

## Getting Back Out There!

If you asked me one year ago, just like everyone else, I never would have thought that over the past four months I would have been in two countries, three provinces, been to two weddings, climbed a mountain, swam in the ocean, and traveled close to 20,000 kilometers by land, air, and sea. What a whirlwind it has been and it feels great!



My journeys over these past four months started with a long weekend trip to the wild west: Canmore, Alberta. There is something so special about seeing mountains up close and personal. They give off a larger than life energy and make you appreciate how small you really are. In Canmore you cannot escape the mountains, every direction you turn you are surrounded by a screen saver backdrop that looks too good to be true. I was able to summit one of these monsters during my time there, and once at the top you are given a true appreciation for how big the Rocky Mountain range is, it looks like it never ends!

Next on my list, I made it all the way down south to Austin, Texas. You may be wondering why out of all the places in the world, I would choose to go to Texas, but this was a really special trip. I went down with my partner's family to see her big sister get married. The wedding was on the groom's beautiful family ranch and we had the



best time celebrating two amazing people. Fun fact, after their honeymoon the happy couple spent their first month married in the Ukraine doing medical relief work with Good Samaritan's Purse. I wasn't kidding when I said they are two amazing people, the world needs more like them. Also, in case you were wondering, everything IS bigger in Texas, especially the BBQ!

To conclude my adventures, I went on another family trip to see another wedding, this one taking me farther west to Tofino, British Columbia. Before taking the ferry to the island we spent a few days in Vancouver where the highlight was a long bike ride along the seawall



which is something I highly recommend if you make it out there. One thing I learned while in Vancouver was that a long time ago it actually used to be a rainforest, and it definitely lives up to that. But don't let that stop you from seeing all the natural beauty it has to offer as it is nothing like anything you will see around here. Once on Vancouver Island I braved the cold and did a polar plunge at one of the many stunning beaches Tofino has to offer, I think I am still defrosting!

It has been a breath of fresh air to finally be able to safely pack my bags and go see places in this beautiful world that we all share, and be able to do it with the people I love. Thank you for reading about my latest adventures and I can't wait to hear about yours so pack your bags and get out there. Here is to the next adventure!

Cheers,  
Evan Lukasik, PT

## INSIDE:

- Physiotherapy: A Cost Effective Solution for Your Pain
- SOS Team Building • Student Life at SOS
- Acupuncture and Dry Needling • Airport Essentials



# PHYSIOTHERAPY

## A COST EFFECTIVE SOLUTION FOR YOUR PAIN

Are you concerned with the never-ending increases in your health care costs? Are you frustrated that the only options you are offered are medication or surgery? Physiotherapy could be the answer you're searching for!

At SOS Physiotherapy, our physiotherapists are musculoskeletal experts and can help you figure out what to do in the most efficient, and cost-effective way.

As with most things in modern medicine, finding the help you need seems to be a game of hurry up and wait. It used to be necessary to go to your primary care doctor first, and they would direct you to the "next" practitioner, which meant waiting a few weeks while suffering in pain.

Fortunately, things are changing. Direct access to physiotherapy is more cost-effective, resulting in fewer visits than the physician-first model. And more importantly, you will experience more significant functional improvement in a shorter period of time! You can go directly to your physiotherapist without going through multiple steps to get there.

At SOS Physiotherapy, we want to make sure that you spend as little as possible on the care you need. We are more than happy to discuss any insurance or payment questions you may have.

### How Physiotherapy Helps Save You Money

Physiotherapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community. Physiotherapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition.

Physiotherapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems
- General Wellness

After the assessment, you will be prescribed therapy, become educated about your specific condition, and learn how our physiotherapist plans to resolve your problem. We are with you every step of the way to ensure you improve and avoid re-injury long after you leave the office.

One of the best ways that physiotherapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physiotherapy is less expensive than surgery or injections. And if those treatments are needed, physiotherapy is used in conjunction with these treatments and results in less overall money spent.

The sooner you seek out physiotherapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take,

incorporating physiotherapy has been shown to help your results and improve your overall health and well-being!

### Understanding Insurance Terminology

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

**Copay:** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.

**Deductible:** A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.

**Coinsurance:** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

### What To Expect At Your Visit

Physiotherapists are adept at diagnosing a person's functional problem's root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms. More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the right type, frequency, and duration of therapy, based on your goals.

Our physiotherapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area.

Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

### PHYSIOTHERAPY WILL PROVIDE THE FOUNDATION FOR SUCCESS WHILE REDUCING COSTS!

**At SOS Physiotherapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physiotherapy is the most cost-effective way to get relief!**



[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

# SOS TEAM BUILDING



At SOS we pride ourselves on great teamwork that allows us to deliver the best patient experience. This teamwork is built both inside and outside of the clinic through team building events. Our most recent outings have included a team spin class at SpinCo Waterloo, and a cottage weekend in Muskoka!



Next time you stop by our Belmont location make sure to check out our new and improved front entrance and back gym wall!



Looking fabulous!!!

## Acupuncture and Dry Needling



Is your neck or low back feeling achy and sore? If so, ask your SOS therapist if acupuncture or dry needling is right for you. The majority of our physiotherapists at all three SOS locations are certified in this advanced technique which is very effective in decreasing myofascial pain and relaxing those tight muscles!



Contact SOS today to find out if dry needling or acupuncture is the right therapy for you.

CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

# Student Life at SOS



## Meet Violet!

Hi, my name is Violet Vaughn and I am a co-op student from the University of Waterloo. I am in my third year in Honours Kinesiology. During my days here at SOS Northfield, I do a little bit of everything to help out where I can. I am a Kitchener girl, born and raised. Fun facts about me: I was a competitive dancer for 15 years, I love the beach and I'm addicted to buying new plants. I'm still deciding what to do with my future, but being a physiotherapist is definitely at the top of the list. I'm super excited to be a part of the SOS team!

## Meet Gavin!

My name is Gavin Lunn and I am a third year Kinesiology co-op student at the University of Waterloo. I am currently completing my third co-op placement with SOS Physiotherapy at their Belmont location. I grew up in a small country town west of London, Ontario. I enjoy playing a variety of sports especially hockey and doing outdoor activities. My goal for when I graduate is to pursue Physiotherapy. I am looking forward to interacting with the patients at SOS!



If you see Violet or Gavin in the clinic make sure to say hello, and if you are lucky they may even help out with your treatment program!

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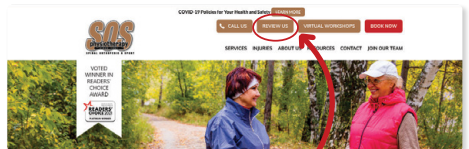
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**TELL US ABOUT YOUR REHAB EXPERIENCE WITH SOS!**



**Just click on the "Review Us!" tab at the top of our homepage, or scan the QR Code**



# UPCOMING WORKSHOPS!

## LOW BACK PAIN AND SCIATICA

Visit Our Website To Register / Saturday, June 11th @ 10:00 am



Hosted by Physiotherapists  
Jonathon Clay and Adam Dafoe

This In-Person Workshop will be held at our Northfield location:  
595 Parkside Drive #5a, Waterloo, ON



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

[Click Here to Register](#)

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

# JOB FAIR

JUNE 11

1:30-3:30PM

[Click Here to Register](#)

SOS is hosting our first-ever Job Fair! June 11, 1:30-3:30pm at our Northfield location.  
Come see what we are all about and if a future career at our clinics would be right for you!  
For details on how to register, call any one of our clinics.

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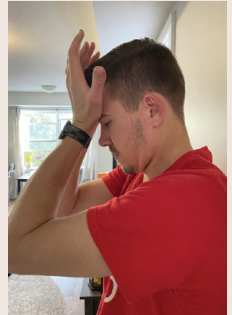
# Airport Essentials



On the go? Checkout these essential airport exercises to help keep your body moving and feeling great throughout all that travel!

## Neck Isometrics (multidirectional)

Push your head into your hands without allowing your head to move. Use 50-75% force, hold each rep for 5 seconds and repeat each direction 5 times. This is great for those stiff airplane necks.



## Shoulder Shrug

This is the perfect exercise for those pesky tight traps. Hold your arm straight, just off your body with your thumb pointing upward. Elevate that same shoulder towards your ear without moving your neck. Hold this position for 5 seconds then return to the starting position. Repeat 6-8 times.



## Chair Lunge

This is a great lower body stretch after any prolonged sitting. Place one foot on a chair or elevated surface with your opposite leg behind you in a split stance. Lean your body forward over your front leg into a lunge, then return to the starting position. Repeat 10 times with each leg forward for a total of 20 repetitions.



**And lastly the most important tip...** If you have time before your flight don't forget to simply go on a little walk around the airport to get your legs moving and your blood flowing. Happy flying!

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