

BRING BACK SUMMER!

As the cold weather is settling in and the days continue to get shorter and shorter I find myself looking back on the warmer days of summer and all the adventure and memories that were made.

Back in August, my family and I were able to continue our summer tradition of 17 years (WOW) by going to Chesley Lake. For as long as I can remember we have spent 1 week every August there. We started in the trailer park as a young family, myself and my parents and 3 older siblings, all packed into a tiny trailer for a week. Though there were times where we fought (what siblings don't) the memories from those summers are still some of my fondest. I loved to go to the playground, to the dock and try to catch fish, and stay up past my normal bedtime eating smores by the fire.

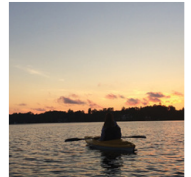
Fast forward many many years and now I'm taking my 3 nieces to the playground, going out on the boat to catch fish, and still staying up way too late eating smores by the campfire. It's crazy how time changes things, now we rent a bigger cottage by the water to fit our growing family, my sister is married and has 3 beautiful girls who keep us on our toes and always want to go down to the dock to throw rocks in the water or use their fishing poles to catch fish... kinda sounds like me when I was their age. My brother and other sister still join us for the week and my boyfriend has been added to the mix for the past 2 years. My favourite things to do at the cottage have grown and changed over the years. Now I look forward to reading my book on the dock, (when my nieces aren't throwing rocks in and getting me wet!) playing outdoor games in the yard, and golfing! One of the many cool things about Chesley Lake is that they have a small Par 3 golf course and a big Par 4 golf course. This year was my first time ever playing the big course, since Covid shut down a lot of outdoor activities, I have gotten into golf this year. With the help of my boyfriend and his mostly helpful advice, he was able to get me playing well enough to try the big course this year. I even beat him, I guess the student has now become the teacher... well on the small course anyway!

A typical day at the cottage is actually pretty eventful, gone are the days of sleeping in and relaxing on the beach all day. Now it's waking up bright and early to the sound of the girls' little feet running around upstairs and their (somewhat) hushed voices trying to play quietly till the adults get up. Then breakfast is made and cleaned up and off the men go to their first round of golf for the day, this gives us ladies the chance to take the girls to the park or head down to the beach before the heat of the day sets in. By the time the guys are done their round it's lunchtime, we either plan ahead and bring lunch to the beach or head back to the cottage to eat, then it's nap time! Well for the girls anyway, but every so often one of the grown ups fall asleep as well, there is comfy hammock outside that is often fought over around mid afternoon naps. For the ones who missed out on the hammock we usually play some yard games, go fishing, or just sit around and enjoy the peace and quiet until everyone's awake. If the girls skip their nap then we usually spend most of the day at the beach till it's time to come back and make supper.

Once we eat it's off for the second round of golf, this is the time of day where I would tag along and try not to get frustrated out on the course, some evenings I'm successful but most times I'm not. The perfect way to end off a game of golf is to get ice cream at the tuck shop, no matter what we are all doing, golfing or at the park or relaxing, we all meet back up to head to the tuck shop for ice cream. Finally to end off the day we head back to the cottage for bedtime and to start the campfire for the grown ups to unwind after a busy day and eat more food... Smores and spider dogs and all the leftover snacks from the day. We are definitely well fed during this week away.

Every day follows a similar routine of busyness and fun. Some people would say this doesn't sound relaxing but for my family and I, it's the perfect way to spend one week out of our summer. Until next year Chesley Lake.

- Kelsie Freeman, PTA



INSIDE:

- Are You Suffering From Spinal Stenosis?
- Leaf Raking Season is Back!
- My PT Story
- Pickin' Up Pickleball

ARE YOU SUFFERING FROM SPINAL STENOSIS?

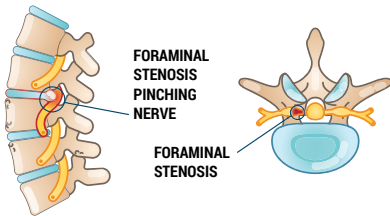
According to the American Academy of Orthopedic Surgeons, approximately 2.4 million Americans will suffer from spinal stenosis by 2021. It is a silent epidemic that generally affects people aged 50 or older; however, it can also occur in younger adults who have a history of arthritis.

Spinal stenosis refers to the narrowing of the canals in your spine that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms can vary, but often include radiating pain in the back, buttocks, and even legs. Furthermore, weakness and poor balance in the legs can often occur, making it difficult to tolerate walking long distances and prolonged standing.

Fortunately, targeted physical therapy treatments, such as manual therapy, can help manage the symptoms of spinal stenosis and provide pain relief. Certain manual therapy techniques can help relieve pressure on joints, reduce inflammation, and improve nerve function. The techniques involve gentle, hands-on therapy that focus on evaluating and enhancing spinal function. To learn more about how manual therapy can help relieve your pain, contact SOS Physiotherapy today.

What Happens When Spinal Stenosis Develops?

The most common form of spinal stenosis is known as foraminal stenosis. Foraminal stenosis occurs when there is a narrowing of the foramen canals on either side of the spine, formed by the vertebrae above and below the segment.



In each foramen canal, spinal nerves exit the lower back. These nerves are what provide information about sensation and movement to our legs. With arthritic changes of the foramen and/or degeneration of the discs, the canals can decrease in size. With the foramen narrowing, this increases risk of nerve root compression or irritation, especially when the spine is extended.

People living with spinal stenosis typically feel better when sitting, but notice increased levels of pain with standing and backward bending.

How Can Joint Mobilizations Help?

Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function.



Manual therapy can involve specific joint mobilizations to the lumbar spine. These techniques have been known to relieve a large variety of painful conditions, including spinal stenosis and its accompanying symptoms. In fact, a study published by the International Journal of Sports Physical Therapy supports that manual therapy, specifically spinal manipulation, is an effective mode of treatment.

The study, titled "Effectiveness of Physical Therapist Administered Spinal Manipulation for the Treatment of Low Back Pain: A Systematic Review of the Literature" analyzed data from several reputable medical journals to determine the effectiveness of this form of treatment on patients living with lower back pain. Six randomized control trials were included for review and thoroughly assessed by the researchers.

Results were overwhelmingly positive for the success of spinal manipulation. The conclusion is as follows:

"Based on the findings of this systematic review there is evidence to support the use of spinal manipulation by physical therapists in clinical practice. Physical therapy spinal manipulation appears to be a safe intervention that improves clinical outcomes for patients with low back pain."

Continued >>>

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

→ Low back pain is the most common symptom of spinal stenosis. If your pain is limiting your life, our treatment techniques at SOS Physiotherapy can help.

Find Relief Today:

A variety of treatment techniques have had very positive effects on many of our patients at SOS Physiotherapy. Through our advanced treatment methods, our physiotherapists can help you restore more natural movement to your spinal joints, improve your flexibility to increase joint fluid circulation, improve your spinal muscle strength, and educate you on correct posture and prevention techniques. Essentially, we can help you do more, with less pain. In fact, our patients often report significant reductions in pain and improvement in daily activities after just a few short weeks of treatment.

If you have been living with pain from spinal stenosis and you're looking for relief, contact SOS Physiotherapy today. By treating your pain with the use of a variety of treatment techniques specific to your needs, we can help manage your symptoms early on! Don't live with the limits of your pain – relieve your pain and improve your spine health with us today!



Fall is Here!

With the temperature dropping, leaf colour changing and daylight decreasing, that can only mean one thing...FALL IS HERE! With fall comes fun fall festivities! Whether it's celebrating thanksgiving, going for hikes to see the leaves, or partaking in pumpkin picking, there are lots of activities to do around the area! Check out what some of our PTs got up to so far with their Fall Festivities! What are your favourite fall activities?



CALL ONE OF OUR 3 LOCATIONS TODAY!

Meet the Team



SOS Physiotherapy - Elmira Welcomes Maddy!

Maddy has recently joined our team as a Patient Experience Coordinator, in Elmira. She is currently attending the University of Waterloo in a Post Degrees Studies program, working towards applying for a Masters in Physiotherapy. She enjoys going to the gym and spending time outdoors, specifically, her annual family camping trips at Killbear Provincial Park.

*She is excited to be working with patients
at our Elmira clinic!*

My PT Story



After 11 years of limping around in pain after a serious crash injury, I was treated by Melissa and others at SOS. They found the source of the problem, treated it, and gave me exercises which together relieved the pain, and made an amazing difference in my ability to walk and even run! Thanks to Melissa, Kelsie, and Diana! – **Bruce R.**

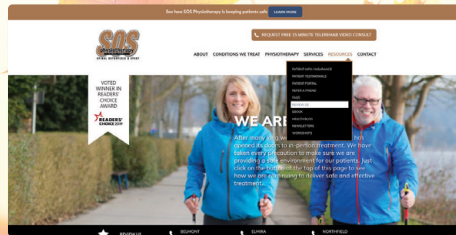


Belmont Clinic
Belmont Professional Centre
564 Belmont Avenue West, Suite 301
Kitchener, Ontario N2M 5N6
TEL: (519) 743-8787

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

 **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!

PHYSIO FOR NEUROLOGICAL CONDITIONS WORKSHOP!

Visit Our Website To Register // Wednesday, November 17th @ 4:30pm



Hosted by: Leanne Park, Melissa Norris, & Ryan Wark

ROTATOR CUFF AND SHOULDER WORKSHOP!

Visit Our Website To Register // Wednesday, December 8th @ 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: BAKED CHIMICHURRI CHICKEN



INGREDIENTS

- 4 lbs of bone in chicken thighs or 3 lbs boneless thighs or breasts
- 1 tsp salt
- 1 tsp oregano, dried
- 1/2 cup olive oil, extra virgin
- 1 cup parsley, packed
- 1/4 cup white (red or white wine) vinegar
- Dash of maple syrup or raw honey
- 3 – 4 large garlic cloves

INSTRUCTIONS

In a food processor or high speed blender, add Chimichurri ingredients and process on Low until chunky sauce forms. In a large bowl, add chicken and pierce randomly with a small knife. Pour half of Chimichurri sauce on top and mix with your hands to coat the meat evenly. Cover and refrigerate for at least 30 minutes or preferably overnight. Rub the bottom of large baking dish with oil and lay marinated chicken breasts or thighs in a single layer. Bake uncovered in 450 degrees F preheated oven for 25-35 minutes for chicken breasts and 40 minutes for thighs. Or until internal read thermometer registers 150 degrees F internal temperature. Serve hot drizzled with remaining Chimichurri sauce.

Source: foodreal.com/chimichurri-chicken-recipe/

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

LEAF RAKING SEASON IS BACK!

It's time to put your best pair of boots on and your favourite SOS shirt, and grab ahold of your rake. Leaf Raking Season is here!!! The best time of the season for kids OR dogs to jump in your pile of leaves that you have just raked up! Let's review our Top 6 Tips for Raking!



If there is any lingering discomfort in your joints or muscles that start limiting you with activities such as raking, come see one of our Physiotherapists to help get you back to pain-free living. **What a RE-LEAF!**

1. Warm Up:

Get moving with some walking or doing some light trunk rotations before you start raking!

2. Avoid Twisting:

Since raking can involve over-rotation of your spine, instead of twisting your back, try moving your feet and legs to shift your weight. Also make sure to keep your shoulders stacked overtop of your hips during this movement.

3. Get the Right Rake:

Try and use a rake that is a good length for you! One that is too long or short can increase stress on your back.

4. Switch up Sides:

Try and switch between which side you are holding your rake on, so you're not always rotating to one direction

5. Try to Avoid Reaching:

Reaching the rake too far away from your body can add extra stress to your spine and back muscles when pulling it back towards you. Move close to the pile of leaves and keep your rake stroke small.

6. Grand Finale:

Now that you have spent all this time raking, have some fun and JUMP IN!

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