

# NEVER STOP LEARNING!



At SOS we take pride in enhancing our clinical knowledge and skills on a regular basis to provide the best care possible to our patients. With the lockdown orders in effect and an abundance of free time that normally would have been spent at the gym, traveling or socializing with friends and family - what better way to utilize this time than sharpening our clinical skills. Over the past month, Elmira Physiotherapist Ryan and I have been working on our Level 2 Lower Body - Advanced Manual and Manipulative Physiotherapy Course. This course is one of 5 total Levels in order to achieve the FCAMPT designation. FCAMPT stands for Fellow of the Canadian Academy of Manipulative Physiotherapy. This represents the highest level of manual skills and knowledge an orthopaedic physiotherapist can obtain and requires an extensive amount of education in anatomy, biomechanics, pathology and manual therapy techniques, including spinal manipulation. Many of the physiotherapists at SOS currently hold this designation or are working towards it!

The Level 2 course we are working on runs for four months as a combination of online and in-person training focusing on the lumbar spine and lower body conditions. This is the first time the course has been run with an online component so we are all learning to adapt to

the countless zoom meetings and technical difficulties along the way. During the online component, we review case studies and discuss the best treatment options based on current research evidence. When we meet in person we will put these assessment and treatment techniques into practice and refine our hands-on skills. This training will allow me to provide better care for more complex clients and add some treatment tools into my toolbox!

As a young physiotherapist, it has been amazing to work alongside many FCAMPT trained physiotherapists and learn from them on a daily basis. All of our locations hold a weekly mentoring session where we can take what we have learned and put it into practice. At SOS we strive to continue to learn and pursue advanced training because we are dedicated and passionate about helping our patients achieve the best care possible!

*- Courtney Voisin, PT*

## INSIDE:

- Why Do I Have Poor Posture and How Can I Fix It?
- Student Spotlights At SOS Belmont
- What Can Physiotherapy Do For Me?
- Upcoming Virtual Workshops!

# WHY DO I HAVE POOR POSTURE AND HOW CAN I FIX IT?



How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or work day leave you hunched over and ready to leave?

If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physiotherapy. How did my posture become poor? According to the American Physiotherapy Association, "posture is the alignment and positioning of the body in relation to gravity, center of mass, or base of support."

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

## But I exercise – shouldn't this help?

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

**Contact SOS Physiotherapy today to learn more about how we can improve your posture and lead a pain-free, active life!**

[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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TEL: (519) 669-1212

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

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TEL: (519) 888-7070

# WHAT CAN PHYSIOTHERAPY DO FOR ME?

Physiotherapy is a great way to regain normal posture. Our physiotherapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your physiotherapist will perform functional testing in order to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan, tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. In fact, in a study published by the National Institutes of Health, exercise for postural improvement was proven to be successful, both in enhancing posture and improving pain among patients. Titled, "Effect of an exercise program for posture correction on musculoskeletal pain," this study followed 88 patients through their exercise program. By simply incorporating 20 exercise sessions into their daily schedule 3 times a week for 8 weeks, these

patients reported "lower [pain levels] after the exercise program than before the program, and significant differences in pain levels were noted in the shoulders, middle back, and lower back." Results also concluded significant improvement in posture, especially during sedentary work.

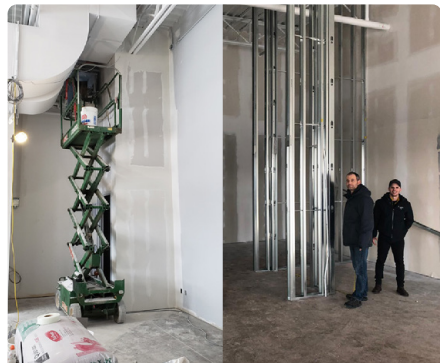
In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physiotherapist deems fit. This will all focus on improving your posture, increasing strength, and (most importantly) relieving pain.

## How can I get started?

If you are experiencing back pain, your posture may be to blame. Fortunately, SOS Physiotherapy is ready to help you begin your journey toward long-lasting pain relief. Find out for yourself why physiotherapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery.

**Contact our office today to schedule a consultation, and figure out how physiotherapy can help make you "posture perfect!"**

## Northfield Turns One!



We can't believe it has been **A YEAR** since SOS Northfield has opened its doors for the first time on February 10th! Little did we know we would be temporarily closing them just a short time after due to a global pandemic. Despite the challenges, Northfield has continued to grow and flourish with all your support!

Check out the renovation photos below to see how far the clinic has come. We started out with just one full time Physiotherapist Jess coming from Belmont and clinic owner/physiotherapist Jon treating part-time and have grown to an amazing team of 4 full time physiotherapists, one chiropractor and of course our excellent front desk staff.

Over the past year we have welcomed more than **1000** patients through our doors and received over **80 5-star Google reviews!** We couldn't have done it without the support of our local community and amazing patients. It has been our privilege to work with you and help move you to better health!



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

# Student Spotlights At SOS Belmont



## MEET JENN!

Jenn is a second year MPT student at Western University. She completed her BSc in Human Kinetics from the University of Guelph in 2019. Jenn is interested in specializing in orthopaedics and pelvic health physiotherapy after she graduates. She loves to dance, play sports, and practice yoga in her spare time!



## MEET RYAN!

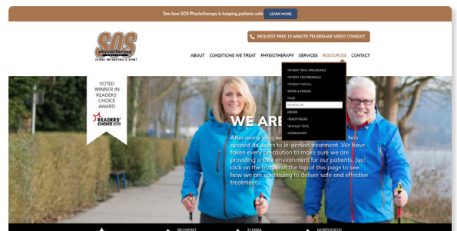
Ryan is a second year MPT student at Western University. He is also currently completing his PhD exploring treatment options for early knee osteoarthritis. Ryan completed his BSc in Kinesiology at the University of Waterloo. In his spare time, Ryan plays rugby locally for Waterloo County RFC and enjoys golfing, snowboarding, fishing, and camping.

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# UPCOMING VIRTUAL WORKSHOPS!

## ***FIT FORE GOLF. FIX YOUR BODY. FIX YOUR GAME.***

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



Hosted by: Jon Clay (SOS) and  
Jeremy Logel (Elmira Golf Course)

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

Visit Our Website To Register // Wednesday, Mar. 31st @ 4:30pm



Hosted by:  
Adam Dafoe

Workshops are completely free to join. Don't delay, register today with the link above or by calling us now!

## HEALTHY RECIPE OF THE MONTH

### Vegan Sweet Potato Quesadillas



- 5 tbsp olive oil
- 1 sweet potato, grated
- 1 tsp smoked paprika
- 1/2 tsp chili (optional)
- 1/2 tsp cumin (optional)
- 2 handful of baby spinach
- 1 cup black beans, cooked or canned
- 2-3 tbsp fresh parsley, chopped
- salt & pepper to taste
- 6 gluten-free tortillas
- 1 cup vegan cheese, grated

**INSTRUCTIONS Filling:** Heat 1-2 tbsp of olive oil in a large skillet over medium heat. Add grated sweet potato and roast for 30 seconds, then add spices and stir to combine. Once the pan is sizzling, add a little water, then cover the pan and reduce to low heat. Cook for 6 minutes, stirring occasionally. Add baby spinach, and cook for 2 minutes until sweet potato is tender and cooked through. Stir in beans, corn, parsley and cook for 1 minute longer until cooked through. Season with salt and pepper to taste. **Quesadillas:** Heat another non-stick pan with medium heat and brush with some oil. Spread 3 tbsp of the filling evenly over half of 1 tortilla, leaving a 1/2 inch border. Cover filling with grated cheese and fold over the empty side of the tortilla, pressing down carefully by using a spatula, so that it sticks. Cook for 2-3 minutes, flip and cook from the other side until golden and crispy. Repeat with remaining filling and as many tortillas as needed (about 4-6, depending on the exact size). Transfer quesadillas to a cutting board, slice, and then serve.

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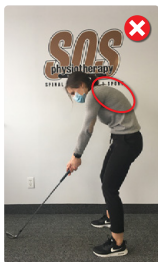
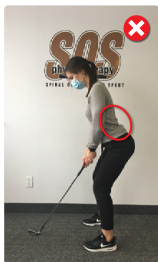
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# GET FIT FORE THE GOLF SEASON



## Perfect Posture on the Tee

It is very difficult to get your swing started in the right position if your set-up is not correct. Balance is one of the keys to having a consistent, repeatable swing and good balance starts with good posture. Looking at some of the top golfers like Rory McIlroy, Justin Thomas, and Dustin Johnson (anybody know him?), you can see a commonality in their set up that allows them to stay balanced and generate awesome power with a smooth easy stroke. But it's not only the young guns – Look at Steve Stricker a few weeks ago!

## How to Get Started

Correct posture in the set-up position begins with good spine angle. Imagine bending through your hips while keeping your back relatively straight. Another good cue is to think of yourself arching your back slightly, such that your chest pushes out to a point a few feet beyond the ball. There should also be a slight incline of your spine and head away from the target. Knees should be slightly bent to allow for a small amount of bounce through impact.

An image that may help you visualize this is to picture yourself sitting on a high-level stool. Feet should be comfortably apart with distance varying slightly for longer versus shorter clubs (longer clubs, wider stance). Feet placed approximately shoulder width apart for a 5 or 6 iron is a good rule of thumb. Remember that your weight should be evenly distributed on both feet, with slightly more pressure shifted onto the balls of our feet and toward the back leg.

The other important component of posture at the address position is your shoulder set-up. A good spine angle will make proper shoulder position easy as it allows for you to bring your shoulder blades into better alignment. Imagine that you are very lightly squeezing a tennis ball between the lower corners of your shoulder blades. Now let your arms hang down from your body. Because of your good spine angle your hands should be in a position to grip the club.

## IS YOUR BACK TOO STIFF?



Now sometimes a good spine angle is tough to get! As we get older our mid back tends to round forward making it difficult to straighten up and get the rotation we need during the swing. Check out this exercise we give to all our patients to help "self-mobilize" your mid back. Support your neck and roll back and forth for 20-30 seconds with the roller perpendicular to your spine. Try a few swings before, and then after doing this exercise, and I bet you notice a difference!



There's a variety of different body ailments and swing faults that can lead to injury and affect your game. Physiotherapist Jon Clay and Director of Golf at the Elmira Golf Club Jeremy Logel will be giving a **FREE Webinar on this and more on Wednesday March 17, 2021.**

Register through our website at [www.sosphysiotherapy.ca](http://www.sosphysiotherapy.ca)

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