

LEFT IN LONDON

In 2019 I was given an incredible opportunity to complete one of my five physiotherapy school placements in Cape Town, South Africa. It was a 7-week placement, and the best part was that I got to do it alongside my best friend and partner Cassidy. Cassidy grew up overseas and it seemed as if she had traveled everywhere, myself, on the other hand, not so much! I have been on vacations growing up, but to live in another country halfway around the world for seven weeks, that was uncharted territory.

Our trip began in Toronto, flying out of Pearson International Airport to London, England. Now I only bring this trip up because this is where the trip almost went sideways right out of the gate. We had an eight-hour layover in London, so we figured it would be a good opportunity to get out and see a few key landmarks. We took the tube (the train in London) from the airport to Westminster and had enough time to squeeze in Buckingham Palace, Westminster Abbey, Big Ben, the London Eye, and Trafalgar Square. Everything is going great so far, and then comes the tube ride back to the airport. We are waiting on the platform for the tube to come, and when it does the compartment that stopped nearest us was jam packed, so we scramble to another cart which was also nearly full. As we're deciding whether it's worth squishing in to the packed train or waiting for the next, the warning signal that the doors are about to close goes off. We had about 3 seconds to make a decision and let's just say we were clearly not on the same wavelength. Cassidy decides to leave me behind and jump on the train (my version of the story) and next thing you know I am standing on the platform in London watching my partner leave on the train back to the airport, without me. With no way of getting in contact with Cassidy there was a brief moment of panic, but in the end, I was able to catch a train to the airport thirty minutes later. I arrived back to the airport train station to a very emotional girlfriend who had spent that time frantically searching every new train for signs of me, worried I'd be lost in London forever (her side of the story). After this little hiccup the rest of the trip could not have gone smoother, I guess we got that one out of the way early.

After 32 hours of travel, we finally arrived safe and sound in Cape Town. I will never forget that first drive from the airport to our Airbnb, our first look at the breathtaking mountains and the ocean views. The natural beauty really was something else. Every single drive you go on winds you up and down the mountains and around the coastline, never failing to provide you with a picturesque view. I didn't think it was something I would ever get use to and I was right. Over the six weeks we hiked/climbed numerous mountains, paraglided off a mountain, visited the home of a colony of African penguins, went on a safari, toured the spice/wine route, relaxed on beautiful beaches, ate amazing (and super cheap) food, took in the culture of the city, and of course completed our physiotherapy placement.

Being a huge sports fan myself, it still feels surreal that I got to have a placement with a professional soccer team, Cape Town City FC. Once I realized I was not going to make it as a professional athlete (I still dream),



I have always said that I wanted to work in some regard with a professional team. Well, this was my chance, and it did not disappoint. Being around athletes of the highest level and being able to work with them and help them rehab their injuries midseason was such a unique and gratifying learning experience. I learned from a top-notch physio and medical team including sports scientists and strength and conditioning coaches. I must say, walking out of the tunnel onto the field of a 50,000-seat stadium still gives me chills when I think about it.

This experience was truly life changing for me. Although over this past year times have been a little tougher for everyone, it is these types of experiences that I crave and look forward to getting back to doing with my best friend. I hope you enjoyed reading this as much as I did writing it, and I look forward to hearing about your crazy travel stories in the future!

Cheers,

- *Erva Lukasik, PT*

INSIDE:

- How You Can Become Healthier, Stronger And More Active
- Upcoming Virtual Workshops!
- The 7 Healthy Tips You Can Do On Your Own!
- Healthy Recipe

HOW YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE



It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body.

Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physiotherapist. At SOS Physiotherapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room.

Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physiotherapist can provide you with exercises, stretches, and other tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall.

Our physiotherapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

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

THE 7 HEALTHY TIPS YOU CAN DO ON YOUR OWN!

Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Here are some tips you can do on your own to become healthier, stronger, and more active:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact SOS Physiotherapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portions.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

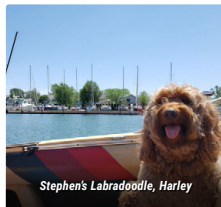
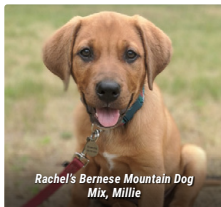
Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact SOS Physiotherapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at SOS Physiotherapy would love to help you live your highest quality of life.

Contact us today to begin your new chapter toward becoming a healthier you!

The Pups of SOS Physiotherapy!



CALL ONE OF OUR 3 LOCATIONS TODAY!

Team Member Spotlights



Shawna Stemmler, RMT

Shawna is a Registered Massage Therapist who graduated from Ontario College of Health & Technology in 2020. She also has a diploma in Developmental Service Worker from Georgian College. Together with her education and using various techniques including Swedish Massage and other advanced techniques,

such as trigger point therapy, facial techniques, joint mobilizations, lymphatic drainage, etc, she hopes to provide an individual tailored therapeutic massage that suits the needs of each of her clients. She is enthusiastic to continue learning, growing and challenging herself every day to provide the best care possible.



Remya Lekshmi, RMT

Remya is a Registered Massage Therapist with the College of Massage Therapists of Ontario (CMTO). Remya completed her training at the Canadian College of Massage and Hydrotherapy in Cambridge. She also holds a post-graduate degree in Biotechnology from India and was involved in research work in molecular biology.

Remya was born in India and migrated to Canada with her husband in 2014 and both became proud citizens of Canada in 2019. Remya and her husband have a son who is almost 5 years old.

Remya credits her mom as being a great influence in her life and is responsible for teaching her to be empathetic and to care for others. These qualities combined with her passion to learn new things were the primary reason for her opting to become a Massage Therapist. Remya is looking forward to adding more credentials as part of her continuing education to better assist her patients and improve their quality of life.

Remya loves to travel, cook, spend quality time with family and friends, and is really fond of outdoor and adventurous activities. She feels so blessed to be living in this beautiful country and is looking forward to contributing to society as a health professional to the fullest of her ability.

Belmont Clinic

Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
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Christine, Our Pelvic Physio!



Belmont physiotherapist Christine Ecclestone is taking her talents to pelvic health!

If you are in need of pelvic physiotherapy or want more information on what pelvic health is and how it can benefit you, book in to see Christine now!

Getting Outdoors!

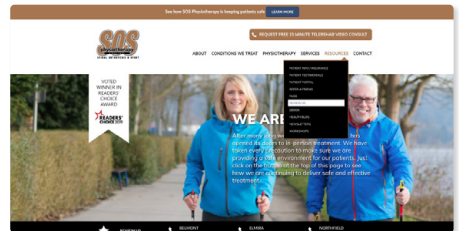
Looking to get out of the house for some much-needed fresh air and physical activity but don't know where to go? Well look no further, we have you covered. Here is a list of a few of the more popular hiking/walking trails in the KW area. Happy hiking!

1. **Iron Horse Trail** – Kitchener
2. **Huron Trail and Forest Trail Loop** – Kitchener
3. **Homeer Watson Park Trails** – Kitchener
4. **Monarch Woods Loop** – Kitchener
5. **Walter Bean Grand River Trail** – Kitchener
6. **Upper Canada Park, Schneider Creek and Willowlake Park Loop** – Kitchener
7. **Bechtel Park Loop Trail** – Waterloo
8. **Hilside Reserve Hillside Trail** – Waterloo
9. **Columbia Hills Loop** – Waterloo
10. **Petersburg Bush** – Waterloo
11. **Snyder Flats Loop** – Woolwich
12. **Hydrocut** – Wilmont

**Pro tip: Download the AllTrails app onto your phone to search for trails/hikes near you! **



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UPCOMING VIRTUAL WORKSHOPS!

LOW BACK PAIN AND SCIATICA WORKSHOP!

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



Hosted by: Stephen Hogan
& Jon Clay

HIP PAIN AND ARTHRITIS WORKSHOP!

Visit Our Website To Register // Thursday, June 10th @ 4:30pm



Hosted by: Adam Dafoe
& Jon Clay

ROTATOR CUFF AND SHOULDER WORKSHOP!

Visit Our Website To Register // Wednesday, June 23rd @ 4:30pm

Hosted by:
TBD

Workshops are completely free to join. Don't delay, register today by visiting our website or by calling us now!

HEALTHY RECIPE: BALSAMIC GRILLED STEAK SALAD WITH PEACHES



INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

INSTRUCTIONS Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate for 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired temperature, 3 minutes per side for medium-rare. Let rest for 5 minutes, then slice. Meanwhile, make the dressing: In a small bowl, whisk together olive oil and lemon juice and season with salt and pepper. Arrange the salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

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SETTING UP YOUR HOME OFFICE!

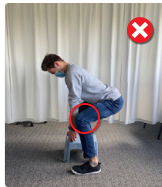
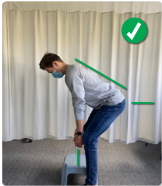


- All objects on desk within a reachable distance while keeping back against backrest.
- Reduce eye strain by following the 20/20/20 rule: Every 20 minutes look at something 20 feet away for 20 seconds.

Even with these great tips for your home office setup, never forget the most important one: **Your next posture is always your best posture!** The best thing you can do for yourself throughout the workday is **MOVE!** This includes small micro changes in posture, such as getting up and stretching out for 2 mins, or large ones like going on a walk. This will improve circulation and decrease post work soreness. Daily exercise and movement are the best medicine for your body!

- Feet flat on the ground.
- Knees, hips, and elbows at a 90-degree bend.
- Wrists in a neutral/ straight position (not resting on wrist pads).
- Seat pan either flat or slightly tilted downwards to position hips higher than knees.
- Top of monitor positioned at eye level to allow for natural 20-degree downward gaze.

THE ROMANIAN DEADLIFT



The Romanian Deadlift is a great exercise to increase the strength of your hips, core, and back while also stretching those tight hamstrings, however, if done incorrectly it can lead to low back pain. **Here are some tips on how to perform a correct deadlift:**

1. Start with your knees slightly bent, then hinge from the hips by pushing your butt backwards and tilting your chest towards the ground.
2. With your arms remaining straight the whole time, slide the weight down your legs in a straight line. You do not need to touch the floor.
3. Keep your low back straight throughout the movement by not extending or flexing

3 common mistakes while performing the Romanian Deadlift:

1. Overextending the low back.
2. Flexing from the mid back.
3. Performing a squat by bending more from the knees rather than hinging from the hips.