

Fall FUN

The Belmont girls recently enjoyed a fall cottage weekend in Muskoka. The weather turned out better than expected! We went to Muskoka Lakes Farm and Winery just outside of Bala. Every October they flood the cranberry marshes to harvest. At harvest time they allow visitors to put the big hip waders on and walk through the flooded marsh.



The farm also has tractor rides, hiking trails, a culinary shop, and wine made from their homegrown cranberries. We had a blast! We really enjoyed the wine, fall colours along our drive and quiet time in nature. We might have to make this an annual tradition and would recommend the experience for anyone looking for something different to do in Ontario next fall season.



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

SOS Clinic News

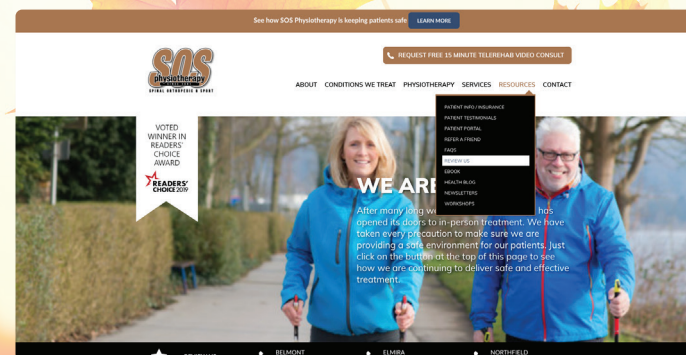


SOS Physiotherapy Welcomes Connor to our Belmont and Northfield Locations!

Hi everyone! I'm Connor, a recent massage therapy graduate. I have the unique opportunity of saying I completed my training through two different schools, courtesy of our "friend", COVID-19. The first being a year spent at the Canadian College of Massage & Hydrotherapy in Cambridge, until its disappointing closure in 2020, and went on to complete the program through Westervelt College in Kitchener this past summer. I also hold a Bachelor's degree from Wilfrid Laurier University in Health Studies, and a College Diploma from Conestoga College in Pre-Health Sciences. Born and raised here in Waterloo, I grew up playing competitive sports, mostly hockey, which led me to my first experiences with injury rehabilitation through services and care associated with massage therapy and physio. My initial experiences with the overall effectiveness from these forms of care had such a positive impact on me, that it drove me to pursue a career to provide the same life-changing and exceptional experience for others. In my spare time, you can find me on the golf courses in the area, out on my motorcycle on sunny days, early morning practices as a power skating instructor, and hiking the Bruce Trail near my cottage!



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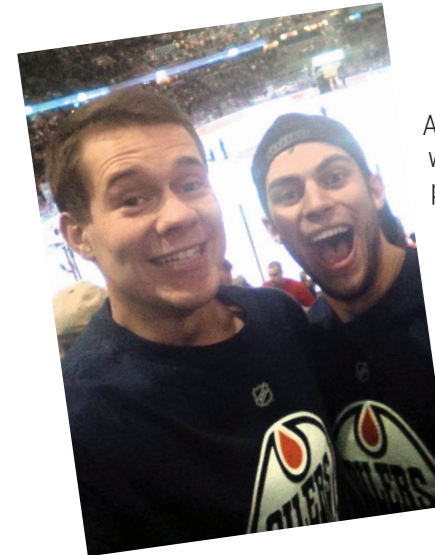


The Spinal Column

The Newsletter About Your Health And Caring For Your Body

ISSUE NUMBER 45

OH, CANADA



After graduating from Laurier Kinesiology in 2015, I wasn't quite sure what I wanted to do for a career. Knowing that I had student loans to pay off, all I knew is that I needed to get to work! After four years of undergrad, my best friend (Chad) and I stuck together to enter the working world as we got hired by a local gym to install TVs and sound systems. Now, THIS wasn't what I expected to be doing with that Kin Degree... But it turned out alright.

That "summer job" turned into three years of growing up. It gave me a good chance to learn what I liked and didn't like about the working world, it allowed me to save up for physio school, it gave me a chance to work with my best friend, and it allowed me and Chad to recruit two more of our childhood best buds to work alongside us. Oh, and it allowed us to see our beautiful Country.

The biggest perk of this job? Whenever a new gym was being built, we would be sent there to set things up! This was the opportunity of a lifetime, as it allowed me to explore almost every province, with most of our trips sending us to Alberta and also out to the east coast. Obviously, the goal was to get our work for the week complete, but outside of those hours we could explore as much as we desired! I will never forget the mountain hikes out west, the long drives across the great plains, or those beautiful east coast ocean lookouts. We also kept ourselves busy trying to discover our favourite restaurants in the country, going to NHL games, and ziplining through forests.

My personal favourite through it all? The East Coast. Halifax won my heart with its Irish pubs, live music, and harbourfront boardwalks. Charlottetown was quaint, quiet, and beautiful. And my final week of work was in Saint John's, where I was able to tour around the rock, and celebrate the end of this chapter with a night out on George Street.

I will forever be grateful for this journey because it gave me the chance to see our beautiful Country alongside some of my closest friends, but it also gave me a chance to mature and figure out what I truly wanted in a career. Now I'm proud to be a physiotherapist here at SOS, and if you ever need recommendations for a good ol' Canadian road trip... I'm your guy!

- *Coulton Roe, PT*



INSIDE:

- Is Your Headache Connected To Your Neck Pain?
- The Moebilizers
- Student Life at SOS
- SOS Clinic News
- Fall Fun



www.sosphysiotherapy.ca

IS YOUR HEADACHE CONNECTED TO YOUR NECK PAIN?

Are your headaches coming more frequently and lasting longer? Do you notice tension in the upper back and neck every time you get a headache? You may be experiencing a cervicogenic headache.

The good news is that our physiotherapist can provide you with the guidance you need to resolve your headaches once and for all!

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents to stress and allergies, headaches happen to the best of us.

However, some headaches may be a bit more predictable than others. Factors like the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular cervicogenic headaches because of the intricate network of nerves and muscles in your neck.

Our physiotherapists are skilled at treating all types of headaches. Call SOS Physiotherapy today and set up an appointment with one of our highly trained physiotherapists!



How Neck Pain Leads To Headaches

The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, you're dealing with neck pain everyday.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. . But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a headache.

One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports related injuries. The forces that occur while lifting something heavy or participating in a contact sport can be the beginning of a cervicogenic headache.

The cause of the issue isn't always as simple to identify. Getting a physiotherapy assessment can help to clarify the source of the pain and more importantly, the solution.

Why Posture Is So Important To Feel Good?

Working with a physiotherapist can help you identify whether or not your headaches may result from neck pain or strain. One of the most common causes of headaches due to neck pain is forward head posture. Forward head position means that when you are slouching!

A prolonged slouched posture leads to strain on the muscles, ligaments, and joints of your neck. Over time your body will start to alert you to this posture by sending pain signals. Typically you will adjust your posture for a minute and then resume the offensive position. Eventually, your body's alert system will get stronger and include discomfort at the base of your head. If you fail to take the warning, a full-blown cervicogenic headache will likely follow.

There are specific ways that you can tell if your posture is causing cervicogenic headaches, including:

- The pain in your neck/head is worse at the end of a workday.
- The pain starts in your neck and moves into your head.
- The pain subsides when you switch positions (i.e., moving from sitting to standing).

Continued >>>

www.sosphysiotherapy.ca

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

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- Neck pain/headaches develop after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

Working with a physiotherapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

How Physiotherapy Can Help Your Posture

Our spine is designed to move, which means our posture should also move. At SOS Physiotherapy, our physiotherapist will guide you through a series of stretches, postural corrections, and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your neck pain.

Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching and strengthening the muscles that have grown tight and weak along the back of your neck and those along the shoulders can help you find relief from the tension that is causing your pain.

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore neck. Learning specific

exercises/movements on how to improve your posture is one of the most effective solutions. It seems small, but consistently it has been shown to help!

While you can try many simple activities at home, working with a physiotherapist is the only way to ensure that what you are doing won't potentially lead to more significant injury.



If you're struggling with recurring headaches and neck pain, call SOS Physiotherapy today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

Trick or Treat

**All of our clinics dressed up for Halloween!
Who do you think wins this year's costume contest?**



THE MOEBILIZERS

Our clinics are teaming up to raise money for another November fundraiser! We are hoping to raise awareness for mental health and suicide prevention, prostate cancer and testicular cancer. Go to movember.com and search for "The Moebilizers" to donate!




MOVEMBER.COM

CALL ONE OF OUR 3 LOCATIONS TODAY!