

LIFE'S A GARDEN... DIG IT!

It is that time of year again when we can all enjoy fresh fruits and vegetables whether it's local produce from the grocery store, from roadside stands, or the market. We live in a great region to benefit from the bounty of goodness that surrounds us.

This December will mark 21 years since my husband and I moved to his family farm with our then 2 1/2-year-old son. Before we celebrated our first anniversary of farm life we welcomed our daughter and several years later we were again blessed with our youngest son.

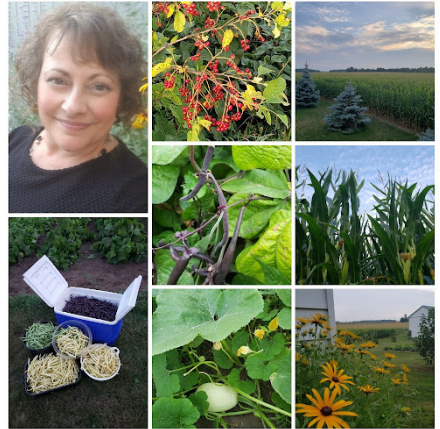
I did not grow up on a farm but visiting my great grandparent's farm outside of Clifford was always an adventure and my passion for gardening came from my grandpa in Ayr who was always quick to share his knowledge when my sister and I would holiday with them for a week in the summer.

Naturally, I was thrilled to move to the country. To have wide-open spaces, room for a garden, and raise our children there was a dream come true.

I inherited our farm garden from my mother-in-law who now lived down the road and we shared the garden for several years. She was definitely a lifesaver when the reality of having such a large garden included the tireless job of weeding! Somehow my childhood memories of my grandfather's garden did not include weeds.

My Mom often asks me why I keep gardening when I am so busy and could just go to the local markets. I wonder sometimes too but with every season as things grow so does my appreciation for gardening. There is something very therapeutic that comes with the "full contact gardening" season. Going from a blank slate to something alive, even if it includes weeds.

Our garden is now half the size it was when we shared it with my in-laws but we still grow plenty of vegetables, squash, raspberries, and rhubarb. This year with all of the rain we have had "a bumper crop" of beans which have since been frozen and of course, shared with my in-laws and many friends who are always surprised at my



purple bean crop (something my grandpa always planted). And I am always surprised at how the weeds can continue to grow no matter what the conditions.

When each gardening season comes to a close and the squash and pumpkins come out of the garden, I am relieved to finally see an end of the work that goes into it but the work is soon forgotten in the winter when we can enjoy things we have grown and stored ourselves. Each step from planting, picking, prepping and packing has become a family event which on some occasions has included help from my visiting niece and nephews and I find myself waiting for the new season to begin.

- April

INSIDE:

- Persistent Shoulder Problems? Don't Let Your Posture Pain You
- Meet Our Newest SOS Team Members!
- Upcoming Virtual Workshops!
- The Woelks On A Houseboat Adventure

PERSISTENT SHOULDER PROBLEMS? DON'T LET YOUR POSTURE PAIN YOU

Do you have a daily struggle with your shoulders? Do normal tasks, such as sitting at your desk, bending down to grab a fallen item, or standing to cook dinner, cause a flaring pain between your blades or in the tissues between your shoulders and neck? Chances are, this discomfort could be due to your posture.

If you believe your stance could be contributing to your shoulder pain, call SOS Physiotherapy to schedule an appointment and discuss your treatment options. Our clinic offers manual therapy techniques and a variety of special diagnostic testing methods to get to the source of your pain and treat it, once and for all!

How does improper posture affect the shoulders?

Shoulders are a common pain area for poor posture. When we slouch, hunch, or lean forward too much, our muscles and tendons are being pulled in ways that they are not used to, thus causing inflammation and pain.

The shoulders take the brunt of this pull, making them a common area of complaint. Many patients who seek out physical therapy for their shoulder pain have a condition referred to as "shoulder impingement." This happens when your rotator cuff tendons press on the arch of your shoulder. When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in circular motions.

Poor posture is the most common cause of shoulder impingement, but other causes could be related to:

- Osteoarthritis
- General weakness in the shoulder
- Compression, due to trauma
- Repetitive reaching movements

Common posture errors:

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendinitis, nerve constriction, or even spine misalignment. Posture is also a contributing factor to kyphosis, or "postural hunchback," in which the shoulders and neck become abnormally curved. Some common errors in posture (and how to fix them) are:

- **Slouching in a chair.** – We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable – and we may even stay like that for the rest of the day. However, slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The

best way to avoid this is to get into the habit of sitting correctly (upright, legs uncrossed, feet flat on the ground, legs a few inches away from seat of the chair) every day. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit.:

- **"Text Neck."** – The term "text neck" is colloquial; however, it describes a position in which the head is tilted downward and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.)

This is also commonplace in desk jobs, as many people will experience "text neck" when hunching over their keyboards or sorting through files. This could be a sign of a tight chest and weak upper back, and over time this posture could worsen into rounded or hunched shoulders

- **Rounded shoulders.** – It is caused when the shoulders are rounded forward, instead of back, and the head and chest are slouched forward.

To figure out if you have this stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you may have rounded shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout the day (much like a parent does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer.

Continued >>>

Fun & Games

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**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS!
CALL ANY ONE OF OUR 3 LOCATIONS**

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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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How can physiotherapy help me find relief?

Our physiotherapists at SOS Physiotherapy are dedicated to helping you achieve your highest level of physical ability. Your diagnosis and diagnostic test results will determine the make-up of your treatment plan, which may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. We may also suggest the use of laser therapy to target the site of injury and inflammation.

Manual therapy techniques help restore normal joint movement, ease soft tissue restrictions, and promote circulation. There are several exercises that can help you to restore strength, and the correct sequence of muscle activation around the shoulder joint. Your therapist will also show you techniques to enhance your strength and to prevent recurrence of future shoulder problems.

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Give us a call today

Therapy at SOS Physiotherapy can help significantly reduce your shoulder pain by helping you to maintain proper posture when sitting and standing, restore flexibility to your shoulder muscles and joints, and strengthening your mid-back muscles to provide support to your neck and shoulders.

The weight of the world is never meant to be on your shoulders, and chronic pain has no place there either!



If you are experiencing shoulder pain, contact us today to set up a consultation. We'll get you back to feeling your best before you know it.

Sources: www.medicalnewstoday.com/articles/318556.php mayoclinichealthsystem.org/hometown-health/speaking-of-health/poor-posture-can-cause-shoulder-pain www.nhs.uk/well-well/exercise/common-posture-mistakes-and-fixes/ theconversation.com/health-check-can-bad-posture-give-you-a-hunchback-56068

The Woelks On A Houseboat Adventure In Northern Ontario

When summer comes many of us love to vacation by the water. Well, this summer I decided to take it one step further and vacation "ON" the water. I can now check "taking my family on a houseboat vacation" off of my bucket list.



CALL ONE OF OUR 3 LOCATIONS TODAY!

Meet Our Newest SOS Team Members!



Ali Dings
Physiotherapist

Ali graduated from the University of Waterloo with a Bachelor of Science Honours Kinesiology Degree then went on to work as a Registered Kinesiologist and gymnastics and CrossFit coach for three years. Passionate about the Physiotherapy profession, Ali pursued her Master's Degree in Physiotherapy at the University of Western Ontario. She also plans to complete continuing education in Advanced Manual Therapy, Dry Needling, Acupuncture, and Soft Tissue Release.

To provide the best care, Ali uses a combination of manual therapy, exercise, and education, making sure to identify the underlying cause of a condition and prevent future issues. She takes a client-centered approach to create individualized treatment plans ensuring her clients fully understand their diagnosis. While growing up in Belleville Ali was a National level Power Tumbling athlete, traveling around the world competing for Team Canada. Now she does CrossFit to stay active and spends weekends at her family cottage.



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Arthur Szydowski
Physiotherapist

Hello Everyone, my name is Arthur Szydowski and I am incredibly excited to be joining the SOS physiotherapy team. I grew up in London, Ontario, and then moved to Kingston to complete my undergraduate degree at Queen's in the Physical Health and Education program. My experience at Queen's helped me realize that by supporting others along their journey towards better health, I stood to make a positive impact on the wonderful people around me. I then decided that an excellent way of making this dream a reality was to stay at Queen's and complete my Masters of Physiotherapy degree. As a physiotherapist, I plan to take a holistic approach to health and consider the physical, mental, and social aspects of health when treating. I see a tremendous value in a hands-on approach to treatment and I am constantly working to find the perfect blend of manual therapy and therapeutic exercise to get people back to doing the things they love. When I am not working or studying, I am an active person who loves the outdoors and socializing with friends. In the summer, you can often find me at the Hydrocru riding my mountain bike and in the winter at Chicopee on my snowboard. On other days you can find me on my couch watching documentaries or the Marvel Avengers movies.



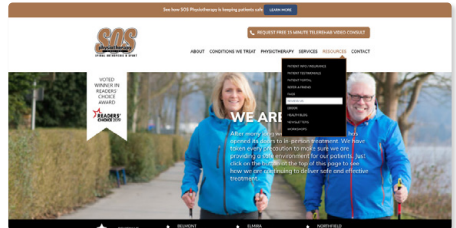
Nikki Aye
Patient Experience Coordinator

Hi everyone! My name is Nicki, and I just completed my undergraduate degree in Medical Sciences at Western University. During my time at Western, I taught group fitness classes and I loved working with diverse groups of people to help promote active living! I also enjoy getting outside, running, hiking, and biking in my spare time. My interest in the musculoskeletal system and in lifelong learning are the main reasons that I am interested in applying for a Masters of Physiotherapy. For the past month, I have had the pleasure of volunteering with the SOS Physiotherapy Belmont team and all of the physiotherapists have been incredible at explaining rehabilitation concepts to me. Aside from shadowing and learning from our amazing PTs, I have been hired at SOS Physiotherapy - Belmont as a PEC (Patient Experience Coordinator) to help at the front desk.

I look forward to getting to know the SOS team and I am excited to continue meeting more of our wonderful patients at the Belmont clinic!



TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!

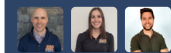


Just click on the "Resources" tab at the top of our homepage, then click Review Us!

UPCOMING VIRTUAL WORKSHOPS!

ROTATOR CUFF AND SHOULDER WORKSHOP!

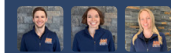
Visit Our Website To Register // Wednesday, September 15th @ 4:30pm



Hosted by: Adam Dafoe, Courtney Voisin, & Arthur Szydowski

LOW BACK PAIN AND SCIATICA WORKSHOP!

Visit Our Website To Register // Wednesday, September 29th @ 4:30pm



Hosted by: Ryan Marrin, Rachel Goldsworthy, & Leanne Park

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

BACK TO SCHOOL BACKPACK POSTURE *DOS AND DON'TS*



Good Posture, chin in, ears/shoulders/elbows/hips in line



Good posture - use both backpack straps, "open" chest



Using only a single strap even with a lighter load will force asymmetrical stress on the shoulder, neck, and back



Make sure to tighten the straps on the backpack to minimize leaning forward postures



Slouching lazy chin poke posture

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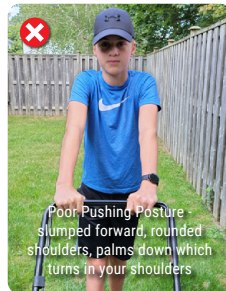
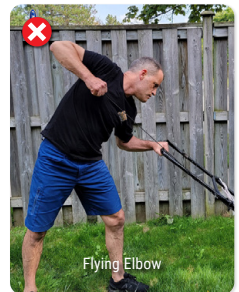
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LAWNMOWER POSTURE

DOS AND DON'TS

Lawnmowing can be a surprisingly strenuous task on our bodies. Often "starting" your mower due to the ballistic force required can easily create or aggravate an existing sore neck, shoulder, or back. If these tips are too difficult to implement, consider buying an electric mower and save your body (*and help the environment!*)



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