably at your side, perform a shrug by lifting the shoulder blades towards the ears. Slowly return to the initial position and repeat. Arms should be held about 20-30 degrees away from the body.

**Hold: 3 seconds, Repetitions: 12-15,  
Perform: 2-3x/day**

*\*Note suggested repetitions and frequencies are intended to be completed with a resistance level that is tiring but still tolerable. Stop if any of these exercises cause pain. If you are unsure whether these exercises are right for you, talk to your physiotherapist.*

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