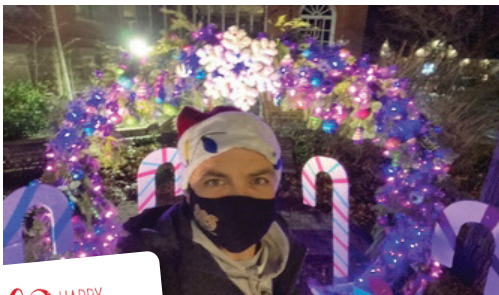
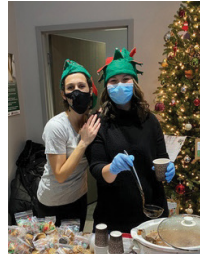


MOONLIGHT MADNESS AT SOS ELMIRA

On Thursday, December 2nd the town of Elmira turned into a festive celebration with their annual event called "Moonlight Madness". This event is to support local businesses and encourage visitors to shop local! Lots of fun is to be had at Moonlight Madness including a tree lighting ceremony, horse-drawn trolley rides, a visit from Santa Claus, fire barrels, and so much more! So of course our SOS clinic in Elmira joins in on the fun every year as well! The clinic was open during Moonlight Madness, and our awesome team over there was giving out hot apple cider, cookies, and sweets! They also had a colouring contest which they do every year as well for this event! Thank you so much to everyone who stopped by our SOS Elmira clinic to show some support to the community!



HAPPY
Holidays

INSIDE:

- Is Arthritis Giving You Trouble?
- Student Life at SOS
- Holiday Food Drive
- Do's and Don'ts of Using Your Phone and iPad on the Couch!
- The Moebilizers

IS ARTHRITIS GIVING YOU TROUBLE? FIGHT BACK WITH PHYSIOTHERAPY!

Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis.

Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physiotherapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy!

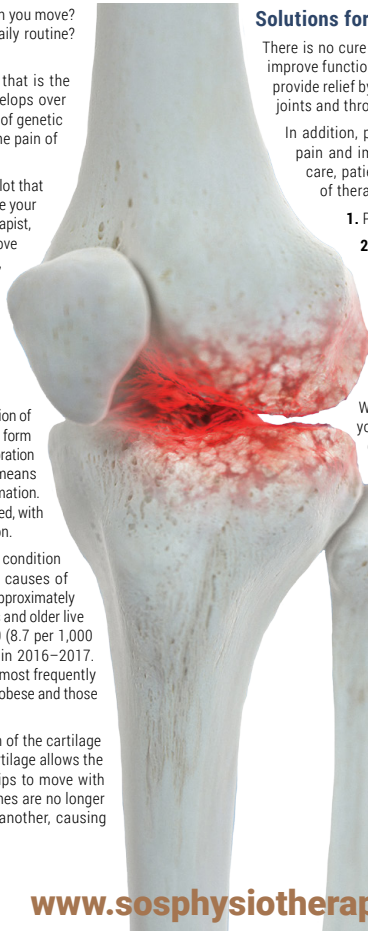
Call SOS Physiotherapy today to make an appointment.

Understanding Arthritis Pain

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. "Osteo" means bone, "arthro" means articulation or joint, and "itis" means inflammation. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and causes of disability in the Canadian adult population. Approximately 3.9 million (13.6%) Canadians aged 20 years and older live with diagnosed osteoarthritis and 219,000 (8.7 per 1,000 persons per year) were newly diagnosed in 2016–2017. While it can influence anyone of any age, it most frequently develops among those who are overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain.



Solutions for Arthritis Pain *(it does not have to be a life sentence)*

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physiotherapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physiotherapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement. The emphasis of therapy is a conservative approach through:

1. Patient education to empower patients to improve function
2. Joint protection through range of motion and strength exercises
3. Modifying activities and environments
4. Use of bracing technologies eg. Unloader bracing for the knee

Physiotherapy Solutions for Arthritis

Working with a physiotherapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physiotherapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion

Physiotherapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

Strengthen the Muscles that Support an Arthritic Joint

You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled practitioner can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

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

Improve Balance

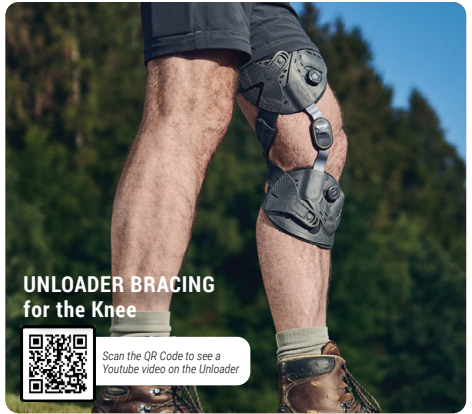
Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physiotherapists incorporate balance training into your treatment plan to improve the distribution of load on the joints AND reduce your risk of falling.

In many cases, physiotherapists can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

Contact Our Clinic Today

Physiotherapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physiotherapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis.

Contact SOS Physiotherapy and let us develop a plan of care to treat your specific issues, and help you get back doing what you love!



DO'S & DON'TS

Do's and Don'ts of Using Your Phone and iPad on the Couch!

Stack up pillows on your lap to raise your hands and your device so they are close to eye level!

A small pillow behind the lower back for some lumbar support will help you to sit up straighter in general!



THE MOEBILIZERS

Thank you to everyone who donated to our Moebilizers! The men of the SOS Team spent the month of November growing their 'staches' and raising money for the Movember campaign. This campaign raises awareness for men's health issues including prostate cancer, testicular cancer, and men's suicide. The SOS Team call themselves "The Moebilizers" and they raised \$1300 towards the cause! Great job guys! Now it's time to shave off those "flavour savers" and let that upper lip breath once again!




MOVEMBER.COM

CALL ONE OF OUR 3 LOCATIONS TODAY!

Holiday Food Drive



It's that time of year again! All three SOS clinics are doing a Holiday Food Drive! At the Belmont and Northfield SOS locations, we are collecting non-perishable food items to donate to our local food banks. At the Elmira location, we are creating a Grocery Gift Card Tree where we collect \$10 Grocery Gift Cards instead of food items. The Woolwich Community Centre has asked for these gift cards to allow families to purchase exactly what they need this holiday season. So next time you visit one of our SOS locations be sure to remember your non-perishable food item or gift card to help us with our SOS Holiday Food Drive!

thank you



Holiday Hours

December 27th - CLOSED

December 28th - CLOSED

January 3rd - CLOSED

Other than these closures, the SOS Clinics will be operating within normal hours. Keep in mind that individual clinicians may have unique holiday hours! Always talk to the front desk to organize and schedule your appointments through the holidays!

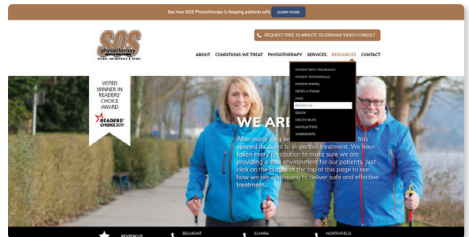
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TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!



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

UPCOMING VIRTUAL WORKSHOP!

BACK PAIN, SCIATICA AND STENOSIS WEBINAR!

Visit Our Website To Register // [Wednesday, January 12th @ 4:30pm](#)

The next Virtual Webinar will be coming up on January 12th, 2022! This Webinar will discuss the Lower Back and address the anatomy of the lumbar spine as well as common causes of pain in this area! If you are experiencing low back pain or want to learn more about this topic, make sure to contact one of our three clinics to get yourself signed up. Oh, and did we mention that these Webinars are all FREE?! On top of that, sometimes we draw names to win FREE stuff!

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

Student Life at SOS

High School Co-op Student at SOS Belmont



Join us in a warm welcome to Thomas who is a grade 12 high school co-op student from Huron Heights High School! You can find him busy around the SOS Belmont Clinic helping out and shadowing our Physiotherapists. He will be with us four days a week all the way through until January. It has been wonderful having Thomas around lending us a helping hand to keep everything in order with our extremely busy clinic! He takes on responsibilities like keeping the treatment beds sanitized and clean after each patient, staying on top of our crazy amounts of laundry and folding, performing laser treatments and modalities with our patients and keeping our exercise equipment clean and organized. He can also be spotted shadowing and observing each of our seven Physiotherapists, asking questions and chatting with our awesome patients. Thomas is joining us to learn more about the Physiotherapy profession and to gain some experience in the clinical setting before deciding on his post-secondary future path!



www.sosphysiotherapy.ca

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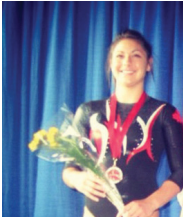
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Practitioner Spotlight

FROM TEAM CANADA TO SOS



Hi everyone! My name is Ali and I am one of the Physiotherapists here at SOS. Before starting my schooling process to become a Physiotherapist, I competed for Team Canada in a sport called Power Tumbling. This isn't a widely known sport so read further and I'll explain what the sport is, my successes, and all of the fun places it took me along the way!



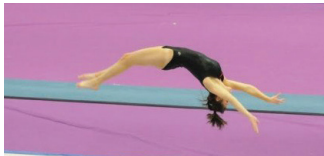
Power Tumbling is a sport that is similar to gymnastics, but it is a specialization in only the "tumbling" part. The competition floor consists of a long track which is slightly bouncier than the regular floor apparatus you see in the sport of gymnastics. In Power Tumbling, the athlete runs about 8 steps then completes 8 tumbling skills which normally are different types and combinations of "back flips". In the sport, we do not call them "back flips", we have real names for each different skill. The last skill that is performed is called the "end skill" and it is usually a more difficult skill with more flips and twists. The end skill is usually the skill that gets the most height, and it will land on a mat at the end of the track. The long track is called a "rod floor" and it gets its name from the fact that the slight spring in the floor comes from horizontal rods underneath the carpet of the floor. The mat at the end of the rod floor is called the "landing zone" for obvious reasons! In one competition, the athlete will have four passes in total. A "pass" is the word that is used for one run or routine that the athlete will complete, which is the set of 8 skills performed in a row. There are two preliminary passes and two finals passes. All 4 passes will be a different combination of 8 different skills based on the specific competition requirements, age, and level. The judges determine scores based on the difficulty score and the execution score. The difficulty score is the sum of each of the values given to each specific skill in the pass. The execution score is out of 10 based on form, cleanliness of skills, speed, rhythm, height, etc. So not only are you aiming for more difficult skills, you are aiming to do them with straight legs, feet together, pointed toes, and arms/head/hips all in the correct positions!



I started taking Gymnastics classes at the very young age of four, and loved it so much I couldn't stay away. I competed at a Provincial level in the sport of regular Gymnastics (called Artistic Gymnastics) until the age of 12. At this age, I switched to the sport of Power Tumbling and stayed committed to that until I retired at age 19 to pursue my university degree. I competed at a National level (for Team Canada) for about 5 years. I got to travel a lot throughout Canada and internationally as well for training camps and competitions. Qualifying for three World Age Group Championships competitions throughout my time in the sport were some of my biggest accomplishments. The first one was actually hosted by Canada and it was held in Quebec where I finished 11th. The second was hosted by Russia held in St. Petersburg where I finished 10th place. The third was hosted by France held in Metz where I came 5th in the world! This 5th place finish was one I will be proud of for the rest of my life. Some other achievements along the way include 1st in Canada at the 2009 "Canada Cup Championship" and another 1st in Canada at the 2010 "Elite Canada Championship". Fun fact: before starting university I also tried out for Cirque du Soleil!

Being involved in this sport (along with many others) since a very young age, I've learned the importance of taking care of your body and injuries! As you can imagine, I've had lots of aches and pains along the way from all the training and repetitive force through my joints! I knew I always wanted to become a Physiotherapist because I had a lot of respect and appreciation for how important this profession is for not only athletes like I was, but EVERYONE! I am so happy to now be able to help people of all kinds manage their aches/pains and get them back to what they love to do (whether it be a Power Tumbling pass or just their daily 30 minute walk!).

- Ali, PT



To see Ali in action, check out these amazing Youtube videos. Just scan the QR Codes with your smartphone.



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