

UPCOMING VIRTUAL WORKSHOP!

HEADACHES! IS YOUR NECK TO BLAME?

Visit Our Website To Register // Wednesday, March 2nd @ 4:30pm

Be on the lookout for
our next workshop:

Pelvic Health Webinar

on March 23 at 4:30 pm
More details to come!



Hosted by: Rachel Goldsworthy,
Melissa Norris, and Shawna Stemmler

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

www.sosphysiotherapy.ca



Scan the QR Code with your
smartphone to register for
the Headaches and Neck
Pain Workshop

Physiotherapy Can Help You Strengthen Your Core

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to, that you have difficulty rolling over in bed? Believe it or not, these are all signs of core muscle weakness.

At SOS Physiotherapy, our physiotherapist can help you figure out if your core is weak, and more importantly, how to safely get it strong again! Your core muscles help you do a lot – from sitting, walking, balance, and getting up and down from chairs.

If your core muscles are weak, they may be affecting your function and possibly your pain levels. Our team of physiotherapists can assess your core and determine if it is affecting your daily activities.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core compromise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your spine and pelvis, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences functional instability, which makes it difficult for your body to function at an optimal level. The stability of the trunk plays a role in daily life such as maintaining an upright posture and helping to change positions when sitting, standing, and walking.

Core strength is also essential in sports performances, allowing the body

to balance and control movements while running, jumping, and sustaining contact. Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and hip muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSIOTHERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physiotherapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different stimuli.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on isolated core exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

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



DO'S AND DON'TS: TOILET HABITS

Yes, you read that right! We are shining the spotlight on pelvic health in this newsletter!

Emptying the bladder is a task we all do multiple times a day, though poor toileting habits can contribute to pelvic floor dysfunction.



DO NOT bring your phone onto the toilet. While for many (especially those with young kids!) the bathroom is the only private room in the house to scroll away, it distracts focus from the task at hand. Especially for those who have trouble initiating the flow of urine, put the phone away and try to focus on your bladder.



DO NOT push to pee! Your bladder and pelvic floor work opposite each other. To empty, the bladder needs to contract which means the pelvic floor needs to relax. Pushing to empty makes it harder to empty! Think of trying to breathe out through a straw.



DO NOT rush. With busy work and home lives many of us run to the toilet and only allow 30 seconds to empty before we rush back to our next task. Take the extra 2 minutes to breathe, relax, and fully empty the bladder.



DO. For best toileting habits, RELAX, don't rush or push. Leave distractors outside of the bathroom. Gently lean forwards, resting the elbows on the thighs and deep breathing to promote relaxation of the pelvic floor. Your bladder will thank you!



If you have difficulty initiating the flow of urine or feel like you need to push to completely empty, seek treatment from a pelvic physiotherapist. We can help!



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

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