

THE BEGINNINGS...

Every summer my family goes on a big camping trip for a week. Each year is normally the same. Stay up late, go to the beach, have MasterChef cook-offs, and play volleyball. However, this year was different. This time a handsome new face tagged along with my cousins. He wore a yellow sweater, black shorts and had a nice smile. I remember seeing him around while growing up but never really interacted with him. I only knew his name, James. Seeing James, I didn't know what to think of him since he was really shy. So, I just went on minding my own business. Little did I know, James was going to be my future husband.

While at the campsite, I was watching my family play a game of volleyball, when James randomly came up to me and asked me, "Hey Kat can I see your hand?". I gave him my hand and he continued to say, "So the other day I was reading why we have spaces in between our fingers". I asked him why, still holding his hand and he replied, "It's so I can put mine in between them." I giggled out of embarrassment, he then asked me how my day was and the conversation continued.

Later that evening, my cousins asked if anyone wanted to walk down to the beach and watch the waves. Everyone gathered together including James. When we reached the beach, the sun had gone down and the moon was shining over the horizon. You could hear the sound of waves calmly brushing against the sand. In the distance, there was a bench in the middle of the beach. I walked towards the bench and sat down, soon after James followed. After sitting and talking, we heard the crackling of thunder and saw a flash of lightning, I quickly grabbed James' arm and he grabbed onto mine asking me if I was okay. I nodded yes. Rain began to pour and everyone began running back to camp. Everyone called it a night and I found myself falling asleep to the sound of the rain hitting my tent. Like I said before, this camping trip was different. It all began when a new face decided to tag along with my cousins on our annual family camping trip.

Fast forward 7 summers later, James and I are a couple. This summer we decided to vacation in North Bay. We left on a Friday and came back nine days later on a Sunday. When we arrived in North Bay the weather was not the greatest. There was constant



rain, so we ended up staying inside watching movies and talking all night. Then, Tuesday rolled around and the weather started to clear up, so we decided to go out for some fresh air and explore more of North Bay, especially the beaches since there were so many.

Later that evening, James asked me if I wanted to take a stroll with him to the lakefront. When we arrived at the lakefront, we slowly walked down the beautifully lit garden path while looking at the bright moon's reflection in the water. While walking and talking, James then asked me to take a picture to remember this day. As I was getting ready to take the picture, James called my name from behind me. When I turned around, there he was on one knee asking me to marry him. I was speechless and in shock. I was overjoyed with emotions that I began tearing up and said YES!

- Kat

INSIDE:

- Tips For Preventing Injuries With Physical Activity
- Student Life At SOS
- Upcoming Virtual Workshops!
- Pickin' Up Pickleball

TIPS FOR PREVENTING INJURIES WITH PHYSICAL ACTIVITY



No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover.

What are some common injuries?

At SOS Physiotherapy, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendonitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When

they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendonitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendonitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain.

For example, some people may develop tendonitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendonitis can be corrected with physical therapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

For more information on how you can prevent severe injuries, contact SOS Physiotherapy today.

Continued >>>

Fun & Games

5	3			7			
6			1	9	5		
	9	8				6	
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8		7	9

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
Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070

→ How can I prevent these injuries?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it.



A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, **contact us today!** One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss **how our different programs can help you remain active and pain-free!**

The Dafoe Family Goes Camping At Elora Gorge!

We opted to stay close to home for our first family camping trip with our little pop-up tent trailer. We weren't disappointed with the beauty that Elora has to offer and would consider it a success. Zoie says she'd like to do it again soon!



CALL ONE OF OUR 3 LOCATIONS TODAY!



SOS Physiotherapy - Northfield Welcomes Michelle!

Michelle graduated from Ontario College of Health and Technology where she received a Diploma in Massage Therapy. Her education and experience have taught her a wealth of knowledge and skills.

As a manual therapist, she can connect with clients on a one-on-one basis and establish an effective treatment plan based on their individual needs. Everyone has different movements, injuries, and goals and this encourages her to stay dedicated to continuing education and perfecting her manual skills to deliver the best form of care.

She is excited to be accepting new patients NOW at our Northfield clinic!

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

Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070



Hi everyone! My name is Anna Belay, and I am a second-year physiotherapy student at Western University. I have just completed my last week of placement at SOS Physiotherapy Northfield with Adam. I am very excited to be graduating!

My experience at the clinic has been fantastic. I've had a great opportunity to work with an awesome team at Northfield. Everyone around here is very knowledgeable and supportive.

I really enjoyed our weekly mentorship meetings every Thursday morning. It has been a great way for me to learn and practice my clinical reasoning and manual therapy skills.

As I wrap up my final week of placement, I am very thankful for the great clients and clinicians I got to meet through this journey and want to keep in touch with everyone at SOS!



TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!

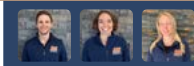


Just click on the "Resources" tab at the top of our homepage, then click *Review Us!*

UPCOMING VIRTUAL WORKSHOP!

LOW BACK PAIN & SCIATICA WORKSHOP!

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



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

ROTATOR CUFF & SHOULDER PAIN WORKSHOP!

Visit Our Website To Register // Wednesday, October 13th @ 4:30pm



Hosted by: Ryan Marrin, Melissa Norris, & Coulton Roe

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

HEALTHY RECIPE: GREEK PASTA SALAD



INGREDIENTS

- 16 ounces short pasta rotini, bow ties, penne
- ¾ long english cucumber diced
- 1 pint grape tomatoes halved
- 1 bell pepper red or orange, diced
- ½ cup sliced pitted olives
- ½ cup feta cheese cubed
- ½ cup red onion diced
- 1 cup greek vinaigrette dressing

INSTRUCTIONS

Whisk together dressing ingredients. Cook pasta al dente according to package directions. Rinse under cold water. Combine all ingredients in a large bowl. Add dressing and toss. Refrigerate at least 2 hours before serving.

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

Waterloo Corporate Campus (Sobeys Plaza)
595 Parkside Drive, Suite 5A
Waterloo, Ontario N2L 0C7
TEL: (519) 888-7070