



Since Family Day was first celebrated in Ontario back in 2008, it has been common for our family to take that extra long weekend to do some sort of outdoor winter activity. In many cases, skiing and snowboarding would work its way into the mix. This year was no different, as my wife and I made a trip to Mt. Saint

Louis Moonstone with several of our family members to hit the slopes.

When my wife Emily and I get out riding, we'll sometimes have skiers ask how difficult it is to pick up snowboarding. Emily, who can do both very handedly, will usually state: with determination anyone can learn, but the younger the better. When you're younger your bum is closer to

the ground and that makes for smaller bruises. Be prepared to fall on your bum!

I took up snowboarding in middle school with friends and this quickly became a staple winter pass time for me. This was much needed, as I did not play hockey (my mother told me I was too small as a kid!) and I could barely skate. I've always felt it important to have a seasonal hobby or sport to keep me grounded and to keep me looking forward to something with each turn of the calendar month. Being a universal language in a sense, sport also has a unique ability to connect people, affording me the ability to fortify friendships and family ties in ways not possible otherwise. Canadian winters are long and gray enough as they are and snowboarding, for me, has certainly helped to brighten them (a hideous fluorescent ski onesie sported by my brother-in-law can't hurt either!).

— Ryan

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TENDINITIS AND YOU

PHYSIOTHERAPY CAN HELP



Are you experiencing a dull ache when you reach and pick things up? Do you have tenderness in the knee going up and down the stairs? You may be experiencing pain associated with tendinitis. The good news is that at SOS Physiotherapy, we are experts at alleviating pain and getting you back to doing the things you love!

Your tendon is a flexible but tough band of fibrous connective tissue that connects your muscles to your bones. Tendons are designed to withstand tension and generate forces that allow us to perform basic daily activities and advanced sports performance tasks. When a tendon is injured or not functioning correctly, it can lead to pain and a loss of function.

Call SOS Physiotherapy today to schedule an appointment with one of our highly trained physiotherapists. We will help ensure that you always know exactly what your body needs to feel at its best.

What Is Tendinitis?

Tendinitis is a widespread term used to describe the pain and inflammation of a tendon. Recent evidence suggests little, or no inflammation is present in these conditions. As a result, the term more commonly used in medical communities is tendinopathy.

Tendonopathy is a broad term encompassing painful conditions occurring in and around tendons in response to overuse.

The classic presentation pain at the site of the affected tendon, often due to inactivity. The pain may be present at the beginning of an activity and then disappear during the activity itself, only to reappear when cooling down.

During the early stages, the pain is often sharp and sometimes severe. When it is present for months, it tends to be described as a dull ache. Pain associated with tendinopathy can impact everyday activities, making it exceedingly difficult to remain active.

Simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head can be incredibly painful and challenging. Working with a physiotherapist is the best way to address tendinopathy pain early on to reduce the severity of your pain without turning to pain medications.

How Physiotherapy Can Help Tendinitis

Working with a physiotherapist is especially important for a successful conclusion to your tendinopathy. Our physiotherapists will help identify potential issues that may increase your risk for injury. We will use this information to assess the severity of and best treatment options for those injuries.

One of the biggest mistakes you can make after injuring your tendon is resting it. Stopping all activity is counterproductive and may even make us susceptible to more injury.

Our physiotherapy assessment includes:

- Checking for muscle atrophy, asymmetry, and swelling
- The area of injury
- Stage of the tendinopathy (i.e., acute or chronic)
- Activity status of the person (i.e., sedentary, active, competitive athlete)
- Contributing issues throughout the rest of the injured limb and body as a whole
- Other medical problems that may be contributing or occurring at the same time

This information allows your therapists to develop a comprehensive program to alleviate pain and restore function.

What To Expect From Your Physiotherapy Sessions

Our therapists will design rehabilitation programs that focus on the most effective treatment strategy (i.e., appropriate and progressive loading). To achieve success, your therapist will teach you how to progress without causing an exacerbation of the pain.

Here are the areas to avoid when trying to resolve an injured or irritated tendon:

- Avoid fast movements (i.e., running, jumping, throwing, etc.)
- Avoid compressive activities of the tendon (i.e., when the tendon is pushed up against the bone like deep end range movements)
- Avoid repetitive movements (i.e., long walks, using a mouse)

The best way to resolve your tendinopathy is to strengthen it by progressively loading the tendon as it recovers.

Here are the types of loading in order of priority regarding tendon health:

1. **Isometrics.** Isometric is a type of strength training in which the joint angle and muscle length do not change during contraction.
2. **Eccentric movements.** An eccentric contraction is a contraction that lengthens the muscle while under load.
3. **Concentric movements.** A concentric exercise is a contraction that shortens a muscle. This means taking the tendon through the full range of motion under tension.
4. **Dynamic movements.** This means deliberately challenging the tendon with all the conditions it may face, including fast and repetitive motions. This would include sports and fitness classes.

Optimal tendon health includes recovering from an injury, prevention of injury, and sports/fitness performance enhancement. If the muscle is not getting progressively stronger, then the tendon is more susceptible to damage.

Working with our physiotherapists at SOS Physiotherapy, we will teach you the most effective treatment methods for tendinitis and strength-building activities to eliminate developing tendinitis in the future!

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

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Elmira, Ontario N3B 2H4
TEL: (519) 669-1212

Northfield Clinic
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TENDINITIS AND GOLF

2 SIMPLE EXERCISES TO HELP STRENGTHEN THE FOREARMS



As the name of the injury would suggest, one of the most common ailments suffered by golfers is, well, golfer's elbow. What is perhaps less intuitive, is that tennis elbow can also plague amateur golfers! Golfers elbow is associated with tendinopathy of the tendons along the inside of the elbow, while tennis elbow describes tendinopathy of the tendons along the outside. Each of these conditions can present as a result of repetitive gripping. Proper management of these conditions requires optimal loading and strengthening of the forearm muscles. Strengthening the forearm muscles can also have a preventative benefit for those seeking to avoid future flare ups.

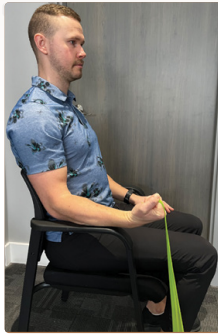
Below are 2 simple exercises to help strengthen the forearms:

Resisted Wrist Flexion

STEP ONE



STEP TWO



Place an elastic under your foot or other heavy object.

Hold the elastic in your hand with your palm facing up and place your forearm on a table or arm rest with the hand off the edge.

Flex the wrist upward without moving the forearm.

Return to the starting position slowly.

Aim for 12-15 repetitions, Perform: 2x/day

Resisted Wrist Extension

STEP ONE



STEP TWO



Place an elastic under your foot.

Hold the elastic in your hand with your palm facing down and place your forearm on a table or arm rest with the hand off the edge.

Extend the wrist upwards without moving the forearm

Return to the starting position slowly.

Aim for 12-15 repetitions, Perform: 2x/day



CALL ONE OF OUR 3 LOCATIONS TODAY!

Physio Spotlight: Meet Lindsey



Lindsey is the newest member of our SOS Elmira team, and we are thrilled to have her join us as we continue to grow and serve more people!

Lindsey graduated from the University of Toronto with a Masters of Science degree in Physiotherapy. Prior to this, Lindsey earned a Bachelor of Science degree in Kinesiology from Western University. During this time, Lindsey was the Athletic Trainer for the Varsity Men's Lacrosse team.

Lindsey is a level 4 manual therapist through the Canadian Academy of Manual and Manipulative Physiotherapy (CAMPT). She has received training in Pilates, concussion rehab, myofascial release, and athletic taping. With 20 years of ballet experience,

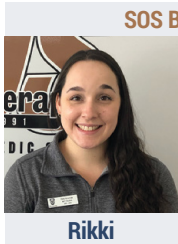
Lindsey brings a unique perspective to the assessment and treatment of members of the performance arts and individuals with hypermobility conditions.

Lindsey believes that no two clients are the same. For each person – she identifies the root cause and creates an individually tailored rehabilitation program. She uses a combination of manual therapy, corrective exercise, and education to help clients achieve their goals. Lindsey believes in developing deep connections with her clients – which awarded her the Toronto Star Readers Choice Best Physiotherapist for 2020 in Toronto.

Outside of the clinic, Lindsey enjoys strength training, Pilates, hiking and relaxing at her cottage on the Bruce Peninsula with her dog Archie.

Student Life at SOS

This placement session SOS as an organization took on a record setting 5 physiotherapy students! We've always prided ourselves on having a teaching/learning environment so we are ecstatic to share this opportunity with a growing number of students working to complete their Master's in Physiotherapy! If you are visiting any of our clinics in the next month, be sure to give a warm hello to any of these faces!

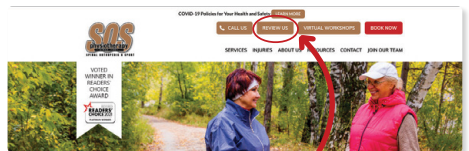


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UPCOMING VIRTUAL WORKSHOP!

INTRO TO PELVIC HEALTH

Visit Our Website To Register // Wednesday, March 23rd @ 4:30pm



Hosted by Pelvic Floor Physiotherapists Jessica Clancy, Christine Ecclestone & Nimmy Thomas

FIT FORE GOLF

Visit Our Website To Register // Wednesday, April 13th @ 4:30pm



Hosted by physiotherapists Jonathon Clay and Ryan Wark



Scan the QR Code with your smartphone to register for the Workshops

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

My Physiotherapy Story



I had been in pain for 2 years when I was told to go to Physiotherapy. I was able to see Leanne within one week of requesting an appointment. She started asking me lots of questions so she could get to the root of my issues. After seeing her 3 times my calves and heels feel so much better. The exercises are easy and I can walk without being in constant pain. The staff are very friendly and take time to answer all of my questions/concerns. I totally recommend SOS Physiotherapy.

- Roberta Pezzano



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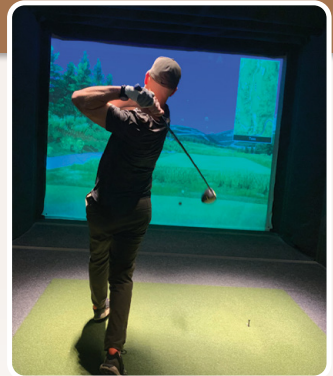
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FORE!

Golf Season Is Just Around The Corner.

If you're anything like some of our SOS staff, you're ready to hit that first drive so hard that you've got the shakes! Let this serve as a friendly reminder to warm up at a local golf simulator or driving range to avoid any unnecessary season opener injuries. Take a look below as well for some useful go-to stretches to loosen you up as the season approaches.



Open Books

STEP ONE



STEP TWO



Start lying down on your side with your knees tucked up towards your chest. Have your arms over one another pointing in front of you. Next, take your top arm and reach it out in the opposite direction allowing your shoulder to rotate towards the floor. Keep your hips from rotating or lifting off the floor. You should feel a stretch through your mid-back.

Hold: 10 seconds; Repeat: 6-8 x

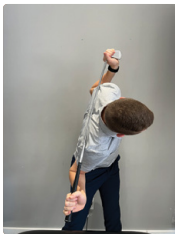


Bent Over Body Twist with Club

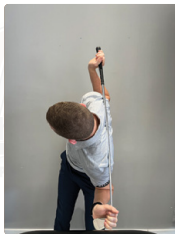
STEP ONE



STEP TWO



STEP THREE



Holding a club across the shoulders and keeping your back straight, hinge at the hips and bring your trunk towards parallel with the ground. Rotate as far as you can through the trunk in one direction. Hold. Now rotate the opposite direction as far as possible.

Hold: 10 seconds; Repeat 6-8 x

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