

Ontario Rocks!

Did you know you can go rock climbing outdoors on real cliff faces with as little as a 45 minute drive from Kitchener-Waterloo? I sure didn't until 2 years ago! In the summer of 2020 when the world was shut down and the only activities we were safely able to do were those that were outdoors and social distance friendly, I was introduced to rock climbing by a group of friends in the community. Some of them have been rock climbing for over 10 years both indoors and outdoors.

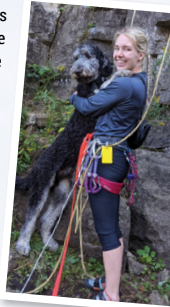
I had always known that there was a local gym called Grand River Rocks in KW and had always thought about trying it and never got the time. So when the opportunity arose for me to go outdoor rock climbing I jumped on it.

My first experience of rock climbing was nerve-wracking, intimidating, exhausting, and so much fun. The first climb I ever did I sat on the rope about a foot off the ground for what seemed like 15 minutes before I was able to do the second move and make my way up the wall. I was so embarrassed! I only made it up one and a half more climbs that day and I was exhausted. Despite my arms feeling like they were going to explode I was having so much fun and instantly became addicted to the sport and determined to get better. I immediately came home, bought my own harness and shoes and joined Grand River rocks in Kitchener. I have since bought all of my own gear, learned how to lead climb, set up, and take down ropes and have gotten several of my friends hooked on the sport as well.

Just this summer physiotherapist Melissa joined me for her first time rock climbing outdoors after only having climbed indoors a couple times. Like everyone when they start climbing, she was hesitant and nervous at first but she was amazing! She has only been outdoors a couple times and already is climbing all the hard routes!

Climbing days are my favourite days of summer. You get to spend all day outside with your friends and dogs enjoying the weather, some snacks, and breaking a sweat while doing it. I would encourage anyone at all interested to try climbing, both indoor and outdoor if you are given the opportunity.

The most common places for rock climbing in this area are Rattlesnake Point Conservation Area, Mount Nemo Conservation Area, and Kelso Conservation Area in the Milton area. There is also climbing in St Catharines as well as many different trails you can take around the Blue mountains that will lead you to different parts of the Niagara escarpment. The Niagara escarpment is made of limestone which is very sharp to the touch and commonly contains a lot of small holds you can just get your fingertips on. These are called "crimps." Because of the challenges limestone presents, it's said if you can climb outdoors in Ontario you can climb anywhere in the world! I tested this theory once in 2021 when I went on vacation in British Columbia and met up with a couple local rock climbers in squamish to climb. And so far the saying has held true! Later this summer I will be traveling to Red River Gorge in Kentucky to test the rocks there! Wish me luck!



Leanne Park

INSIDE:

- SOS's First Ever Running Club
- Hot Running Tips
- Leanne's Favourite Post Running Snack
- Must Do Exercises for Runners

LEANNE'S FAVOURITE POST RUNNING SNACK!

Homemade Granola Bars

Ingredients

- 2 cup old-fashioned oats
- 2/3 cups shredded coconut (sweetened is my preference but unsweetened works as well)
- 3/4 cup creamy peanut butter (unfortunately I find natural peanut butter to be too dry)
- 1/2 cup Rice Krispies
- 1/3 chopped almonds
- 1/2 cup high fructose corn syrup or honey
- 2 tablespoons chia seeds
- 2 tablespoons flax seeds
- 1 teaspoon vanilla extract
- 1/2 cup mini semisweet chocolate chips (optional)

Instructions

1. Place peanut butter and high fructose corn syrup/honey into a microwave safe bowl and place in the microwave on high for 1 minute.
2. Stir peanut butter mixture and place back in the microwave for another minute.
3. In a separate bowl mix all dry ingredients together.
4. Combine peanut butter mixture and dry ingredients together along with vanilla.
5. Press the granola firmly and evenly into the bottom of an 8x8 or 9x9 lined pan.
6. Sprinkle extra chocolate chips on top.
7. Cover and refrigerate for 1 hour.
8. Lift bars out of the pan to a cutting board, cut, serve and enjoy!



"I like to make these Sunday night, wrap them and store them individually so they are ready to grab right after a run!"



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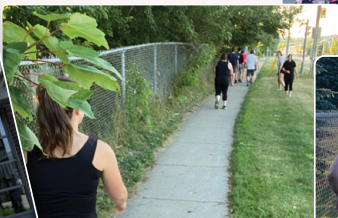
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SOS's FIRST EVER RUNNING CLUB!



It's a bird, it's a plane... It's the SOS On Your Way to 5 KM group! If you were out and about on Wednesday evenings in July, you might have seen a fun group of folks out for a jog. It was a group of beginner runs led by Dr. Rachel and Melissa at our Northfield location. The pair gathered a bunch of folks who are new to running and guided them through a six week program to train for their first 5 KM run. The program was carried out in person, with weekly run meetups and also online as people followed along at home running on their own. We've heard the group has had a lot of fun running together and are excited to complete their first 5 KM together on August 13! To keep the running theme going, Dr. Rachel is hosting a webinar about running injuries later in August!



- Dr. Rachel Goldsworthy

Hot Running Tips To Keep You Running Pain Free



1. Have two slightly different pairs of running shoes and alternate between pairs each time you run.
2. The most important feature of a running shoe is that it is comfortable to wear.
3. Never run two days in a row, allow your body a rest day or alternate your form of exercise in between running days. This allows your running muscles to recover.
4. Don't skip out on your warm up! A good warm up helps to prepare your body for the loads and stresses it is about to accept and warming up can prevent injuries during a run.
5. For extra enjoyment be sure to bring your dog with you on your runs! (They will love it too!!)



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Student Life at SOS



Hi everyone! My name is Mariam and I am a Physiotherapy student from Western University. I just completed my FIRST placement here at the SOS Elmira location.

I worked with two clinical instructors Leanne and Lindsay and it had been the most rewarding experience I could have asked for. They both were remarkable mentors as they allowed me to apply what I have learned in classes to real life scenarios while also coaching me on new movement techniques, body mechanics, and treatment prescription.

Working in Elmira, I was exposed to unique populations including farmers, runners, and a lot of golfers! I wanted to thank all of the patients that allowed me to treat them and learn so much from them, I truly appreciate it. I cherish each and every conversation I had with everyone!

I've also enjoyed exploring the town, the KW area, and visiting new fun places like the St Jacobs market. The SOS team had been very welcoming during my stay with them! Between patients and charting, we spent time bonding by sharing funny stories, trying new snacks, and drinking our fun summer Starbucks drinks.

Although bittersweet, my last week at SOS Elmira was a blast as I was able to present my research project to everyone at the clinic during breakfast. We then wrapped up the day with some tree top trekking!



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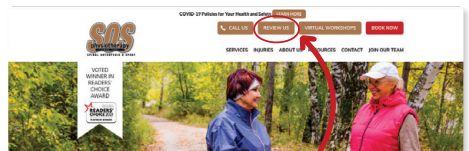
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UPCOMING WEBINAR!

RUNNING + YOU

Visit Our Website To Register / Wednesday, August 17th @ 4:30 pm



Hosted by Physiotherapists Dr Rachel Goldsworthy and Arthur Szydlowski.



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](#)

SOS Continuing Education

The past four months SOS physiotherapists Ryan Marrin, Jessica Clancy, and I (Leanne Park) have been spending our free time enhancing our hands on skills, and discussing case studies with colleagues at the Level 2 Lower Extremity Advanced Manipulative Therapy course hosted by the Orthopedic Division in Toronto. We had an absolute blast learning new exercises, discussing current research, and perfecting our manual therapy techniques. We are excited to bring back our new knowledge to share with the SOS team and of course continue to provide our patients with the best care possible!



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Two Must-Do Exercises For Runners

Triple Extension Calf Raises

- Step 1:** Place one foot on top of a step or chair. Lean forwards to make a straight line with your upper body through to your foot on the ground.
- Step 2:** Keeping your hip and knee straight, push through your toe to raise your heel up off the floor slowly. Try to keep your ankle stacked over your toes.
- Step 3:** Lower your heel slowly and return to the starting position.
- Step 4:** Repeat until your calf is tired!
- Step 5:** Repeat on the other leg!



Single Leg Squat

- Step 1:** Stand on your right foot with a soft bend in the knee. Lift your left foot up with the knee bent. Mimicking a running stance.
- Step 2:** Lower your hips backward and down as if you are sitting into a chair.
- NOTE: It is important here to keep your right knee in line with the middle of your right foot, rather than allowing it to fall inward toward the midline of the body. This positioning will engage your gluteus medius that helps stabilize your pelvis while you run.*
- Step 3:** Squeeze your glutes and push through your heel to raise your hips back up to the starting position.
- Step 4:** Repeat until you feel the burn in your glutes! Then switch sides!



GOOD KNEE POSTURE

BAD KNEE POSTURE

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