

# ENCORE! ENCORE! WHERE TO FIND THE BEST LOCAL THEATRE

Without question, one of my favorite things in the world is musical theatre (other than Physiotherapy, of course!). Sitting in an audience and experiencing the immense talent of live performers has brought me so much joy since a young age and I have even had the opportunity to perform on stage myself with community theatre groups in the past. When COVID-19 threw the world into a state of lockdown, live theatre was one of the many aspects of society that was affected. Since then, many theatre groups and individual performers have suffered greatly due to the lack of income, funding and government assistance. However, we appear to be much closer to the light at the end of tunnel and we are now seeing concerts being held in multiple countries across the world, movie theatres re-opening in the United States and even outdoor rehearsals resuming in Stratford for their upcoming season. I wanted to share my excitement for the possibility of live theatre returning to our communities by highlighting a few of my favorite regional theatre companies so that when things open back up, you may have some new ideas for a fun night out with your family and friends!

In my opinion, some of the best musical theatre in Ontario resides in Toronto. It goes without saying that the quality of both professional and community theatre in Toronto is top notch and you will rarely be disappointed in any performance. If you are willing and able to spend a bit more for excellent professional theatre, Mirvish Productions always has big Broadway shows and tours at their theatres. I have been able to see shows such as The Lion King, Phantom of the Opera, Dear Evan Hansen, Mamma Mia and Wicked, just to name a few (there are many, many more!). The talented singers, big dance numbers, elaborate sets and stylish lighting will have you leaping out of your seat with excitement and will definitely make the experience worth the expense. Shuttle services also exist that will bring you from KW to the theatre itself and save you the hassle of the drive on the 401. Further, there are many community theatre groups in the city that would appreciate your patronage as well! These groups tend to pick much more edgy and exciting theatre and the actors will perform their faces off for you every night. So whichever experience you are seeking, Toronto is a great place to find it.

That being said, you do not need to look very far away from Kitchener-Waterloo to find high quality theatre. For example, Drayton Entertainment is a professional, not-for-profit organization that performs in six theatres in different communities across Ontario including St. Jacobs, Cambridge, Grand Bend and Penetanguishene. I have seen some amazing shows with this company such as Beauty and the Beast, Anne of Green Gables and Newsies! The budget of these shows may be more modest compared to Toronto, but the



talent is evenly matched and ticket prices tend to be more reasonable. Each year, their season includes about 10-15 different shows that travel across their theatres and consist of both classic and modern musicals, plays, and comedic Panto's that will entertain the whole family.

Another amazing and well respected company of course is the world renowned Stratford Festival and it is only about a 30 minute drive away! Their season will obviously include all your favorite Shakespeare plays but they also perform both classical and modern musicals and comedies. One of my favorite shows that I got to see in Stratford was the Rocky Horror Picture Show, which was not the type of show I was expecting to see from the company. Your next date night could include a beautiful dinner at one of their many fine dining restaurants, a nice walk along the river and finish it off with show that you will never forget.

With audience and performer safety being top priority, unfortunately theatre may not be returning to normal any time soon. Many artists have been utilizing technology to continue to perform virtually and you can support these talented individuals by buying tickets to their online performances. Although virtual theatre is better than nothing, artists and audiences alike are eager to return to the real thing and hopefully we will be able to enjoy the experience soon even if there are some capacity restrictions and safety measures. These organizations will need our continued support and hopefully this list will help get you excited about theatres reopening and we will be able to enjoy The Arts together in the near future! Bravo!

- Ryan M, PT

## INSIDE:

- Improve Your Physical Performance With Helpful Stretches
- The 6 Helpful Stretches To Help Avoid Pain!
- Upcoming Virtual Workshops!
- Student Life at SOS!

# IMPROVE YOUR PHYSICAL PERFORMANCE WITH **HELPFUL STRETCHES**



**SPINAL ORTHOPEDIC & SPORT**



Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury.

It is important to not only make sure you're stretching after exercise, but that you're doing the right types of stretches.

**Some helpful stretches to incorporate that will help you avoid pain and injury include:**

**1. Kneeling hip flexor stretch.** Kneel on a mat or soft surface.

Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.

**2. Pigeon stretch.** Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.

**3. Calf stretch.** Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.

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**Continued >>>**

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# THE 6 HELPFUL STRETCHES TO HELP AVOID PAIN!

- 4. Quad stretch.** Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.
- 5. Hamstring stretch.** Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.
- 6. Supine twist stretch.** Begin by laying on a mat or soft surface, with your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to the left in order to do this. Hold for 30-45 seconds then repeat with the left leg.



## Add stretches to your daily routine today!

There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physiotherapists, so you can discuss which stretches will be best for you.

**Contact SOS Physiotherapy today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!**

## Enjoying the Water Without Injury

With restrictions slowly lifting, one thing that I am eagerly looking forward to this summer is getting back in the water! Whether that is a pool or the lake, there are a few simple things that we can do to ensure that we can enjoy the water all summer long without risk of injury. Depending on your goals, swimming can be an intense cardio and strength workout, a gentle conditioning and range of motion workout, a relaxing and pain relieving activity, or even just something to do for fun! Regardless of your goals, following a few simple rules and recommendations can ensure that your swimming experience is a positive one.

**FIRST THING IS FIRST:** The Warm Up. Warming up before any type of exercise is crucial for preventing injury and should be focused on dynamic movements rather than static stretches (which are best kept for the end). For leisurely swimmers, going for a brisk walk or light jog for about 5-10 minutes before entering the water can help increase blood flow to all of the muscles of the body. Just don't forget to use your arms! Following your cardiovascular warm-up, be sure to include some controlled range of motion movements for your shoulders, trunk and legs. Getting in the pool and doing an easy front crawl or breast stroke is a great way to finish the warm up before starting a more intense swim workout.

After getting out of the pool, and nice cool-down will help your body gradually return to its resting state and can help reduce the chance of sore muscles the next day. If you had a fairly intense swim, make sure that you complete about 5 minutes of a slower paced front crawl to help your body cool down. Static stretches should come next and should include stretches for your chest, shoulders, back, thighs and calves. Static stretches should be strong but comfortable and are best held in the stretched position for 20-30 seconds without any bouncing. If the stretch is too intense, holding for 5-10 seconds and repeating 2-3 times is a great alternative.

**For those of you with existing injuries or disorders that are currently causing pain or stiffness, talk to your physiotherapist first before starting a swimming program.**

Swimming and exercising in the water can be a great way to increase strength and improve range of motion for many conditions, and aqua-therapy is one of the best treatments for decreasing pain and muscle tension around joints in both neurological and musculoskeletal conditions! Your physiotherapist can help determine which movements are safe and which exercises will best help you reach your goals. - *Ryan M, PT*

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

## Student Life at SOS!

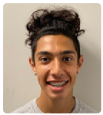


"Hi everyone! My name is Chad and I'm a first year physiotherapy student from Western University. I am currently completing my first placement at SOS Physiotherapy in Elmira with Ryan. This has been an awesome and fulfilling experience so far, working with the great team at this clinic. It is so nice to be back in Elmira, as I went to high school here and spent many of my younger years in town.

It has been a great learning journey working alongside the amazing staff at SOS Elmira and meeting so many patients along the way. The team takes the time to mentor important aspects of the physiotherapy practice that I will be able to implement in my future practice. I appreciate the recommendations of local golf courses, bike trails and restaurants that I will be sure to check out this summer.

After having the pleasure of meeting some of you in clinic I would like to take this time to tell you a bit more about me. I attended Brock University for Kinesiology before working as a Registered Kinesiologist following my graduation. I worked in this role for a year before attending the physiotherapy program at Western. During my spare time, I enjoy being outdoors playing sports, such as golf, and exploring local trails on my bike. I am also a huge sports fan which gives me something to watch when the weather doesn't allow me to get outside.

It has been nice getting to know you all and I look forward to meeting more of you in the weeks to come!" - **Chad B.**



"Hi, my name is Anthony and I am a high school co-op student from Saint Mary's High School. I have spent the last 5 weeks doing my placement at SOS Northfield in hopes of learning more about physiotherapy, as it is my goal to become one. I am currently in grade 11 and play baseball for the city of Kitchener with hopes of playing in university. In my spare time I enjoy listening to music and working out. I am extremely grateful for the opportunity that I have been given by Adam and the Northfield staff to really learn more about physiotherapy and the path to become one." - **Anthony**

From all of us here at S.O.S. Physiotherapy Northfield, thank you very much Anthony! You were a pleasure to have around and your presence will be greatly missed. Best of luck with everything in the future and we cannot wait for you achieve your goal of becoming a Physiotherapist!

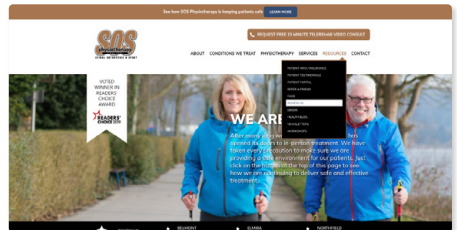
## SOS Physiotherapy Grad Wall!



Here at S.O.S. Physiotherapy, we love to celebrate the success of our patients. Recovering from an injury no matter how large or small is a lot of work and this achievement needs to be celebrated! Patients who complete their plan of care get to take home some free S.O.S. swag, receive a round of applause from the clinic, and will now be featured on our new Grad Wall. After a few weeks of preparation, the Grad Wall at S.O.S. Northfield is up and running and full of pictures of our happy patients and their therapists. With our patients' permission, these photos along with some kind and inspiring words will be hung in the clinic and will provide our current and future patients with some inspiration to succeed. Thank you everyone who has taken the time to help put this amazing wall together and congratulations to all of our S.O.S. graduates! Job well done!



### TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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

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# UPCOMING VIRTUAL WORKSHOPS!

## **RUNNING, WALKING & ALL THINGS FEET WORKSHOP!**

Visit Our Website To Register // Wednesday, July 7th @ 4:30pm



Hosted by: Rachel Goldsworthy  
& Kalsey Smith

## **ROTATOR CUFF AND SHOULDER WORKSHOP!**

Visit Our Website To Register // Wednesday, July 21st @ 4:30pm



Hosted by: Adam Dafoe &  
Courtney Voisin

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

## HEALTHY RECIPE: SPAGHETTI WITH ASPARAGUS



### INGREDIENTS

- 1 lb. spaghetti
- ½ cup extra-virgin olive oil
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 4 garlic cloves, smashed
- 4 3"-long strips lemon zest
- ½ tsp. crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

**INSTRUCTIONS** Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1½ cups pasta cooking liquid. Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until simmering. Add asparagus, season with salt, and cook, stirring often, until just beginning to take on color, about 1 minute. Add garlic, lemon zest, and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Remove from heat and let sit until pasta is done. Add pasta and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 2 oz. Parmesan and 1 cup reserved pasta cooking liquid. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until sauce is creamy and emulsified and pasta is coated, about 1 minute. Taste and season with more salt if needed. Remove and discard garlic. Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

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# EXERCISE ESSENTIALS: THE WALL SLIDE



## WHAT:

This exercise is an excellent way to stretch shoulder and chest muscles and to improve posture.

## WHO:

Best for people who work at a computer with forward head posture and/or rounded shoulders that may be experiencing neck or shoulder pain.

## HOW:

- Set yourself up with your back against a wall, standing in a  $\frac{1}{4}$  wall squat position.
- Stand so that your low back and are shoulder blades are flat against the wall by tucking your hips and rolling your shoulders back.
- Attempt to touch the back of your head against the wall but

make sure that your chin is tucked and you are looking slightly down your nose.

- Without losing this position, attempt to place your elbows and the back of your wrists against the wall with your elbows bent to 90°.
- Starting below shoulder height, gently slide your elbows and the back of your wrists up and down the wall without lifting off.
- Ensure that your head and low back do not lift off the wall. The most important part of this exercise is your maintaining spinal position so it is better to only get your arms back as far as they can and working towards getting the elbows and wrist against the wall as your muscles start to stretch.
- Complete this exercise in sets of 15-20 reps, 2-3 times a day.
- You should not feel any strain in your neck, back or shoulder. If you do, you can complete this same exercise laying on the ground and then work your way up towards to wall.

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