

## SHOW ME YOUR TEETH!

Growing up, my family used to spend 2 to 4 months of the year in southwest Florida. Almost every year we would take a little road trip to Venice beach, aptly dubbed the shark tooth capital of the world. By simply walking along the beach, you are bound to find a few 1 to 2 cm smooth black teeth. We would spend the whole day sifting through sand with metal grates or diving underwater with masks and snorkels to try to find as many teeth or shells as possible. These trips were always a fun (and somewhat competitive) tradition.

These traditions turned into a passion for my brother Mitch, who is now a pretty avid fossil hunter; or as he calls himself "a paleon-thusiast". Whenever we get the chance, we travel to different spots throughout Florida adding to my brother's fossil collection; with his main goal of finding Megalodon teeth.



Megalodons are prehistoric giant sharks that are estimated to have been from 30 to 60 feet long. They lived around 23 to 3 million years ago and are regarded as one of the biggest and strongest predators that have existed. The biggest megalodon tooth ever found is 7.8 inches, and the largest one my brother has found so far is 5.5 inches. You can see how large this tooth is compared to some of the more common teeth we find. It's number 1 in the picture next to (2) an upper broad tooth of a mako shark; (3),(4), and (5) common bull shark teeth; (6) and (7) smaller megalodons; (8) and (9) common lemon shark teeth; (10) a lower broad tooth of a mako; and (11) a fossilized alligator tooth.

Currently, my family's go-to spot for fossil hunting is Peace River; a 171 km peninsula that cuts through most of southwest Florida. The teeth



found here are different from the ones we commonly found on the beach that are smooth and black. Those are darkened from tannins in the water where they fossilized and have been worn down by waves and sand. We view the river as a time machine; it cuts through the ancient ocean floor to bring us back millions of years.

Similar to most outdoor activities, fossil hunting has seasons. We find the best time to go is during the dry months; January to April. During this time the water level in Peace River is 1 to 4 feet deep. This makes sifting through the bottom of the river more accessible, compared to the 9 to 15 foot depth of the river during rainy months. Although it is easier during fossil season, fossil hunting is definitely not easy. Contrary to its name, navigating the Peace River can be dangerous and is home to many alligators (the reason I sometimes opt out of certain trips). It takes a ton of commitment and physical labor. We can spend 6 to 9 hours a day drudging through mud and clay, sorting through broken fossils to try and find something worth keeping. With all this effort, we consider a good day of fossil searching any day you find at least one full tooth! Happy (tooth) hunting!

- Holly

*Holly Karda is our Patient Experience Manager at our Northfield Location, so next time you're in make sure you show her your teeth! ;)*

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- Upcoming Virtual Workshops!
- The Clays Take On Whistler, BC!

# STAYING ACTIVE AND BECOMING BETTER BALANCED



There are a million and one tips that are passed down from generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

## Mental and Physical Balance

Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them – work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead, it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside the task of becoming more mentally balanced with the things that you spend time within your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

*Continued >>>*

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## → You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Practicing core strength
- Practicing balancing techniques

In addition, taking steps to ensure that you are getting a full night of rest, that you are exercising regularly, and that you are eating a healthy diet are all strong components to ensuring you are well-balanced.

Think about the percentage of time that you spend working during the week. For most people, this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry.

Then really think about how much time you are spending doing the things that make you feel better – including those hobbies that you love, but also being active and engaging with the people you care about. Part of becoming a more balanced

person means finding ways to spend your time more wisely and taking more time for yourself as needed.

## It's Never Too Late

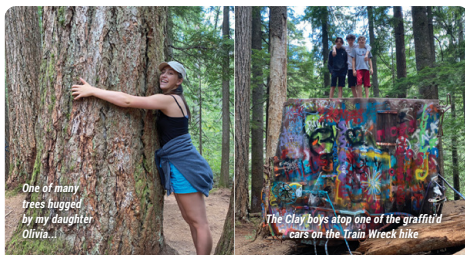
You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. There are plenty of ways to incorporate light activity into your lifestyle, such as:

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. **If you feel that your physical health or an old injury is holding you back from being active, contact us today!**

## The Clays Take On Whistler, BC!

After a long COVID travel restriction our family of six were finally able to head to Vancouver to see my parents and other family. Here's a few highlights from our day trip to Whistler!



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## Meet Your Physio!



**Leanne is a  
Physiotherapist  
Resident at SOS  
Physiotherapy Elmira**

Leanne holds a Bachelor of Science, Honours Kinesiology degree with a minor in Rehabilitation Sciences from the University of Waterloo and earned her Master of Physical Therapy at Western University. Leanne's passion for physiotherapy started at the age of 12 after a fall during gymnastics. She quickly fell in love with the clinic atmosphere and was fascinated by the intricacies of the human body.

Leanne strives to ensure all her patients understand fully the anatomical structures causing their injury and works with her patients to develop an individualized plan of care to address all concerns. Leanne aims to help her patients reach their full physical fitness potential to improve their quality of life and prevent future injuries.

Leanne has obtained her Manual Therapy level 1 and level 1 Traditional Acupuncture through AFCL. Leanne is passionate about continuing to learn and expand her practice in all areas, including manual therapy, traditional acupuncture, dry needling, soft tissue release, as well as neurological and pediatric physiotherapy.

Leanne was born and raised in Waterloo, Ontario. In her free time, she practices acro yoga with friends, rock climbs both indoor and outside, stands on her hands a lot, and spends quality time with her bernedoodle puppy Roscoe.

## Student Life At SOS



"Hi everyone! I'm Diana, a 2nd year Physiotherapy student at Western University completing my fourth and last clinical placement at SOS Elmira with Melissa!!

Asides from having delicious ice cream cones with my good pal, Ricki, I've had the opportunity to assess and treat a variety of musculoskeletal conditions these past couple of weeks.

Every Thursday morning, the team and I get together to practice manual therapy techniques. This has been extremely helpful for me because my classmates and I didn't have much lab time with COVID restrictions.

With less than 3 weeks left in my placement, I'm excited to continue working with the amazing clients here in Elmira!"

- Diana Phau

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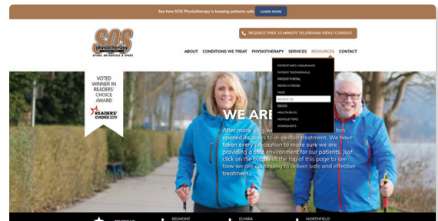
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# UPCOMING VIRTUAL WORKSHOP!

## ROTATOR CUFF AND SHOULDER WORKSHOP!

Visit Our Website To Register // Wednesday, August 18th @ 4:30pm



Hosted by: *Stephen Hogan  
and Evan Lukasik*

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

### HEALTHY RECIPE: BUDDHA NOODLES



#### INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

**INSTRUCTIONS** In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions.

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# HIKING 101

So you're going out for a hike this weekend. **Do you know how?** Now I'm not talking survival tactics of the Canadian Wilderness (*who hasn't seen an episode of Survivorman?*), but from a Physiotherapist's point of view, there are several things you can do to prevent aches and pains along the way and make your hike (and the days after if it's a long one with steep climbs...) that much more enjoyable!

Here are a few shots of the Clay family demonstrating the GOOD and the BAD on our recent ascent of the Grouse Grind in Vancouver, B.C. There are over 2800 stairs during the 2.9km distance that takes you up 853m of elevation! Let's go!



## Let's start with the bad...

...and I don't just mean 12-year-old Luke's attitude! (*just kidding schmoop...*) Luke has only the ball of his foot on the step which offers little support, his knee is well beyond the front of his foot (*not great for the stress on the knee*), and look at how far he's bending forward with his rounded back...OUCH!



## Looking specifically at the leg...

...see how the foot is fully on the rock so you can drive up through the heel, using the big muscles of your hip, and your knee can touch the imaginary vertical line from your toe, but not beyond it!



## Now, these two gents must be older and wiser...

Sam (right) showing poise with his foot firmly positioned on the rock step. And here's a tip...when climbing steep elevation use your arms when you can! Now check out Ben (left) as he gets his foot on the rock and shows good hip control (*don't let it sway out to the side*). He also leans into the mountain to get his momentum while at the same time sticking out his chest out as opposed to having a rounded back. Hiker's dream.

*Not sure about some of these tips? Talk to your clinician as there are several avid hikers on the crew at SOS Physiotherapy!*

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