

## BIKE 2 BANFF

I became a physiotherapist because I wanted to help others on their journey toward better health. As a physiotherapist, my focus is largely on people's physical health. However, I have always been passionate about supporting others who are struggling with their mental health.

One of my favourite ways to take care of my health is cycling. In addition to the physical benefits, cycling is also a way for me to take care of my mental health. Since I was only a kid, riding a bicycle was always a way for me to escape, reflect, and heal.

In 2018 I was inspired to find a way to use my bicycle as a way to help others with their mental health and not just my own. After several weeks of brainstorming and research, I decided I would raise money for a youth mental health organization called jack.org by cycling from my hometown of London, Ontario to Banff, Alberta.

I was able to convince my partner Liv to join me on this adventure we had nicknamed "Bike 2 Banff". We spent months training and planning and then set off in early May. We used social media and several public speaking events along the way to share our story and help end the stigma that often surrounds the topic of mental health.

Over the course of the next two months we slowly but steadily pedaled our way across the country. We encountered many obstacles on our journey such as the hills of northern Ontario and the winds of the prairies but, thankfully, we also encountered many unexpected heroes whose kind hearts kept us going. In the end we safely made it to Banff and raised over \$10,000 for jack.org.

We will never forget the crisp winds blowing over the north shore of Lake Superior, the endless skies of Saskatchewan and Manitoba or the moment that we first spotted the Rocky mountains just beyond the horizon. We wouldn't change a thing and we would do it all over again in a heartbeat.

In a way, our trip became a metaphor for mental health: although the journey might seem impossible at the start, if you take things one day at a time and are open to the help of others, you can overcome so much more than you could ever imagine and reach a destination so beautiful that all the hardship will be worth it.

— PT Resident, Arthur



[CLICK HERE](#)  
to watch a  
video recap of  
our journey.

### INSIDE:

- Get Healthier with Physiotherapy!
- New Year Wrap Up
- Student Life at SOS
- Safe Cycling Setup!
- How Mindfulness Can Help You

# GET HEALTHIER WITH PHYSIOTHERAPY!

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physiotherapist to help you get back on track. At SOS Physiotherapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physiotherapist.

Physiotherapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

**Contact SOS Physiotherapy today to find out more about how our services can help you live a healthier, stronger, and more active life!**

## What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

**1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

### 2. Strength training.

Strength training is one of the most effective injury prevention strategies to help stay injury-free.

### 3. Cardiovascular exercise.

Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

**4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

**5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

**6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

**7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physiotherapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

## How Physiotherapy Can Help You

Our physiotherapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

*Continued >>>*



[www.sosphysiotherapy.ca](http://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

→ Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physiotherapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

### Contact Our Clinic Today to Make an Appointment

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at SOS Physiotherapy would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!



## Welcome Back Shawna

The SOS Northfield location is thrilled to welcome back our registered massage therapist Shawna Stemmler. Shawna is coming back from maternity leave having welcomed a beautiful baby boy named Oliver. Shawna graduated from the Ontario College of Health & Technology in 2020. She also has a diploma in Developmental Service Work from Georgian College. Shawna uses education and various advanced manual techniques including Swedish Massage, trigger point therapy, facial techniques, joint mobilizations, lymphatic drainage and much more to provide a tailored therapeutic massage that suits the needs of each of her clients.

Shawna is excited and ready to help the wonderful patients of SOS feel better!



CALL ONE OF OUR 3 LOCATIONS TODAY!

# New Year Wrap Up



Although 2021 brought with it some hardships, there were also many bright points. Thank you to all the amazing people like you who made 2021 awesome. To recap our 2021:

- We hosted 20 free educational webinars on a variety of topics.
- We hit over 560 FIVE STAR google reviews across our 3 locations
- We hired 8 new SOS clinicians (Hey Ali, Arthur, Connor, Coulton, Leane, Michelle, Remya, & Shawna).
- We Hired 6 new SOS patient experience coordinators (Hello Alicia, Emily, Karolina, Maddy, Nikki and Olivia).
- We completed over 3000 initial assessments across our clinics.
- And we completed approximately 35,000 patient revisits across our locations, WOW!

*Here is to more positivity in 2022!*

SOS Physiotherapy are miracle workers, who use their incredible knowledge, skill, and facilities to ensure that they help whoever comes in with whatever they need. My family and I have been patients for a long time and without physiotherapy, I would never be able to perform daily tasks, be a successful student, and be working towards being pain free from a condition that is not easily treated. Not only does SOS have incredibly gifted therapists to aid you, but every person there is incredibly kind, funny, hard working, and positive which only makes physiotherapy easier. I have a clear plan and exercise regime which SOS and I work through together to create a successful and manageable plan to get me in my best shape. Overall, I would never go anywhere but SOS and recommend them to anyone who needs it, I promise you will not regret it. — Sarah C.



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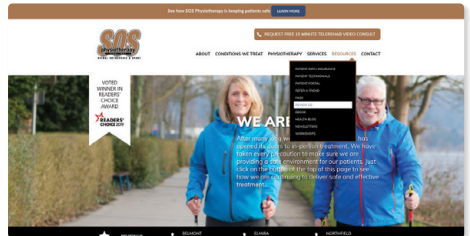
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**Just click on the "Resources" tab at the top of our homepage, then click *Review Us!***

# UPCOMING VIRTUAL WORKSHOP!

## KNEE PAIN – COMMON INJURIES/CONDITIONS AND TREATMENT OPTIONS

Visit Our Website To Register // Wednesday, February 9th @ 4:30pm



Hosted by: Ryan Wark, Courtney Voisin, and Coulton Roe

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



## Student Life at SOS

### How Mindfulness Can Help You



A couple of weeks ago the clinicians at SOS Northfield had the pleasure of listening to Chai, Adam and Jessica's student, deliver a presentation about "Mindfulness". Chai taught us how to use mindfulness to manage pain and improve our quality of life. Here is what we learned!

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally," - Jon Kabat Zinn

In recent years there has been a dramatic increase in the amount of research surrounding mindfulness and its benefits. The research has shown that by using mindfulness techniques you can improve your mood, mental health, and even your physical health! One study found that patients who used mindfulness had a 27% reduction in pain intensity and a 44% reduction in pain unpleasantness.

Mindfulness can be done formally, guided by an instructor or an app, but it can also be done informally, however you please.

If you want to try incorporating mindfulness into your wellness routine, Chai recommended the apps "Headspace" and "Balance". The apps can be easily downloaded to your phone and both come with a free trial.

A less formal version of mindfulness Chai suggested that you can try right now is called "Box breathing":

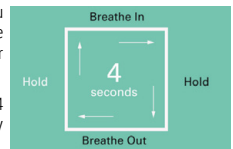
**Step 1:** Breathe in slowly as you count to four. Pay attention to the sensation of the air entering your lungs.

**Step 2:** Hold your breath for 4 seconds as you scan your body for stress.

**Step 3:** Slowly exhale through your mouth for 4 seconds and release all of the stress you came across as you held your breath.

**Step 4:** Repeat steps 1 to 3 until you feel re-centered.

**Thank you Chai for all your help and for opening our eyes to the world of mindfulness!**



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# SAFE CYCLING SETUP!

The weather might not be ideal for outdoor cycling, however, January is the time of year when many people dust off their stationary bikes. While riding a stationary bike is a great low impact option for maintaining your cardiovascular health it is still important that your bike is adjusted correctly so you can avoid unnecessary stress on your joints. Here is how you can make sure your bike is set up perfectly for your dimensions.

**Seat height:** The seat, also called the "saddle", should be adjusted to the height that allows your knee to be just shy of fully straight, or bent at about 150 degrees when at the bottom of your stroke. The most accurate way of doing this on your own is by measuring your inseam (the distance between the bottom of your foot and the top of your inner thigh) and then multiplying this number by 0.9. Raise your seat until the distance between the top of your pedal and the top of your seat is the same as your inseam multiplied by 0.9.

You can also estimate this by standing next to your bike and raising the seat until it is parallel with the top of your hip bone.

Inappropriate seat height is often a reason why people develop knee pain when cycling. A general rule is if you have pain on the front of your knee,

your seat is too low. If you have pain in the back of your knee, your seat is too high.

**Seat position:** Many bikes have the option of adjusting your seat forward and back. You should adjust your seat so that your knees come slightly over the center of your foot but do not extend past the middle of your pedal.

**Handlebar height:** It is recommended that you position your handlebars so that when you are comfortably resting on your bike you can maintain a relaxed grip and soft elbows while also maintaining a neutral spine. Thinking about keeping your chest up and shoulders relaxed while riding will further help reduce stress on your back.

Although these recommendations can help you get comfortable on your bike, they are just suggestions and everyone is unique. What works for you may not work for someone else, always go with what is most comfortable for you.

*Happy riding!*



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